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VENTURA BREEZE

Your Hometown Paper

Vol. 13, No. 15 Published Every Other Wednesday Established 2007 April 22 – May 5, 2020



Christy Weir stated "There has been no better time to think globally and act locally."

Earth Day 2020

by City Council Member Christy Weir

Fifty years ago, in 1970, the first Earth Day was celebrated. Wisconsin Senator Gaylord Nelson had witnessed the destruction from the Santa Barbara oil spill the previous year and was committed to raising public consciousness about air and water pollution. His partner in the bipartisan founding of Earth Day was Congressman Pete McCloskey, Republican from California. On April 22, 1970, 20 million Americans demonstrated at massive rallies for a healthy, sustainable environment. Having seen decades of toxic dumping, pesticides, loss of wilderness, deforestation, extinction of wildlife and polluting factories, they marched and protested across the country.

Overwhelming support from Democrats and Republicans subsequently led to four years of landmark environmental legislation, including the Environmental Protection Act, Clean Air Act, Clean Water Act and the Endangered Species Act.

For many individuals, state and local governments and businesses, air pollution was accepted as a byproduct of prosperity. Then, because of the Clean Air Act regulations, vehicle emissions dramatically decreased, and clean, renewable sources became an economically feasible option for power generation. But despite

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The Central Coast of California offered an obvious appeal to followers of modernism.

The Museum of Ventura County collecting history today

As Ventura County residents react to new policies and recommendations aimed to restrict the virus' spread, the Museum is working to document and preserve the materials and stories that demonstrate how our county is continuing to communicate, work, commute, learn, teach, create, pray, celebrate, mourn, and give aid to others.

Tell us your story or consider what objects or recordings best represent the experiences and observations that have stood out to you most. How are you and your family members spending your time? What do you regard as your biggest challenges? Was there a moment when you realized a historic event was taking place?

The stories and materials we collect will allow all of us to study and share these experiences in the future. Learn more at www.VenturaMuseum.org.

The Museum of Ventura County is excited to share an in-depth look at the California Cool: Mid-century Modernism on the Central Coast exhibit online for the first time. Step back in time to a cooler and more sophisticated era of design with this online tour, offering a thorough look at many of the artifacts and artwork featured in the exhibit that was originally on display September 2019–February 2020. These artifacts include the Nelson Coconut Chair, pottery by renowned ceramicist Otto Heino, and special items

from the collection of Eric Huff. Visit www.VenturaMuseum.org to view Cali-

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Just as it was during the Thomas Fire the Junipero Serra statue is wearing a face mask.

The statue is located across from the Ventura City Hall.

Father Junipero Serra was the founder of nine missions including the San Buenaventura Mission in 1782.

The first statue was created by John Palo-Kangas in 1936. It was replaced in 1989 by a statue made from the wood carving by the late Wilbur Rubottom that is on display in City Hall atrium.

Photo by Bernie Goldstein.



The Ventura Breeze photo contest has been completed. Thanks to all who submitted their wonderful photographs. The six Breeze staff members who selected the winners had an extremely hard time with their selections because of the high quality of the submissions

In the color category:

First place went to **Michael Hoffman**. Two of his photos were tied for first so we selected both of them for first.

Second place went to **Karen Ruff**.

Third place went to **Dr. Mark Babbitt**.

For black and white only first place was selected: **Aubrey Jensen**.

See page 6 for the other photos.

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HELP US TO BRING YOU THE LOCAL NEWS

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. You may also contribute by going to www.gofundme.com/f/support-the-ventura-breeze.

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City News



Under current law, all bars and restaurants holding ABC licenses are permitted to sell alcoholic beverages in manufacturer, pre-packaged, and pre-sealed containers, to consumers for consumption off the licensed premises. They may sell only the types of alcoholic beverages that are allowed to be sold under their license for consumption on the premises, except for distilled spirits, and Type-75 licensees may only sell to-go beer that they produce on their licensed premises.

Some licenses are subject to a specific license condition prohibiting off-sale privileges. Notwithstanding this, in accordance with the Notice of Regulatory Relief ("Notice") the Department issued on March 19, 2020, the Department will not be enforcing some of the statutory restrictions. As stated in the Notice licensed bars and restaurants may sell any alcoholic beverages to-go that they are allowed to sell under their license for consumption on the premises, in manufacturer pre-package and pre-sealed containers. This includes distilled spirits (for those licenses allowed to sell distilled spirits) and, for Type-75 licenses, alcoholic beverages other than beer produced on the premises. In addition, the Department will not be enforcing any conditions that prohibit off-sale privileges or that restrict the hours of service although the statutory prohibited hours will still be enforced; alcoholic beverages may not be sold between 2:00 a.m. and 6:00 a.m. each day.

In addition to businesses that hold ABC licenses for bona fide eating places (restaurants; license types 41, 47, and 75),

Continued on page 5

Answer in a Breeze

Q. I know that some restaurants are selling mixed drinks to go. Are bars allowed to sell alcoholic beverages to-go? I thought that was illegal.

Charles Gavin

Charles: For once a government agency has acted logically and quickly in order to help restaurants to survive. We asked the ABC that governs this to respond. This is their response. A little too detailed but explains it well.

The answer is "it depends".

I would need to know what type of ABC license they hold, and whether or not they are complying with the directives under the Notice of Regulatory Relief issued by the Department to assist on-sale licensees with being able to continue to generate income as they shift business models to "to-go only" business.

AND WHEN THIS IS OVER.....

LET'S CONTINUE TO

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VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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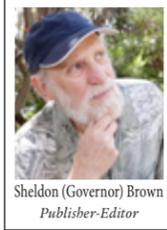
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Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ WOW, WOW, WOW! I am humbled by the overwhelming support for the Ventura Breeze from our wonderful readers. I cannot thank all of you enough for your financial contributions.

Community papers rely on local advertisers for survival. And, as we all know, our local businesses are fighting for their lives. Please continue to support them as best you can along with our current advertisers.

Unfortunately, community papers are closing in droves. The Burbank Leader, the Glendale News Press (published since 1905) and the La Canada Valley Sun and OC Weekly are just a few of them. The Pittsburgh Post-Gazette, which was a daily paper, is now printing 3-days a week.

I'll continue to do everything in my power to support our community by keeping the paper alive through this difficult period. Again, thank you for your support. With your help, we have a fighting chance.

Ventura County has opened up its **golf courses**, but golfers can't use motorized carts. So, now they might actually get some exercise. Sorry golfers don't mean to pick on you.

■ **Trump fans** were going to be proud of me because I was not going say one thing about him in this issue, but something is happening that I must comment on.

First let me say that I do not dislike all **Republican presidents**.

I didn't dislike:

Warren G. Harding, Eisenhower, Ford, one of the Bushes and Reagan.

I didn't like Nixon at all.

A reader said that I am a **typical Democrat**. I don't think that there is a typical Democrat or a typical Republican or a typical Christian or a typical Jew. We are all individuals, and the last thing I've ever been called in my life is typical.

What is going on really **scares me**. And, if it doesn't scare all Americans, that is even more frightening. A president encouraging riots and anarchy should be cause for concern for all Americans.

I did not write any of the following (it was simply a cut and paste).

Mailbox

Editor:

During one of his coronavirus presentations Trump was asked what parents should tell their kids who need to stay home. He said, "Tell them that they should be proud to be Americans." I told my 3-year old that and she said "what is an American?" So, I don't think that helped much.

Larry Etod

Editor:

We are now in the throws of the Coronavirus Pandemic and the death count grows with alarming regularity for the nation and the world with each passing day. But, we must remind ourselves that, like all pandemics in the past, this will end in time. In 1918 450,000 Americans perished of the Spanish Flu (100,000 in the month of October alone). Our knowledge of viruses and health is many times greater now than a century ago., we shouldn't expect those kinds of numbers today. Estimates of 60,000 may well be too high as fewer cases than expected are reported. The lockdown has impacted the numbers and bought us time to discover new ways to treat the sickness and excelled work on a vaccine that will control this new influenza. Some have

Late last week, Trump cheered the effort to "LIBERATE" Michigan, Minnesota and Virginia - three states with **Democratic governors**. He defended those tweets Friday, saying that he thinks some states stay-at-home orders "are too tough," adding he feels "very comfortable" with his tweets.

"These are people expressing their views," he said. "I see where they are, and I see the way they're working. They seem to be very responsible people to me, but it's - you know, they've been treated a little bit rough."

Governors across the country on Sunday criticized President Donald Trump's expression of solidarity with those protesting various state issued stay-at-home orders, saying his comments are "dangerous" and "don't make any sense."

Washington Gov. Jay Inslee, a **Democrat**, said, "I don't know any other way to characterize it, when we have an order from governors, both Republicans and Democrats, that basically are designed to protect people's health, literally their lives, to have a president of the United States basically encourage insubordination, to encourage illegal activity. To have an American president to encourage people to violate the law, I can't remember any time during my time in America where we have seen such a thing."

Inslee said Trump's comments were "dangerous" because they "can inspire people to ignore things that actually can save their lives." Trump's promotion of the protesters was "hobbling our national efforts to protect people from this terrible virus."

The protests have seen a large pro-Trump contingency, with demonstrators wearing and waving Make America Great Again gear, as well as "Don't Tread on Me" flags. Some have even been seen waving Confederate flags at the rallies (**and carrying rifles**).

Maryland Gov. Larry Hogan, a **Republican**, told CNN's "State of the Union" his state is "doing everything we possibly can to reopen in a safe manner," but "I don't think it's helpful to encourage demonstrations and encourage people to go against the president's own policy. Trump is playing with fire."

Just 24 hours after he told the nation's governors, "You are going to call your own shots," when it comes to reopening the economy, the President posted a series of

incendiary messages on Twitter that seemed to incite his followers to revolt against the current orders to stay at home.

He issued similar tweets calling for the liberation of Minnesota and Virginia, including a disturbing addendum for loyalists to "save your great **2nd Amendment**," adding, "It is under siege!"

What exactly is Trump trying to do? This is not an out-of-range dog whistle. We can all hear it. Trump is calling for **open revolt** in three states - all of which are potentially competitive in 2020 and run by Democratic governors.

Even judged against Trump's own record, these incendiary messages are beyond the pale for many reasons.

Anger and frustration lie just below the surface. It wouldn't take much for peaceful protests to turn violent. Trump's referral to gun rights makes the prospect of violence even more ominous.

Trump may discover that once he incites his supporters, he may not be able to rein them in should they decide to act. These are times unlike any we have experienced. Emotions are running high. That is a tempting canvas for a **demagogue** seeking to design his own version of reality, but there's no guarantee Trump can control what he sets loose.

Washington Gov. Jay Inslee accused the President of "**fomenting domestic rebellion**." He wasn't the only one who saw that as the message. After Trump's string of tweets, right-wing extremists questioned whether the President was calling for a "boogaloo" - a term derived from 4chan that extremists use to describe an **armed insurrection**, which many far-right activists have been gearing up and advocating since last year.

Hogan, Maryland's **Republican** governor, speaking on CNN's "State of the Union," described the lack of testing as the biggest problem in the nation since the coronavirus pandemic hit the United States.

Hogan is and chair of the National Governors Association. He once considered running against Trump for the 2020 Republican presidential nomination.

As always, we welcome (and encourage) **Trump supporters/fans** to provide us with some intelligent counter input as to why this is acceptable behavior for a President of The United States.

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.

Today's public figures can no longer write their own speeches or books, and there is some evidence that they can't read them either.

— Gore Vidal

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

Mailbox

Continued from page 4

were warned by world wide scientists in November of 2019 of this problem. Trump called it a “Democratic hoax” and “fake news”. In March, “it’s under control”; add these comments to his more than 10,000+ lies!

The inaction of this Administration has led to more deaths and increased the economic fall out.

This Pandemic has forced our Country to finally expose the weakness of employer based healthcare. I support Biden’s plan to include Medicare as an option as a prelude for Universal Health Care in the US.

We are all in this together; let us vote to make both political and policy changes so we can “Make America Great Again”!
Judith A. Beay

Dear Editor,

As we all see hopeful signs of opening up the Country again, I know there are many people who will think its a bad idea and we should wait until the Covid-19 virus is gone and we have a vaccine or this, that and the other happens first and we’ll all be safe and no one will die again from this terrible plague. Right now we are living in a great Country that has not suffered a food shortage for at least 100 years. That could change if we do not make every effort to safely open up all businesses as soon as reasonably possible. Farms, hardworking farmers and their crews are where the food supply starts. Farmers have been able to provide a surplus of food and livestock products for this Country for decades that, even though you see some shelves empty at the stores now, you can be assured those products are still on their way thanks to the food supply chain that again, starts with farmers.

Without demand for food products from restaurants, schools, colleges, sporting events, hotels, theme parks, cruise ships, concerts, holiday celebrations, etc etc, farmers will not have a big enough market to sell to that allows them to make a profit that sustains their ability to continue to operate. You may have seen the coverage of dairy farmers having to dump milk down the drain or other farmers plowing fields of lettuce back into the ground as demand has dropped significantly with the closer of our entire Country and in fact, the world. What you are not seeing are the grain silos, potato cellars and the many warehouses still full awaiting demand for those and many other farm products. If the demand does not come soon, or at least the signs that it will come soon, Farmers will not have a reason to plant more crops this spring and we could start going down that terrible road of food shortages. Think about this: “The Virus” has taken many lives, but without food, we will lose more lives of all ages than we will have lost to this plague. Let us all be smart, safe, and be very courageous; support the gradual and cautious re-opening of our great Country because doing so will save millions of lives and livelihoods, also - all over the world!

Patty Jenkins

Answer in a Breeze

Continued from page 3

businesses that operate as bars (holding license types 40, 42, and 48) that have kitchen facilities and actually prepare meals on the licensed premises, may also sell alcoholic beverages to-go in the

same manner that the Department has provided for restaurants. This means that any beer, wine, or distilled spirits (as applicable) may be sold in containers filled by the retailer as long as:

The container is sealed with a secure lid or cap and in a manner designed to prevent consumption without the removal of the lid or cap;

Such alcoholic beverages are only sold in conjunction with a bona fide meal prepared on the licensed premises for pick-up or delivery; and

The required notice is provided.

The sealing of a lid with holes in it by some method that cannot be easily removed by a customer after the sale is acceptable.

It is the responsibility of the delivery person to verify the age of the customer purchasing the alcoholic beverages to ensure delivery is not made to underage persons. The licensee is ultimately responsible for the delivery of alcoholic beverages.

Have a question, send it to editor@venturabreeze.com and we will try to get you an answer!

Museum collecting history

Continued from page 1

fornia Cool Mid-century Modernism on the Central Coast and other virtual tours.

The Central Coast of California offered an obvious appeal to followers of modernism. The extensive access to the coast and higher elevations afforded by the region’s many beaches and foothills, and the mild Mediterranean climate, served as a central reason for indoor-outdoor living. But the Central Coast offered more than geography and climate. The different regions of the Central Coast offered other unique appeals, as well.

The Museum is also collaborating with CAPS Media, who are collecting stories from this time in video format for their #VenturaStories project. Do you have a great story to share? Something clever, funny or inspirational of your family, friends, kids, pets, neighbors or something else? 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. This project gives you the special treat of seeing your masterpiece on television on Channel 6 and streaming online at capsmedia.org. Find out more at www.capsmedia.org/venturastories.

Earth Day 2020

Continued from page 1

clean air initiatives over the past 50 years, the burning of fossil fuel has increased by over 100% in the U.S., contributing to greenhouse gases and climate change. Coal-fired power plants which emit harmful chemicals, including mercury, lead and carbon monoxide, continue to foul the air. Ninety-five percent of the world population are exposed to concentrations of particulate matter which exceed the World Health Organization’s recommended limit.

Deforestation negatively impacts our climate and air quality as well. About half of the forests in the eastern part of the United States were cut down for timber and farming from 1600-1900. Since 1970, the National Environmental Policy Act (NEPA) has protected our forests, and cities across the nation have instituted tree-planting programs to improve air quality and provide shade and carbon sequestration in urban areas.

The Endangered Species Act has been instrumental in saving the bald eagle, humpback whale, grey wolf, and grizzly

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CALIFORNIA’S CROWN JEWEL IN RETIREMENT LIVING



Our resident, Taylor, made emergency essentials for himself & our Easter Bunny!

- Photo by Anne, Activities Director

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bear from extinction, in addition to protecting hundreds of other threatened species. However, biodiversity since 1970 has continued to decrease. Currently the total worldwide biomass of mammals is estimated to be 60% livestock, 36% human, and only 4% wild animals. Greater species diversity ensures natural sustainability for all life forms, and habitat loss from climate change, mining, pollution and urban sprawl endangers thousands of species on our planet.

Since 1970, single use plastics have become ubiquitous as a part of our consumer-driven, “convenience” culture. Think about fifty years ago—no plastic bags, no plastic water bottles or coffee cup lids. The average American now generates about five pounds of trash per day and waste generation rates are rising around the world. Over the decades, cities started recycling programs, and plastic, paper and glass were collected and diverted from landfills, sold to be reused. Much was

shipped to China, the biggest market for recyclables. But in 2018, burdened by too much waste, China essentially shut down their acceptance of plastics and most paper, forcing many cities to send all their trash to landfills. (EJ Harrison in Ventura County continues to have other markets for their recyclables.)

Over the past two months, air pollution has decreased by an estimated 50% worldwide. Children in cities which have been smothered in smog for decades are able to breathe clean, fresh air, and see clear blue skies.

On this Earth Day 2020, let’s envision and celebrate a future that is less wasteful, less toxic, more healthy and sustainable. We can all do our part by limiting consumption of products that contain palm oil, buying local produce, using less plastic, planting trees, walking and riding bikes more and driving less. There has been no better time to think globally and act locally.



News & Notes



First place **Michael Hoffman.**



Third place **Dr. Mark Babbitt.**

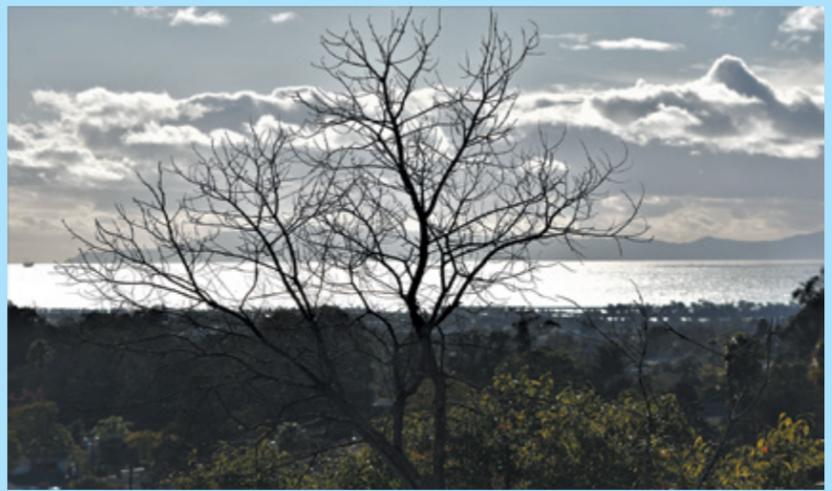


Second place **Karen Ruff.**



Black and white first place **Aubrey Jensen.**

Runner up **Michael Koevenig**



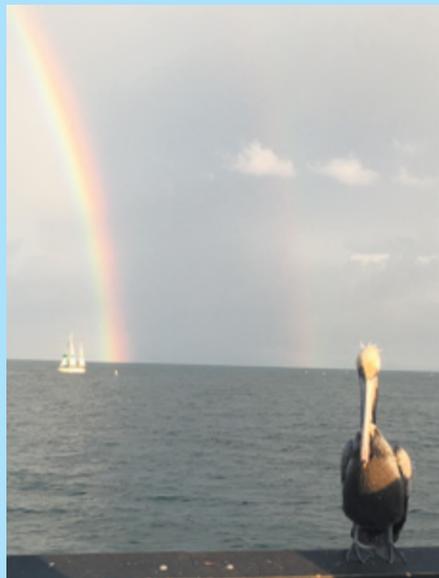
Runner up **Robert Stewart**

Breeze Photo Contest Winners

Runner up **Larry Hail**



Runner up **Alphonso Jackson**





Senior Living

Pull Out Section



Steve has played keyboard and accordion with a variety of bands in Ventura.

Serenading those from balconies

Steve likes to perform for seniors. The Ventura Townhouse entertains their residents by presenting live musicians several times a week. Because of the virus they can't play inside as always so they have Steve Ormond, and others serenading them from outside.

They got creative and told residents to come outside so they could see live music from their balconies.

Steve has been an elementary school teacher with the Los Angeles Unified School District for 31 years, always teaching the primary grades. Music has always been an important part of his classes as a method of teaching all subjects to his young students. A piano, accordion, guitar, ukulele, banjo, and plenty of rhythm instruments are always on hand.

For the last twenty years, he has played keyboard and accordion with a variety of bands in Ventura, Los

Angeles and Santa Barbara County, including Dixieland, jazz, classic rock, Latin, folk and klezmer.

He stated "I have performed regularly at assisted living and memory care facilities throughout three counties. Performing for these residents is exceptionally rewarding for me. I can't put a monetary value on the feeling I get from seeing people smile, tap their feet, dance or sing along—especially when performing for memory care residents."

Samantha Crisp, Director of Marketing said "We love to be creative and keep up the residents love for music and I give Anne, our Activities Director credit for this genius idea. No one has ever done this before but the Townhouse. We love doing new things for our residents. We like this to pulling a rabbit out of the hat for our residents. We do that more times than we can count."



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Parkinson's Awareness Month

by Bernice Detig
*Development Manager,
Los Angeles & Ventura*

April is Parkinson's Awareness Month, and I, along with Parkinson's Foundation, California Chapter urge everyone in Southern California to join our community as we promote greater awareness of how Parkinson's disease (PD) affects the one million Americans living with PD, and their families

Awareness is even more critical now during the coronavirus pandemic to ensure that we are reaching this vulnerable community to provide the tools and resources they need to better manage the disease from home or in the event of a hospital stay. These tools include the Parkinson's Foundation Aware in Care hospital safety kit, medical alert card, a customizable medication schedule and more.

To get involved, individuals can

take part in the Foundation's many online programs, including Moving Day Virtual, an online event that encourages the Parkinson's community to move and fundraise to support better research, care and resources. Additionally, PD Health @ Home offers virtual health and wellness programs to stay safe and healthy at home during the coronavirus pandemic. Community members can also share these online programs, their story or others' stories on social media.

My uncle is affected by Parkinson's Disease and daily takes life changing medications, exercises and lives his best life at home during this pandemic. Together, we can make life better for people with Parkinson's disease by improving care and advancing research toward a cure. I can be reached at 562-317-4866 bdetig@Parkinson.org

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.



Senior Living



"I'm sure our grandkids will enjoy using our recipe books."

Beyond video calls, helping seniors battle loneliness, boredom during social isolation

by Maura Horton

There are more than 52 million Americans who are age 65 and older, and many of them are currently staying at home isolated to help reduce their exposure to coronavirus. Not being able to engage in normal activities like going to the gym, club meetings, out to eat with friends, shopping and visiting in person with family members can lead to boredom, loneliness and depression. Now that self-distancing has been recommended through the end of the month at least, it is going to take creativity to help older adults stay engaged and connected. Phone calls or family video chats are a great place to start, but even those can start to drag with everyone sitting at home and not really having anything new to discuss.

Now that everyone has been forced to slow down and has more free time at home, this is the perfect time to tackle projects that have been on the To-Do list for years but never seem to get done. For example, have grandparents and older members of the family share and create family mementos.

Write letters to kids or grandkids about things you've always wanted to say or stories you want to share. Grandparents should dig out photos of their children when they were the ages of the grandkids. Show the grandkids these photos and then share stories about what their parents did when they were their age.

Set up virtual lessons for your kids or grandkids of things you always wanted

to teach or they always wanted to learn but there was never time for – teach them how to knit or sew, give cooking lessons, share the wisdom and love of certain activities you may have.

Get out all your favorite family recipes and create a recipe book for your kids or grandkids.

You can also adapt activities you would normally do in person and find ways to do them virtually through video chats.

Play games virtually like checkers and tell your grandkids where to move the pieces.

Have dinner together. While you may not be able to visit a favorite restaurant or sit together at the same table right now you can get together on video chat and share a meal together virtually.

While it can be hard to be physically separated right now there are many ways that we can all still connect with each other. It just might take a little more creativity than jumping in the car or booking a reservation at the same restaurant you always meet at. Look at this time as a gift to do things you may normally never otherwise get to do together and turn challenging times into memories that will be cherished for years to come.

The Care Coach, is a voice of guidance and experience for caregivers. She was her husband's primary caregiver during his decade long battle with early onset Parkinson's disease. Follow Maura on social media @carecoachadvice.

A message from the Ventura County Area Agency On Aging

The County of Ventura remains in a health emergency. Gov. Gavin Newsom recommended that all individuals 65 and older isolate themselves from the public in an effort to reduce the risk of exposure to COVID-19 (Coronavirus). This order makes VCAA services and the services of our partnering agencies

even more critical. Efforts have been heavily focused on ensuring that older adults in Ventura County have the food and supplies they need to stay healthy and safe. We have been promoting the Help Your Neighbors flyer and Have You Considered video, and encourage you to do the same via social media, e-mail, and in any public setting you deem fitting.

All operations at the County level will remain in place with some changes implemented to keep staff, clients, and the community as a whole as safe and healthy as possible. Those changes include:

Social distancing – asking all individuals to keep a 6-foot distance between themselves and others.

Requesting that all individuals experi-

encing any kind of illness stay home. Canceling and/or postponing events that include 50 or more people. Canceling and/or postponing any events, trainings, classes, etc. that are not time sensitive.

Identifying and establishing the option for staff to work remotely (when feasible) to lessen person-to-person contact.

Increasing the frequency of sanitization of offices.

The VCAA is implementing all of the above-mentioned practices. Most VCAA services remain operating at this time, with the exception of Fall Prevention Classes, SNAP-Ed classes, and in-person nutrition counseling. In addition, tax preparation services offered through AARP Tax Aide have been suspended indefinitely. Specific health and safety procedures for VCAA programs include:

Fall Prevention Classes – all Fall Prevention Program classes have been canceled.

Senior Nutrition Counseling Services and Classes – In-person nutrition counseling and SNAP-Ed classes have been canceled, however counseling via telephone is available. For more information call (805) 477-7300.

Senior Nutrition Program Meal Sites – Please see below for information related to the Senior Nutrition Program meal sites.

Care Management Programs – The VCAA is working to identify clients who are facing isolation due to the health emergency to ensure that they have the food, supplies, and necessary support.

AARP Tax Services – AARP tax services have been suspended at the VCAA at this time.

VACE Classes at VCAA Campus – All VACE classes have been canceled at this time.

Please be sure to emphasize to clients that while many community and senior centers, as well as other service sites, are temporarily closing, the VCAA's office will remain open and the Information & Assistance team will be on hand to answer calls and assist clients as they navigate these difficult times.

The VCAA is now seeking volunteers who are interested in making food deliveries and/or working at the Agency's Senior Nutrition Garden to help harvest produce that will be given to area residents. Interested parties can contact the VCAA directly by emailing vcaa@ventura.org. Please include name, phone number, and cities in which the volunteer can deliver and/or volunteer.

A COVID-19 hotline has been established for immediate concerns. That number is: 805-465-6650. There is a vast amount of information available through VCEmergency.com, including print resources, videos, guidelines, and additional facts and resources related to closures.

If you haven't already done so, be sure to follow the County of Ventura and Ventura County Area Agency on Aging on social media for updates that are shareable with the community. These updates are also accessible to the public at www.vcaa.org/news-events/.

Ventura Avenue Active Adult Center: Closed indefinitely. Home delivered meal services are operating as usual. Congregate meal participants have the option to pick-up a frozen meal daily. For more information call (805) 648-3035.

Increase funding for services and programs

by National Council On Aging (NCOA)

Congress is trying to agree on the content of more legislation to relieve the effects of the COVID-19 outbreak. That means your voice matters more than ever.

To save lives and support older adults in crisis, Congress must include significant increases in funding for services and programs older adults and their caregivers depend on.

Contact your Representatives and Senators today and tell them these four things should be in any COVID-19 relief bills:

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

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

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

Help nonprofit charitable organizations maintain operations and meet rapidly growing demand by providing additional support.

Thank you for taking action! Please ask your friends and colleagues to join you. Every voice matters.

Education program helps families facing Alzheimer's

Individuals living with dementia often experience changes in behavior that can be confusing to friends and family. Behavior is a powerful form of communication often used by people living with dementia to express their needs. However, for some caregivers, learning effective communication and managing behaviors can be a challenge. The Alzheimer's Association is offering the Savvy Caregiver Workshop to help nonprofessional caregivers communicate effectively with their person and manage behaviors.

The Savvy Caregiver Workshop teaches the knowledge, skills, and attitudes needed to handle the challenges of caring for someone with Alzheimer's disease.

Through an evidence-based curriculum, participants will learn techniques to:

Reduce caregiver distress
Communicate effectively with their person

Access community resources
Become more competent caregivers for their person

The Alzheimer's Association® is offering this four-part workshop on May 5, 12, 19, and 26. In accordance with the statewide Stay at Home order, this workshop series will be conducted online in a virtual classroom.

To register for this workshop and to find information about other classes and support groups, call (800) 272-3900 or visit alz.org/CACentral.



Senior Living



Getting plenty of sleep can reduce stress.



Non-essential air travel should be avoided.

Outbreaks can be stressful

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones

- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating

- Worsening of chronic health problems
- Worsening of mental health conditions

- Increased use of alcohol, tobacco, or other drugs

Everyone reacts differently to stressful situations

How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include

- Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19

Children and teens

People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders

People who have mental health conditions including problems with substance use

Take care of yourself and your community

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

- Take care of your body.

- Take deep breaths, stretch, or meditate

- Try to eat healthy, well-balanced meals.

- Exercise regularly, get plenty of sleep.

- Avoid alcohol.

- Make time to unwind. Try to do some other activities you enjoy.

- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Older Adults

Older adults, 65 years and older, are at higher risk for severe illness. We are learning more about COVID-19 every day.

What you can do

If you have a serious underlying medical condition:

- Stay home if possible.

- Wash your hands often.

- Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.

- Clean and disinfect frequently touched surfaces.

- Avoid all cruise travel and non-essential air travel.

- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.

For more information on steps you can take to protect yourself, see CDC's How to Protect Yourself

Stress and coping

Older people are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis.

Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.

- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

- Make time to unwind. Try to do some other activities you enjoy.

- Connect with others. Talk with people you trust about your concerns and how you are feeling.

- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

Grief Support during the Coronavirus Stay in Place Order

During this challenging time of COVID 19, Livingston Memorial's Camarillo Hospice is committed to providing bereavement services to the community. Their highly skilled grief counselors and volunteer support group facilitators are providing tele-therapy during the stay in place order to those grieving the death of a loved one.

If you, or someone you know is in need of grief support, please contact Stacia Sickie, Coordinator of Bereavement Counseling, at 805-389-6870 x452. For more information on Camarillo Hospice, visit LMVNA.org

Other support groups conducted through Tele-therapy at this time:

Young Widow and Widowers Support Group Tuesdays 5:30 to 7:00 pm

Widow and Widower's Support Group Wednesdays 1:00 to 2:30 pm

Bereaved Mom's Support Group: 2nd Thursday of every month 6-7:30 pm

Adult Loss of Parent Support Group: 1st and 3rd Thursday of every month 6:00 to 7:30 pm

General Bereavement and Good Grief Club TBA



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The Pet Page



Dedicated to Scamp

■ As COVID-19 continues to create anxiety, the unconditional love of our furry family members provides comforting and love (and we can even hug them).

Best Friends stated “our pets are living reminders of the beauty and joy around us, even in the darkest of times. They are such an important part of our families, and we know your pets are important to your family, too.”

Scamp (from doggy heaven) stated “we’d love to hear about your pet’s story of the joy that they are bringing while sequestered at home (or taking a much-needed walk around the block). So tell us about how your pets have been there for you during this crisis at scampclub@venturabreeze.com (with a photo of course).”

■ During times of crisis, it’s more important than ever to preserve the bonds that matter most, such as those that bind pets and their humans. As the number of people affected by COVID-19 continues to rise, RedRover is providing needed resources to ensure that people can still care for the animals they love during this crisis.

RedRover’s new Emergency Boarding grant program helps animals who need temporary boarding while their owners are hospitalized due to the novel coronavirus. The grant will cover the cost of up to two (2) weeks of boarding while a pet owner is being treated. This new program was supported by a generous donation from Purina - RedRover’s Purple Leash Project partner.

Nicole Forsyth, RedRover President and CEO, states, “Preserving the human-animal bond is at the heart of what we do. During these trying times we are thankful for Purina’s support for our new emergency boarding grants to help pet owners hospitalized with the coronavirus. Knowing a pet is well cared for will hopefully bring some peace of mind to those undergoing COVID-19 treatment.”

To become eligible, a pet owner or guardian must follow these steps: Before submitting an application, contact local boarding facilities (kennels, veterinarians, animal shelters/humane societies, etc.) to find reasonably priced options. Ensure boarding is done through a business, not an individual. Establish a plan for how the animal’s needs can be met.

Confirm boarding facility will provide a written estimate and a final invoice once the animal leaves boarding. Obtain permission from the pet owner if someone else submits an application. Provide updates on the pet owner’s

situation if requested.

Note - RedRover covers vaccination costs that are needed for the animal to enter boarding. Any veterinary requests beyond vaccinations will be taken on a case-by-case basis.

Both the applicant and the animal must live in the United States.

Submit an online application at <https://redrover.org/relief/emergency-boarding-grants/>.

RedRover recognizes the fluidity of the novel coronavirus pandemic and will continue to follow expert recommendations concerning COVID-19 as it relates to pets.

Continuing in their efforts to help animals and people in crisis, RedRover has created a list of resources to support people and pets during the novel coronavirus pandemic.

Since 1987, RedRover has focused on bringing animals out of crisis and strengthening the human-animal bond through emergency sheltering, disaster relief services, financial assistance and education. For the fifth consecutive year, RedRover has earned a 4-star rating from Charity Navigator, America’s largest independent charity evaluator. To learn more, visit RedRover.org

■ Keeping your pet safe during the covid-19 crisis by Amy King

Our priority at the HSVC (Humane Society Of Ventura County) is to keep our staff, animals, and the public safe and healthy during the COVID-19 outbreak. According to the Centers for Disease Control and Prevention (CDC), the disease is spread to humans through person-to-person contact. There has been no evidence that pets can become ill from or spread COVID-19. However, there are some good general practices you can do to help keep your pet safe during this time.

Wash Your Hands

Although there is no evidence that animals, including pets, can contract and spread COVID-19, it is still good practice to wash your hands after handling animals. It is also suggested to wash your hands thoroughly after handling your pet’s food, waste, or any other supplies such as toys and bedding. All animals can carry germs, so it is always a good idea to practice healthy habits around your pets.

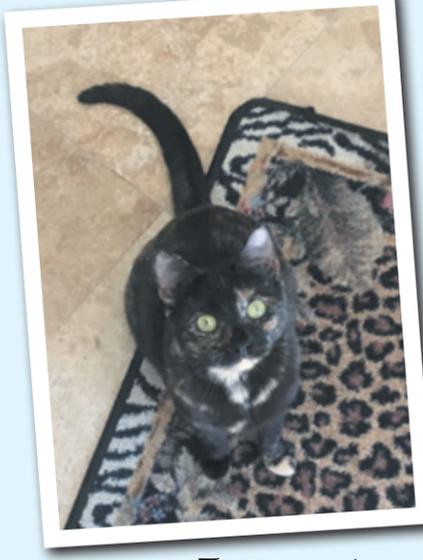
Stock Up on Pet Supplies

According to the ASPCA, it is a good idea to prepare an emergency kit with essentials your pet may need during a crisis situation. Such a kit should include any medications your animal is taking and at least two weeks worth of food. The HSVC is offering pet food to anyone in need through our Pet Food Bank. Please contact the shelter by calling 805-646-6505 or email us at animals@hsvc.org for any questions about pet supplies or other pet-related needs. We are here to help!

Designate an Emergency Caregiver

Scamp Club

(Scampclub pets are not for adoption.)



Mitten is a 3-year-old female tortoiseshell with incredible decorating skills. She matches her toys to her surroundings--after dunking them in her water.

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.

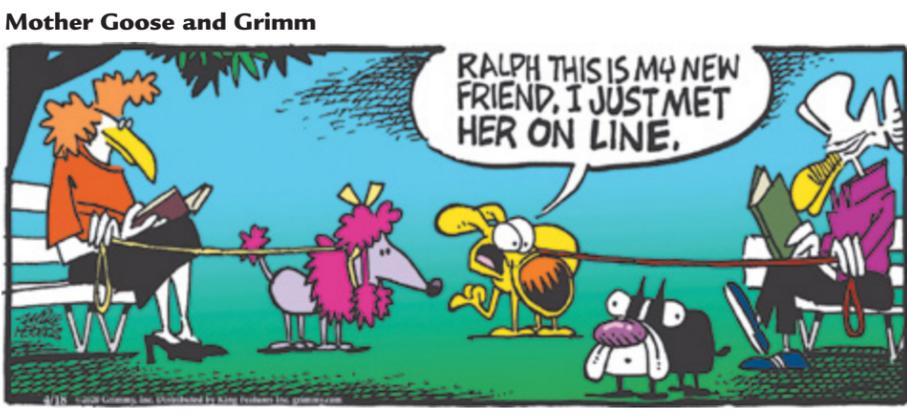
Lost pet? Go to LostCatVenturaCounty.com or LostDogVenturaCounty.com - free websites for finding and posting when you’ve lost or found a cat or dog.

In the event you are unable to care for your pet, it is good practice to have someone in place that can help with short or long term pet care. A family member, friend, or even a boarding facility may be the best option to keep your pet safe in the event you become ill. Per the CDC, it is recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.

Create a Pet Dossier

Make caring for your pet easier for your emergency caregiver by creating a collection of your pet’s information. You can include things like eating habits, favorite toys, medical conditions, and veterinarian contact information.

Following these simple practices will help ensure the health and safety of your pet. The HSVC will remain staffed for emergency services Monday-Saturday from 10 am – 5 pm until further notice and will continue to help the public in any way that we can. We encourage the community to adhere to the “Stay Well at Home” order and practice social distancing until we can open our doors again.



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The Pet Page

Forever homes wanted

Hi! I'm Honey, a playful 9 years young Labrador X in need of a new home as my owner passed away and the sibling who took me in is moving out-of-state and I am not able to go too. I enjoy a game of fetch and going on walks. I'm good with cats (I may chase them, but I just want to play). I'm choosy with other dogs, so I'd do best as the only dog in the home. I need an adult only home. I've had formal training and know some basics and I walk well on a leash. I'm also house and paper trained and I'll go to the door if I have to go outside. If you have room in your heart and home for me, please stop by to meet me. Canine Adoption and Rescue League C.A.R.L.



This beautiful boy was found in Camarillo. We think he is a tricolor Bluetick Coonhound mix. He weighs 57 pounds and is about three years old. Is this your pet? Ventura County Animal Services - Camarillo location - 600 Aviation Drive

Open 7 Days A Week
M-Sat 10AM-7PM / Sun 12PM-7PM

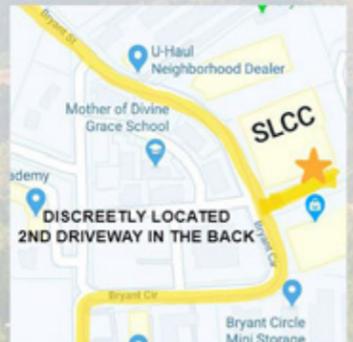
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Show Time

Streaming Spotlight
 by Cindy Summers

Tiger King: Murder, Mayhem and Madness – Netflix



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

The Tiger King reality series has consumed the attention of over 30 million stay at home viewers and centers around the everyday life of Joe Exotic aka Joseph Maldonado-Passage, a zoo owner in Oklahoma best described as a “gay redneck, gun-toting, mullet-sporting, tiger-tackling polygamist. Joe’s GW Zoo profited most on the breeding and petting of baby tiger cubs, earning up to \$10,000 per cub, though can only be used for cub-petting until ?? weeks old, thus causing Joe to accumulate over 200 tigers in his zoo, along with hundreds of other animals and a unique cast of misfit employees from very colorful backgrounds.

Joe catches the eye early on of producer Rick Kirkham, who agreed to produce his internet show Joe Exotic T.V. while also filming a reality TV show Kirkham named the Tiger King. Having an extensive background in journalism and early beginning in Inside Edition, as well as tons of professional equipment,

Kirkham’s production brought Joe’s shows to the next level gaining him a larger audience of fans.

Someone who was not a fan of Joe was Carole Baskin, owner of the Big Cat Rescue Sanctuary in Tampa, Florida, having inherited millions from her husband who strangely disappeared without a trace just over a decade earlier. Baskin didn’t believe in the private ownership of big cats, and was totally against the practice of cub-petting, constantly seeking ways to use her fortune to put Joe out of business. This infuriated Joe, who constantly staged mock shootings, beatings and various ways to kill Carole on his internet show, where he was the flamboyant star bad mouthing Carole and blowing up things.

Joe had a huge ego, running for President and after losing ran for Governor of Oklahoma, passing out condoms with his picture on them. Cub-petting was a good way to attract young partners, and Joe married John Finlay when Finlay was only 19 years old. A few years later and while still married to Finlay, Joe also married 19 year old Travis Maldonado. After 11 years, Finlay left the threesome and married the office secretary who worked at the zoo. Neither Finlay nor Maldonado had been in a gay relationship prior to being with Joe, and neither actually considered themselves gay. Joe’s third husband Dillon Passage was gay and his only husband at the time.

The other well known cub-petting operation was a 50 acre preserve run by Dr. Bhagavan “Doc” Antle in Myrtle Beach, South Carolina, but Doc’s facility and clientele were very upscale compared to Joe’s struggling G.W. Zoo. Antle lived

with a guru in his teen years and was exposed to tigers and other animals living freely and peacefully among humans. Doc’s tours start at \$350 per person and go up to \$600 and more. Doc is also one of Carole Baskin’s targets in her quest to shut down cub-petting operations across the country.

There so much crazy here to keep up with; arson, meth mayhem, shady investors, friends turned informants, business partners burning evidence, accidental shootings and tigers tearing arms off all right in front of cameras - you just have to watch it as every episode dives deeper and deeper down the rabbit hole the world has come to know as Joe Exotic. Viewers will be thoroughly shocked and entertained by the many unpredictable twists in the series, including Joe’s jailing for hiring someone to kill Carole Baskin, and there’s an 8th episode with comedian Joel McHale hosting an aftershow interviewing various cast members online during the stay at home orders.

Rated: TV-MA (violence, language, sexual content, drug use, animal harm. intense scenes)
 7 Episodes – 45 minutes each

Girl on a Bicycle

by Patty Jenkins

I inhale deeply, the beautiful fresh sea air,
 Eyes closed now I can almost smell it
 Remember it with every breath inhaled
 Now inside.

The waves sooth my mind as they flow into my senses,

Pulsing, soothing, reaching the depths of my soul.

Sea mist sprinkles like fairy dust upon my thirsty face, eyelids, cheeks, lips.
 Now inside - eyes closed, I remember

Her cheerful little bell greets you before you see her smiling face –
 The Girl on the Bicycle.
 She glides oh so smoothly on the promenade
 In sync with the waves; up and down, back and forth, east to west
 Her basket full of curious fuzzy creatures.

I can feel my muscles relaxing now, my breathing slowing,
 Now inside my mind goes willingly to our precious Ventura jewel,
 Our beautiful lovely life-affirming always enduring promenade
 Gateway to our sea, our souls!

I will stay inside; memory and hope my sanctuary.
 Soon we will be free again, we will emerge like butterflies from our cocoons
 We will all have saved lives! - Perhaps even our own!
 Outside! Outside! Outside again we will ALL SOAR!

And I hope to hear her joyful bell again and see her peacefully gliding along –,
 The Girl on the Bicycle
 With her curious fuzzy creatures and her beautiful smile.
 Ocean mist dancing on my face, sea air filling the depths of my heart, my soul
 Breathing in life deeply again – life Outside!
 All is well – we are all here together again
 -Outside!



This 'n' That



Are you ready for your television premiere?

CAPS Media crews producing coronavirus updates

CAPS Media crews are working closely with Ventura City and Ventura County officials to provide accurate and updated information on the coronavirus emergency. CAPS Crews are covering all County updates at the Government Center with videos posted at vcemergency.com/videos. CAPS is also creating Spanish language translations of the county messages for posting at vcemergency.com/covid19-sp/videos-sp.

CAPS crews are collaborating with the City of Ventura Police and Fire departments and with the Ventura County Fire department to create additional messages for the community and for internal use for emergency responders. Rest assured, CAPS Crew members are taking every precaution to be safe during these productions. All of the CAPS informational videos are being distributed on multiple platforms including City and County websites, CAPS Media, Facebook, Instagram and other social media sites.

The current emergency hasn't slowed down the determined DJs and producers at CAPS Radio at 104.1fm. CAPS Media Radio Station Director Elizabeth Rodeno has launched a campaign to have listeners, DJs and producers record brief audio diaries about what their lives are like during the distance socializing era. Broadcasters from Australia to Ventura submitted audio shorts about local community organizations and activities. Kat Merrick, Pam Baumgardner, Kathy Good, Nadine Piche, Craig Rosen, Mary Egan and other KPPQ DJs are providing personal insights, public service information, fitness and health tips and more.

If you have a message to share on KPPQ, Ventura's public access radio station, record your 30 to 60 second daily entry and email it to radio@capsmedia.org. Tune into 104.1fm to hear the latest updates from the city and county.

Special thanks to everyone who submitted videos for CAPS Media's #VenturaStories project - they're great. In a week or so we will launch the first edition of the series.

Everyone has a Story to share. Be Creative - make #VenturaStories a family project with kids, pets, cooking, hobbies, sports, art, music, games and more. If you want to thank someone for a special act of kindness - #VenturaStories is a great way to do it. Teachers and students - do you have a fun or fascinating school project? Share it on #VenturaStories. Ventura Artists - demonstrate your unique talent with a #VenturaStories video. The series is also a place to share safety, health and shelter-in-place tips and messages during the current emergency. We're looking for positive, feel-good stories that are entertaining, inspiring, enlightening and informative that we can share on

television on Channel 6 and stream online at capsmedia.org.

For more info on #VenturaStories go to capsmedia.org/venturastories where you will find story ideas, production tips and other information. Keep in mind that #VenturaStories are best when they are short (3-5 minutes or less) and positive. Commercials and advertising are not acceptable and cannot be aired.

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. CAPS Media will determine which videos air and when they will air and stream. CAPS Media reserves the right to not air or distribute any videos for any reason.

Due to the Coronavirus emergency 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.

Aera Energy aids Ventura County nonprofits amid pandemic's economic toll

As the nation reels from the economic crash of the COVID-19 lockdown, Aera Energy is supporting local communities in significant ways.

Since late March, Aera has donated \$355,000 to mid-California nonprofits hit hard by increased calls for community help. These have come as California's coronavirus restrictions close businesses and schools and force major job losses.

Aera's financial donations have gone to COVID-19 relief funds in areas where the longtime oil and gas producer operates, including Kern, Monterey, Fresno and Ventura counties. Aera is Ventura County's largest onshore oil producer.

Ventura County Community Foundation (VCCF) was an early recipient. One of the first major companies to step forward last month, Aera donated \$50,000 to the Camarillo-based nonprofit. VCCF directed the

donation to its Rapid Response Fund and created a community challenge to generate additional contributions to address the COVID-19 crisis. A strong response enabled VCCF to provide more than \$500,000 directly to its nonprofit partners by April 9 to help them provide food, housing and other assistance to the community.

"The Ventura community benefitted quickly and immediately from the monies the Foundation was able to disburse to those in need," said Michele Newell, Aera's public affairs representative in Ventura.

Other Ventura area organizations receiving Aera donations include:

Westpark Community Center on Ventura's Westside. Aera has provided the nonprofit with more than 500 reusable shopping bags. These are expediting food distributions and promoting safe delivery by enhancing social distancing.

Health Care Foundation of Ventura County's "Gown Brigade." Aera delivered a supply of industrial trash bags in mid-April to Ventura County Medical Center for the Gown Brigade to use the bags to fabricate much-needed isolation gowns. These will help protect healthcare workers on the front lines.

Gas cards for local hospital staff. Through Western States Petroleum Association, Aera and other members provided 22 \$50 Visa gift cards to help local hospital staff with expenses and show appreciation for their ongoing efforts.

Aera's crisis support comes as the oil and gas producer deals with its own COVID-19 impacts. More than a month ago, Aera moved more than 800 employees to home offices to work remotely. Its crisis management response team continues to meet daily to address employee needs and support field operations amid historically low oil prices.

"At our field locations, Aera employees are essential workers," Newell said. "We have taken steps to ensure their safety through social distancing, additional protective equipment such as masks and face shields, daily symptom checks and more. We are continuing to safely and responsibly produce the energy that fuels California."

"Petty" Theft is never petty

by Jake Dodge, victim of burglary

One year ago I had my bike stolen at work. I know exactly who stole my bike as it's all on video. I see the guy on a somewhat regular basis, and every time I see him, it taunts me like it was yesterday. I filed a police report, but Ventura PD wouldn't do anything as they considered it petty theft. According to California Penal Code 484 A, petty theft is the act of stealing items valued under \$950. Consequences for petty theft could be up to 6 months in jail, and up to \$1,000 in fines. One day I saw him biking around the government center, which he does on a regular basis, I stopped a police car that was driving by, and told them, but they said because he wasn't on my bike, and was now on Sheriff's territory there was nothing they could do. The Sheriff's department wouldn't do anything either after I notified them that there is a bike thief who regularly bikes around the government center. I understand that the Ventura PD and Sheriff's department have a lot on their plates and that petty theft is not highest on their priority, but when I've been stopped by the Ventura PD for crossing in the cross walk for not having the walking signal, or I get a \$280 fine from the Sheriff Department for hiking up to the 2 trees, it really makes me question their priorities.

This is not the first time I've had something stolen, but it's the first time I know who stole from me and seeing him bike around town is infuriating. One day, he had the nerve to come into my office a few months after stealing my bike. He left the bike outside, unlocked, came into my office to use the bathroom, then left. I called the cops, but they showed up too late, and I didn't have the courage to confront him. I've seen him on my walk home from work, on the bike path, and at Whole Foods. I feel like a coward every time I see him.

When I tell my story to others, it saddens me to hear that just about everyone has a story of being robbed. There's this feeling of being violated, and if you've ever felt it, I empathize with you. I don't have the perfect solution for this, and there's no way to stop all burglary, but it would be nice if the Ventura PD and Sheriff's Department did more when the evidence is so clear. Put the guy in jail for 6 months, give him a \$1,000 fine, or make him do some form of community service. "Petty" theft is never petty.

How do ventilators work?

In some COVID-19 cases, the virus can attack a patient's respiratory system, wreaking havoc on the lungs. The question many are left seeking an answer for is how exactly ventilators help severely ill patients diagnosed with the virus.

Dr. Jonathan Richards with Our Lady of the Lake works in the Pulmonary Care Unit says the virus can lead to inflammation in the respiratory system. "When that happens people have difficulty breathing, they may have wheezing," Dr. Richards explains. "They experience shortness of breath and in a worst-case scenario it causes their oxygen levels to become low."

A ventilator compresses air to the lungs, according to Dr. Richards. Tubes get inserted through a patient's mouth into their lungs. Those tubes connect to a hose that goes to the ventilator.

"And that allows the physician to choose a number of breaths and a certain amount of air pushed in by the breathing machine. It also allows us to choose how much oxygen goes into the lungs," said Richards.

Doctors say when someone with COVID-19 is severely ill, the ventilator is the best option to pass along a high concentration of oxygen.

He says most people might be familiar with the nasal cannula device also used to deliver oxygen, however, there's only a certain amount of air that can be delivered that way.

Some may wonder why physicians are not opting to use a CPAP Machine or something similar.

But Dr. Richards says receiving oxygen through a mask on the outside of the face tends to not be as effective in severe cases. Also, the constant flow of air could increase the spread.

"Blowing that air in and that air coming out around that mask means that the virus can be put into the air," Dr. Richards says. "It can stay suspended in some cases up to three hours by the best science that we have about this. Certainly, that increases the risk of other healthcare providers coming into the room, but also increases the chance of someone in the hospital becoming infected."

However, Dr. Richards says if you do use a CPAP machine at home and have been given a positive diagnosis, continue using your machine as prescribed. Any questions or concerns should be directed toward your physician.



This 'n' That



If you needed toilet paper Scotty Gray's tree had them. And you thought only money grew on trees.

Bartering Ventura-Style (second of two parts)

by Mira Reverente

For some, the sense of belonging and community was a draw.

Guinevere Heath just moved to Ojai from Ventura, and was looking for some furniture so she composed her first post. In a short amount of time, she received a dresser, shelves, tables and other small furnishings. "I knew I needed to give something back," she said.

Heath started baking muffins, loaves and cakes, and would drive all over the county to drop off her goods. She loves getting ingredients like flour, sugar,

baking powder and the like to sustain her baking because she has zero income from her home bakery due to the pandemic.

Mary Campbell also found herself out of a job when the hair salon she was employed at closed down. Making ends meet by taking on odd jobs like DoorDash, she worried about her 67-year-old mother.

"I am in and out of the house all-day, everyday, bringing in who-knows-what-germs from my jobs," she said. So she asked the group if anyone had a spare mini-fridge, a hot plate and a coffee maker, so she could keep her compromised mom in another section of the house. In five minutes, she was astounded to receive everything she had asked for.

Calhoun is proud of this tremendous movement, of service-oriented folks just coming together to help and take care of one another. "I worry about the homebound seniors, the immuno-compromised folks and families who are trying to survive on one or zero income," she said. "I want them to ask for help and connect with someone."

For Amy Lyons, the group helps soothe the feeling of isolation. A book-keeper whose hours have been dramatically reduced, Lyons feels at home in this virtual community of selfless strangers. She said, "There's so much negativity everywhere else, but in Ventura County, we have this."

The barter system or the exchange of goods and services without money, is nothing new. According to various research, the history of bartering can be traced back to 6000 BC, introduced by Mesopotamian tribes and adopted by Phoenicians and Babylonians. In the US, bartering became hugely popular during the Great Depression due to the scarcity of money.

Gray has vivid memories of bartering

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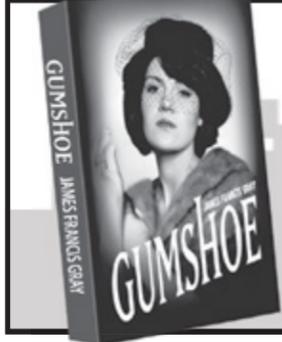


Californians during the 1918 Spanish Flu Pandemic- Not Much has Changed

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in young adulthood, apprenticing with his dad who was a handyman. "I remember him exchanging labor and materials for food, among other things," said Gray. "Back then, they used the honor system or notes, something you would probably call gift cards nowadays."

The most requested and posted items are fruits, vegetables, water, baking supplies, cleaning supplies, kids' art supplies, books, homemade masks and of course, toilet paper. Calhoun said, "I posted on there that members shouldn't always expect an even trade. It won't always work that way."

Post-pandemic, Calhoun sees the group and its mission of service continuing on. She said, "Bartering is a lost art. I want the group to thrive and branch out. I want to see people be of service not only during desperate times, but also when times are good."

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

Gold Coast Recycling to reopen its Buy-Back Facility

The Buy-Back Center at Gold Coast Recycling reopened on Monday April 20; hours of operation are 7:30 a.m. to 3 p.m. Mondays through Saturdays.

Located at 5275 Colt St. in Ventura, the Buy-Back Center has been closed for the past month, to protect the safety of customers and employees during the COVID-19 pandemic. All residential and commercial recycling services, provided by E.J. Harrison & Sons through Gold Coast, have continued uninterrupted.

In reopening, the buy-back facility requires all customers to wear gloves and masks for items to be accepted, and all recyclables must be bagged and separated into categories of plastic, aluminum and

glass. Items not separated will not be accepted.

Gold Coast Recycling remains one of the few recycling centers still fully operational in Southern California. For additional information, call 805-642-9236.

Ventura County Library continues to provide services

Ventura County Library continues to provide services during the COVID-19 emergency while staff and customers are sheltering at home. Many library services continue to be available.

eBooks and eAudiobooks are available in our CloudLibrary collection at: <https://ebook.yourcloudlibrary.com/library/venturacountylibrary/Featured>. Ventura County Library has recently dedicated extra funds to this collection to aid our customers during the County's Stay Well at Home order.

eLibrary online resources at <https://www.vencolibrary.org/elibrary> including streaming music and movies, reference resources, newspapers, language learning, and literacy resources.

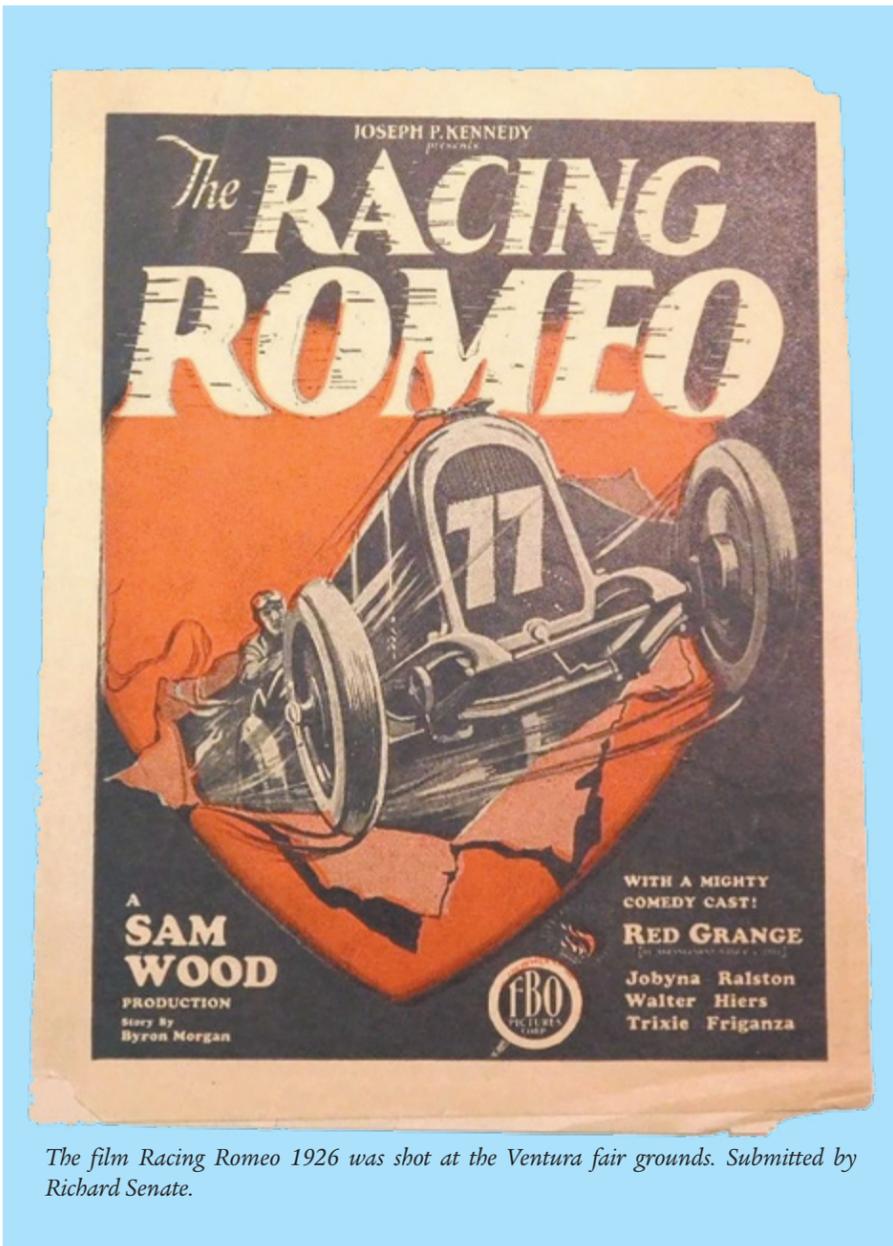
Don't have a card? Check our Get a Library card page [<https://bit.ly/VCLcard>] to get a temporary number.

Due to the local COVID-19 emergency all Ventura County Library branches have closed and all programs and events canceled.

During this time, due dates for borrowed materials are being automatically extended, with no late fines assessed. Once the library reopens, customers may return materials. Until then, customers are asked to enjoy the items at home. Book drops are locked during our closure.

Placing holds is suspended and we encourage customers to keep lists of items and place holds once we reopen. The holds queue for materials is also paused, and when we reopen customers will have one week to pick up held items.

Ventura County Library is in constant communication with other departments, local officials, and health authorities. Stay updated on the latest regional developments of COVID-19 at <https://www.vcemergency.com>.



The film Racing Romeo 1926 was shot at the Ventura fair grounds. Submitted by Richard Senate.



by Pam Baumgardner
VenturaRocks.com

As we continue in shutdown mode and our town is a virtual ghost town at night (as it should be), I've reached out to a number of musicians to get their thoughts and updates on how they're managing the stay home mandate.

Tommy Marsh of Crooked Eye Tommy

Pam: Are you still working your day job?

Tommy: I was off for two weeks but I'm back to work now.

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

Tommy: So far 20 shows have been cancelled totaling at least \$3,500 in lost revenue. To date, the Ojai Blues Fest is still on for June 6th but that is subject to change. I also had to cancel my trips to both the Nashville and Cincinnati areas where I was booked in April. It's been tough.

Pam: Is there any upside to it?

Tommy: I have been blessed to spend time at home with Tammy which has been very nice, I'm usually so busy that it's all a blur. I have been getting lots of sleep which is also elusive during a busy life of working and playing. I have been writing and that is always good.

Pam: What are you doing to fill the time?

Tommy: I'm working on the artwork for our new album, the theme is sort of a comic book style. We have also been getting things done around the house as well as planning our retirement to Tennessee. Plus, we've been watching lots of live music shows of our friends and supporting them with \$ as we are able. We are so blessed, and I know many out there are not as lucky.

Pam: Tell me about the new record and when it will be released.

Tommy: Hot Coffee & Pain is completed and will be released in August. It's been a long time coming. I just got the masters and I'm VERY PLEASED and feel it is better on many fronts than Butterflies & Snakes; big guitars and big horns will be the hallmark of this one.

(Tommy Marsh and Crooked Eye Tommy are on most social media platforms as well as the official website for the band at CrookedEyeTommy.com)

Jodi Farrell, Singer/Songwriter and owner of Jodi Farrell's Music Studio

Pam: How badly has the Stay Home mandate affected you economically? Are you able to keep your students engaged with video music lessons?

Jodi: I consider myself one of the lucky ones to be able to continue working from home.

Although there have been a few students who have opted not to continue music lessons via Zoom, most of my students have welcomed

this opportunity and are doing an amazing job adapting to this new format. I believe, just like me, they welcome any sense of normalcy and continuity in their lives during this unprecedented and upheaved time. Being able to continue music lessons not only fulfills this desire, it also provides a sense of joy and happiness in a way only music can.

Pam: Are you doing anything to stay connected to the music scene?

Jodi: Anytime I click on Facebook and come across someone sharing a song or streaming live music or posting a musical collaboration through Zoom, I feel uplifted. I've also posted videos singing songs with the intent to uplift the community's spirit. I am also pleased to see fellow musicians such as, Jerry Breiner and Colette Lovejoy (Déjà vu Too), Karen Eden, Mark Masson (Shaky Feeling), Shawn Jones, Alastair Greene, Jon Gindick, Kelly's Lot, Polly Musicmuse, Karyn 805, Crooked Eye Tommy and so many others utilizing social media platforms to continue to share their music and talents with all of us.

Pam: Have you been inspired to write new music about this experience, or not so much?

Jodi: Funny you should ask, I am in the process of writing a melody to some lyrics given to me from another talented writer (and illustrator), Linda Silvestri. It's going to be a blues song that will make you smile. I look forward to recording and posting it upon its completion.

Pam: Would you like to add anything else?

Jodi: I would like to express my gratitude to you for all that you do in supporting live arts in Ventura. Even in this time, when no performance is able to occur in our local establishments around town, you are still working to inform, and bring the musical community together through articles such as these and in so many other ways. Together, and with music, we will get through this!

Pam: Aw shucks.

(Find out more about Jodi Farrell's music studio on Facebook and on her official website JodiFarrell.com)

Jon Gindick, Singer/Songwriter, best-selling musical instruction author, and owner/operator of the Blues Harmonica Jam Camp

Pam: Is the Covid-19 Stay Home order affecting you as a working musician?

Jon: I've had to cancel five gigs and postpone my five-day Mississippi Delta Blues Harmonica Jam Camp in April; it's a small price to pay for defeating this virus.

Pam: Is there any upside to it?

Jon: Yes, short term, I feel released from my mundane responsibilities, free to develop new songs, and time to research and create new material.

Long term, we shall see.

Pam: What are you doing to fill the time?

Jon: I'm giving lessons online, advertising my seminars, providing customer service, playing music, creating videos, reaching out to old friends, and trying to figure what to do with myself next. Luckily, I have a good teaching and publishing business, so my finances have not been damaged.

(Find out more about Jon's music and Harmonica Camp on most social media platforms and on his official website Gindick.myshopify.com)

Licity Collins, Singer/Songwriter

Pam: How badly has the Stay Home mandate affected you economically?

Licity: I have complex feelings about the stay-home mandates. We've all lost a lot. For many people the reasons might feel theoretical. For me it is not. One of my two best friends in the world contracted the novel coronavirus and came down with COVID-19. She is in one of the high-risk categories. So, my "stay home" time has included a harrowing two-week vigil of holding back tears every day worried for her life while she walked the slow intense path through a "mild case" of the illness which was actually quite brutal. I am grateful for her life today, knowing she has just recently recovered. Her voice has never sounded so sweet. I am happy to stay home so that as few people as possible must go through that illness or that vigil.

I am also hoping that the powerful exposure of the massive flaws in the music economy will, in the end, benefit musicians. We all know that the industry was broken. We lost our ability to earn money through our recording sales in the MP3 transition, leaving only performance as our main way of making money. That system was also starting to fall apart, with smaller musicians expected to play too many shows for free, concert ticket prices getting so high, and major artist fees becoming unaffordable for even the largest festivals. It is my deepest hope that this challenge we are going through will shine a light on the devaluing of music— and correct it. I hope that musicians will begin to receive our true value for all we do.

Pam: What are you doing to stay connected with the music scene?

Licity: I have been really focused on staying connected to my community of supporters and fans. I've been sending frequent messages of love and inspiration to my email list and creating new intimate opportunities for them to connect with me and each other.

In asking for donations (which everyone is) I've made the decision to pass along 22% of my donations to working musicians in need. I know that many of lead artists have fan bases that we can turn to for support. But a lot of the amazing band members that make us sound like rock stars don't have that kind of name recognition. I've been able to pass along a small amount, and I hope it has helped.

Pam: Have you been inspired to write new music about this experience, or the opposite?

Licity: I need a lot of mental space to write music. This time has been anything but that! In addition to worrying/trying not to worry about

my friend and my income, I have been extremely busy creating new ways for people to connect to themselves, me and others, as a part of all I do as a music maker. I am very excited to announce those new projects in the coming weeks.

Pam: Would you like to add anything else?

Licity: You know I'm a big advocate for love. This time is an opportunity for us to choose love, in every moment. Choosing love looks like so many different things, but this time there is a major focus on unselfishness, while understanding that we have to care for ourselves and our own needs. This is one of the greatest challenges of humanity—to understand both our individuality and interconnectedness. *(Find out more about Licity on social media and her official website LicityCollins.com)*

Guy Martin, Singer/Songwriter and owner of BlackCouch Studio

Pam: Are you still working your day job?

Guy: Most definitely; my day job is a general contractor.

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

Guy: Well for me, the timing of this pandemic hasn't affected my gigs at all, simply because I have been focused on building the new BlackCouch Studio for the last 6 months. I had done a few sit-ins and benefit performances in between, but lately I haven't pushed any Guy Martin Band shows at all. So, when Covid-19 hit, the only thing that really changed was the social interaction.

Pam: Is there any upside to it?

Guy: On a personal level, somewhat. Now is the time to get those nagging little things done that I've never made the time to do before. On a global level, there is definitely a silver lining in this dark cloud; the world has a common enemy that we are fighting together as one. I do think that after the chaos is over, people around the world will have a renewed outlook on what is important in this life. The downside is I miss my immediate family and close friends. I'm tired of having to use mobile devices and technology to communicate. I would love to have a physical hang, and get together soon. Nothing beats that.

Pam: What are you doing to fill the time?

Guy: I have a list of to-dos that I'm stoked to get done. And BlackCouch Studio has a small list of things as well. I just re-wired the BlackCouch Studio's entire preamp section to exactly how I want it. I have the time to analyze what my perfect workflow should be like in a recording session and make any necessary adjustments to accommodate that. I also now have the time to try and set up and record more social media content, both for Guy Martin Music and BlackCouch Studio. Will it get done how I want? Probably not, because I am my own worst critic and usually get in my own way.

(For more information go to GuyMartin.com and BlackCouchStudio.com as well as on most social media platforms)

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



This 'n' That



The church was turned into a flu hospital.

Ventura Church and 1918 flu Hospital should be honored

by Richard Senate

1918 flu swept the world and with it took between 60 and 100 million souls, no one knows for sure. It hit America hard, taking 450 Thousand Americans. It hit in three waves, each one terrible in its own right but in the first two Ventura County seemed spared with few infections and fewer death. Ventura got cocky and elected to hold the County Fair, seeing as the death rate in Los Angeles had started to drop.

The fair was held in October that year and when it was done the full force of the pandemic hit Ventura County hard. Schools were closed into make-shift “Flu Hospitals” and volunteers came forward to treat the sick. Very young children were spared for the most part as were elderly people (they had immunity from the Russian flu that hit in the 19th Century).

The healthy, able bodied were taken out with a three-day sickness that ended for the unlucky in death. Fillmore was hit hardest in the county and some saw this as the end of the world. But, in a year the Spanish Flu, mutated into a less fatal form and it was over by 1919.

The only monuments were the many graves stones marked with the fatal date of 1918. But there stands a building in Ventura that played an important part in that pandemic and perhaps a plaque should be placed upon it to recognize this event that took so many lives. Its a unique eight-sided building, the only one in Ventura. It stands on the south east corner of Main and Kalorama Street, its now a church as it was in 1918. The churches were closed as were all theaters and schools and the church was turned into a flu hospital. Many who were sent there received the best care possible of that age and the death rate was about 20%. Still it was a place of great sadness.

The Flu Hospital was staffed by Red Cross volunteers (many perished taking care of others in selfless acts of giving to friends and neighbors in need). The building stands, just another historic oddity now but, in 1918 it was a beacon of hope and for that and the terrible time in 1918 it should be remembered and honored.

Looking to save money on your prescriptions at your local Rx pharmacy?

by Krisna Garcia

With prices constantly rising and insurance coverage seemingly getting worse and more expensive by the day, the better question might be, who isn't? Whether you've just been prescribed a new medication and you're not sure of the costs or you depend on an expensive medication to treat a chronic health condition, trips to your Rx pharmacy can be stressful. About 41 percent of all Americans take at least one prescription medication, while 17 percent take three or more prescription medications. If you're wondering how to find health savings for prescriptions, there are several options you can try regardless of your insured status.

Request the Generic Version

If your medication has a generic version, you can easily save money by requesting that your doctor prescribe you the generic form of the drug instead of the brand name medica-

tion. If you're concerned about quality, don't be - generic medications undergo the same rigorous testing by the FDA as brand name medications do prior to being sold. The main difference between brand name and generic medications lies in the inactive ingredients (ingredients that do not affect treatment) used in the manufacturing of the drug. Inactive ingredients may affect cosmetic details like color, shape, and size of the medication, so the generic version of a drug does not necessarily resemble the brand name version. The active ingredients used in both medications are the same, so your treatment will not suffer, but you will save money.

Insurance Programs

Although about 80 million Americans are uninsured or underinsured, if you are one of the lucky few who has good health insurance coverage, your medication may be covered by your insurance, especially if it is generic. Regardless of how good your insurance is, most insurances have some drugs that they will not cover, so you may not get the best price when processing your prescription through your insurance. Patients should ask for the cash price, look for coupons, research patient assistance programs, or purchase the drug with a local pharmacy discount card, as you may be able to save even more than when purchasing the drug through insurance.

Green with Envy



Regardless of your insured status, Rx pharmacy discount cards offer patients the opportunity to save big on all prescription medications approved by the FDA. Pharmacy discount card companies negotiate directly with the drug companies to provide lower rates for patients, helping guarantee the best rate. Because pharmacy discount cards can be used on all FDA-approved medications, including those that are brand name or not covered by insurance, patients with insurance may find that they receive a lower price when using a pharmacy discount card as compared to processing through their insurance. There is no cost associated with pharmacy discount cards.

While you're not likely to find coupons or rebates for generic medications, some manufacturers do offer coupons or reduced copays on the brand name form of the medication.

Ask your doctor during your visit if they are aware of any existing discounts or coupon codes that may be available, as some offers are only available upon receipt of a sample from your physician. Other coupons may be offered online.

Patient Assistance Programs

Some manufacturers offer patient assistance programs to low income, uninsured, or underinsured people who meet certain criteria. Patients who are eligible for patient assistance programs receive their medications for free or at a low cost. However, these programs are not available to everyone. Individuals who are covered by Medicare and/or Medicaid are typically not eligible for these programs, as are some patients with commercial insurance. To identify patient assistance programs that may apply to you, check the website for your medication.



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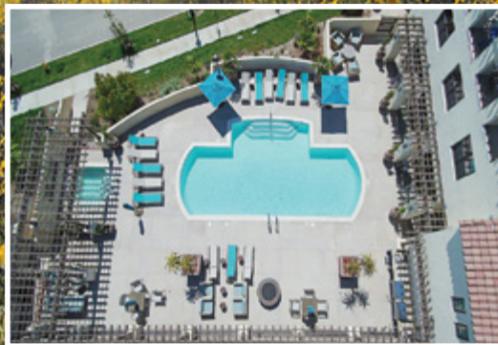
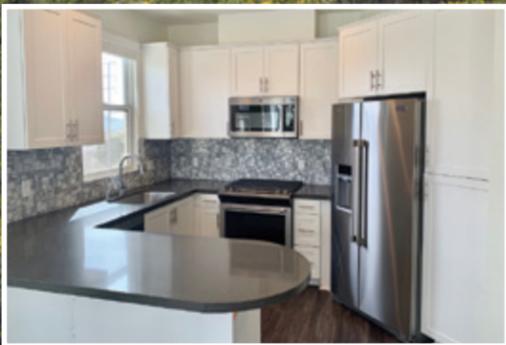
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This 'n' That



"John has spent more than a decade in hospital leadership within Kaiser Permanente."

John D. Kim named Chief Operating Officer for Kaiser Permanente

Kaiser Permanente announced that John D. Kim has been appointed chief operating officer for the Kaiser Permanente Woodland Hills and West Ventura service areas. John will be responsible for day-to-day hospital operations, continuing care, capital projects, quality/regulatory services and operations support, as well as provide oversight of the West Ventura market.

Previous to this position, John served as the Area Quality Leader and Patient Safety Officer for the Kaiser Perma-

nente South Sacramento service area, comprised of a 241-bed Level II Trauma Center and six medical office buildings. Under his leadership, the hospital was recognized by the AHA/ASA with Stroke Gold Plus Achievement award and Congestive Heart Failure Silver Plus Achievement award; achieved designation as a Primary Stroke Center; and received an A-rating by the Leapfrog Group.

"John has spent more than a decade in hospital leadership within Kaiser Permanente, said Murtaza Sanwari, senior vice president and area manager, Kaiser Permanente Woodland Hills and West Ventura service area. "He brings a wealth of experience in hospital leadership and has a proven track record of success, having worked in Kaiser Permanente's Southern and Northern California regions."

John holds both a Doctor of Physical Therapy and Master's of Healthcare Administration from the University of Southern California.

If Trump were captain of the Titanic

by Paul Swanson

- There isn't any iceberg.
- There was an iceberg but it's in a totally different ocean.
- The iceberg is in this ocean but it will melt very soon.
- There is an iceberg but we didn't hit it.
- We hit the iceberg but the damage will be repaired very soon.

- I knew it was an iceberg before anyone else knew it was an iceberg.
- The iceberg is a Chinese iceberg.
- We are taking on water but every passenger who wants a lifeboat can have a lifeboat and they are beautiful lifeboats.
- Look, passengers have to ask nicely for the lifeboats if they want them.
- We don't have any lifeboats, we are not lifeboat distributors.
- Passengers should have planned for icebergs and brought their own lifeboats.
- I really don't think we need that many lifeboats.
- We have lifeboats but they are supposed to be our lifeboats and not the passengers' lifeboats.
- The lifeboats were left on shore by the last captain of this ship.
- Nobody could have foreseen the iceberg.
- I am the best captain ever, ask anyone.

Honor Roll

Thank you so much to the following (and anonymous folks) who contributed to keep the Breeze alive. You are very special to all of us.

- Adela Trainor
- Alison Carlson
- Anne Reisinger
- Anonymous
- Antonio Figureida
- Bob & Cheryl Wheeler
- Carol Spector
- Catterall Ceramics
- Cheryl & Dennis Heitmann
- Cheryl Serr
- Christian McCusker
- Connie Perez

- Dan Osborn
- Deborah Beattie
- Debra Baile
- Donna Miller
- Ed Wehan
- Elizabeth Harper
- Fancy Pantz Face & Body Art
- Helga and Egmont von Websky
- I A Vinas
- James McPhie
- Jean M Bennett-Sheaks
- Jean Nussman
- Jill Forman
- Jill Wilson
- Jocelyn Hotzler
- Jodeen Frank Sales
- John Darling
- John Herndon
- Julia F. Campbell
- Ken McAlpine
- Kurt Triffet
- Lynn Wooster-Roemer
- Mai Pham
- Marla Brown
- Martha Jaffe
- Michael Estrada
- Michael Merewether
- Nelson Wallace
- Patti Channer
- Patty Jenkins
- Priscilla Holmes
- Sandy Powell
- Sharon McKinney
- Sharon Rishel
- Siri Weber Feeney
- Stephanie Joyce
- Steve Noll
- Susan Hancock
- Suz Montgomery
- Terri & Jim Capito
- Terry Quick
- Tina Figurski