



# VENTURA BREEZE

Your Hometown Paper

Vol. 13, No. 16 Published Every Other Wednesday Established 2007 May 6 - May 19, 2020



Staci needs no introduction to readers of the Breeze.

## Staci Brown is the latest member of MADD

MADD would like to introduce Staci Brown; she is the latest member of the Mothers Against Drunk Driving team. Her role is that of a Program Specialist. As a Program Specialist, Staci presents three programs. One is called "The Power of Youth". This is to speak to youth ages 13-18 on the negative effects of drinking, statistics and effects on the brain. This can be done in any setting where there are a group of youths, such as a school, a youth group, the YMCA or the Boys and Girls Club.

The next presentation is to college students providing the same facts yet geared toward older students. The final presentation is called "The Power of Parents". This is for parents to learn how to speak to their children about underage drinking.

Studies show that 75% percent of teens are first and foremost influenced by their parents. MADD's goal is to end drunk driving, help fight drugged driving, support the victims of these violent crimes and prevent underage drinking. One component of MADD is

*Continued on page 5*



One client per room, no visitors permitted.

## Vagabond and Best Western turned into homeless shelters during Covid-19 crisis

Article and photos by Richard Lieberman

The iconic Vagabond Motel has been transformed into a high risk shelter for the homeless population, and it's next door neighbor Best Western Motel have been contracted by Ventura County to serve as homeless shelter during the duration of the outbreak of the Covid-19 virus.

Chain-link fencing surrounds the sites and entrances are blocked and guarded by armed security services. Tents have been installed in the parking lots for overflow. Signs at all the entrances warn "For the privacy and safety of our residents, this facility is closed to the media."

Another sign posted at all entrances warns residents of the rules they must follow "One client per room, no visitors permitted, no profanity, no drug use, no alcohol use, no violence, no foul language, no loud noise."

The Vagabond is owned by Vista Investments which has owned the property since 1997. "We are in it for the long run," said Zack Cohen, Special Projects Director. Although it appears that once the emergency is over extensive repairs and refurbishment will be needed. "Likely the Vagabond will not be the same when

it re-opens, but maybe just maybe it will come back stronger for generations yet to come," added Cohen. The Vagabond Coffee Shop has remained shuttered for two years now and now it looks there will be an even longer wait for reopening if it ever occurs.

The County of Ventura and the California Department of Public Health has taken steps to slow the spread of COVID-19 virus among vulnerable populations in the county. The county secured housing options at the beginning of the emergency. Local motels in the cities of Ventura, Oxnard, and Newbury Park have been contracted to accommodate this population, including the Vagabond and Best Western both located on Thompson.

Transportation for "at risk" homeless individuals is being coordinated by the county. Medical care, and mental health care are being provided by various county agencies. The shelters are providing housing and care for those considered "high risk" homeless individuals 65+ years old and those having an underlying condition like heart disease, diabetes and other conditions putting those individuals in the "high-risk" category. Persons are medically evaluated before they are cleared for intake into one of the facilities.

"We are trying to place persons in a location near their home community when it is safe to do so," said Tara Carruth, Program Manager with the Ventura Continuum of Care, and to commit to helping individuals reconnect with that community when it is safe to do so," added Carruth.

The various county and city agencies have been able to place more than 255 people mostly in motels and continue to accept referrals for people that meet the high-risk category of 65+ years old and those with serious health conditions. Nonprofits throughout the region are providing food, showers, laundry and linkages to housing, shelter and motel placements.



Ventura artist Andrew Rodriguez (who has been featured in the Ventura Breeze) has painted this mural in downtown Ventura. It honors frontline heroes. Photo by Bernie Goldstein.

## VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

Ocean & Mountain Views • Over 12 Lushly Landscaped Acres  
Spacious Suites and Garden Villas

Anytime Dining in our Sun-Drenched/Full Service Dining Room • Full Kitchens  
Delicious Home Cooking by Pro Chefs & 5-Star Pastry Chef • Live Music & Events  
Weekly Excursions • All Day Transportation • Pets Welcomed

**Call Now for a Visit! 805.642.3263**

www.venturatownehouse.com • 4900 Telegraph Road, Ventura, CA 93003



Of all the places I looked at, Ventura Townehouse is the BEST! I am so happy and this is my last home!  
- Shirley Dove

Get More Fun & Amenities for your Money!  
CA LIC# 565801810



## 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](http://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](http://www.gofundme.com/f/support-the-ventura-breeze).

## 2020 HONOR ROLL DONORS

YES! I WANT TO SUPPORT THE VENTURA BREEZE OUR FREE COMMUNITY NEWSPAPER:

CHECK

CREDIT CARD

NAME \_\_\_\_\_

CARD NUMBER \_\_\_\_\_

EXPIRATION DATE \_\_\_\_\_

CODE ON BACK \_\_\_\_\_

ZIP CODE \_\_\_\_\_

AMOUNT \_\_\_\_\_

(ANY AMOUNT IS APPRECIATED)

MAIL TO:  

VENTURA BREEZE

PO BOX 832

VENTURA 93002

DO YOU WANT TO BE LISTED ON THE HONOR ROLL TO APPEAR IN THE BREEZE?

YES  NO

**Thank you for supporting your local hometown newspaper!**



# City News



A limited amount of people and horses have beach access.

## City of Ventura to allow limited access to parks and beaches

On Monday, April 20, 2020, the Ventura City Council unanimously voted to institute limited closures of Ventura's beaches and parks. The City's decision provides restricted access to its parks, beaches, the Promenade, and Pier in support of balancing residents' physical and mental health while restricting non-essential activities.

Ventura Mayor Matt LaVere stated "We want to provide an opportunity for our community to enjoy our amazing resources in a socially-responsible manner while we continue to stop the spread of COVID-19."

Walking, hiking, jogging, running, or biking, is permitted as long as those engaging in these activities do not linger

in any location. Sidewalks, walking paths, trails and tracks within all public parks are open for use as long as the public adheres to the social distancing requirements outlined in the "Stay Well at Home" order, set by the Ventura County Health Officer.

"We know the public desperately wants to bring their families to the beach or the park, but we're not there yet," said City Manager Alex McIntyre. "The limited closure access to City parks and beaches will continue as long as the public complies with social distancing rules and there are no group gatherings. Our intent is to provide community members with opportunities to enjoy healthy outdoor

*Continued on page 12*



We are pleased to announce the opening of  
**Boyko & Reardon Telegraph Road Mortuary & Cremation**  
15 Teloma Drive, Ventura 93003 FD#2390



### Affordable Cremation Care & Funerals Simple Cremations

We accept pre-planned arrangements and plans from other funeral and cremation establishments.

If you would like to TRANSFER your pre-planned arrangement to  
**Boyko & Reardon Telegraph Road Mortuary & Cremation**  
Please call us today to begin the conversation (805) 643-8623.



We offer affordable assistance to families with simple cremation care and a wide array of cremation options.

During these times know that we are COVID19 prepared and ready and can offer you *arrangements via fax, phone and email* if you desire making arrangements in the safety of your own home.

Available 24 hours a day for consultations (805) 643-8623

Affiliated with the JOSEPH P. REARDON FUNERAL HOME & CREMATION SERVICE  
757 E. Main Street, Ventura, CA 93001 ~ (805) 643-8623 FD#883

# Happy Teacher/Staff Appreciation Week

From all of us at VEP, thank you for your love and care of our community's children.

To all the teachers and staff, thank you for your dedication and hard work in helping create a brighter future for our community's youth.  
Ben DeWitt



We all know how disruptive this virus has been but it does not know how tough teachers and staff are! They are working so hard to guide students through this pandemic and deserve the most appreciation from us all.  
Indy Batra



First 5 Ventura County is grateful for the tireless efforts of local educators to keep our children engaged, learning and well nourished. Thank you for going above and beyond to support local families.  
Petra Puls

Thank you teachers and staff for all you do to instill the love of learning, inspire students and build the skills they need for future success.  
We appreciate you!  
Saurabh Bajaj



Nothing changes a child's life like the love and support of a great teacher. We celebrate all those who invest of themselves in our students' futures.  
Dr. Andrei Bobrow and Sabrena Rodriguez



Now more than ever, thank you to all the teachers and staff who help build a strong future for the children of our community.  
Michele Newell

We are incredibly grateful for teachers and staff who believe in our kids, give them so much love and energy and help them find their futures. Thank you. Madhu Bajaj



VENTURA Education Partnership



# VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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

#### PUBLISHER-EDITOR

Sheldon (Governor) Brown  
publisher@venturabreeze.com

#### PUBLISHER EMERITUS

Staci Brown

#### ASSISTANT TO THE PUBLISHER

Ana Baker

#### CONTRIBUTING WRITERS

Richard Lieberman · Shirley Lorraine  
Sheli Ellsworth · Veronica Johnson  
Jill Forman · Pam Baumgardner  
Elizabeth Rodeno · Mira Reverente  
James Francis Gray · Amy Brown  
Maryssa Rillo · Carol Leish

#### CONTRIBUTING PHOTOGRAPHERS

Bernie Goldstein  
Richard Lieberman · Michael Gordon

#### DISTRIBUTION

Jaime Baker · Mary Thompson  
Alfred J. Lewis · Richard Lieberman  
Lynda Farmer

#### ACCOUNT EXECUTIVES

Breezy Gledhill · Cindy Summers

#### WEB/ONLINE ADVISOR

Cindy Summers

#### PRINT PRODUCTION

Alfred J. Lewis/studioNothing

#### PRINTING

CA Web Print, Inc. (626)281-8989

#### CONTACT US:

EVENTS & HAPPENINGS  
events@venturabreeze.com

OPINIONS  
opinions@venturabreeze.com

ARTICLES AND PHOTOS  
editor@venturabreeze.com

THE PET PAGE  
scampclub@venturabreeze.com

ADVERTISING  
advertising@venturabreeze.com

## Ventura Breeze

PO Box 832  
Ventura, CA 93002  
Phone 805.653.0791  
Fax 805.641.1824

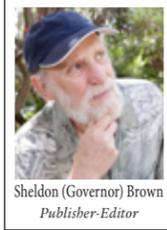


The Ventura Breeze is printed with soy based ink on paper with minimum 40% recycled content.

Do not take  
life too  
seriously. You  
will never get  
out of it alive.

– Elbert  
Hubbard

## Opinion/Editorial



Sheldon (Governor) Brown  
Publisher-Editor

■ I received two envelopes from **US Treasury** so assumed that each contained a \$1,200 stimulus check. Opened the first one, and it had a check for \$26. After a few swear

words, I opened the second one and it had a check for \$2,400. Looking more closely at the \$26 check, it was an income tax rebate. I never get income tax rebates, so this was a little peculiar, but I kept it anyway.

■ Folks that owe **school loans** and other money to the government are having their \$1200 rebate checks applied directly to those balances. I don't think this is appropriate during these times when people need money to survive. The government can get their money when things are back to normal (whatever our normal is going to be).

Regarding stimulus payments from the government, I'm glad to hear that the **LA Lakers** have returned the \$4.6-million that they received. Hopefully, athletes making only \$20-mill a year have saved some money and can manage to not receive salaries for a while. If I receive \$4.6M, I will immediately return it as well.

■ The former co-owner of **Discovery Ventura** is facing criminal charges over a similar business venture in San Luis Obispo County. Jeremy Pemberton opened the entertainment venue in midtown Ventura in 2014 with his brother. In 2017, Pemberton was working to open another location in San Luis Obispo. Many Venturans, who invested in this venture have never received anything in return. They lost all of their investments.

While seeking investors for the San Luis Obispo project, authorities allege Pemberton misrepresented the amount of financial backing he already had. He is also accused of failing to disclose to these investors that there was a default on the lease he had for the future site.

The situation was made even more complicated in December last year when Pemberton filed for bankruptcy.

In the meantime, the property of the

Discovery Ventura building, located at 1888 E. Thompson Blvd., is on the market for \$4.2 million. So, if you want to buy a restaurant, music venue, bowling alley and bar, this is your chance.

Luckily (or wisely), the Ventura Breeze stopped accepting their advertisements some time ago because their credit cards were always being declined.

■ I'm sure you all remember our previous city manager **Rick Cole**. After being dismissed from Ventura, he went on to hold several important positions. His last one being the city manager of Santa Monica. He recently resigned, citing divisions over drastic budget cuts that he has recommended as result of the coronavirus. He has been under fire by some who accused him of rushing to cut programs and city staff, deeming it unnecessary. But, no need to worry about him financially since he has several pensions and will not have to worry about an income.

■ Soon good, and bad, news regarding **local newspapers**. Three smaller newspapers recently closed by the LA Times have just been purchased by the owner of a La Canada Flintridge paper. But, at the same time, the publisher of all four of Northern California county's newspapers has stopped publication. This is all based on the great huge reduction of advertising in all newspapers, big and small.

■ Once again, I want to sincerely thank our **dedicated readers** for donating money to keep the Breeze in publication. Hopefully, this will keep us publishing until the economy does turn around when we can, once again, have our more usual number of advertisers.

■ Many **local restaurants** (and all take-out restaurants) are open for delivery or take-out. So, please support our local businesses and shop as best you can. Many also have sales on-line to consider. Hopefully, they can open-up soon.

■ **President Trump** recently took aim at George W. Bush after the former Republican president issued a call to push partisanship aside amid the outbreak of the novel coronavirus. In a three-minute video shared on Twitter, Bush urged Americans to remember "how small our differences are

in the face of this shared threat. In the final analysis, we are not partisan combatants. We are human beings, equally vulnerable and equally wonderful in the sight of God," Bush said. "We rise or fall together, and we are determined to rise."

Republican Maryland Gov. **Larry Hogan** said Sunday that he "can't really explain" President Donald Trump's public speculation last week about using disinfectant as a treatment for COVID-19, but he advised the president make sure his news conferences on the coronavirus are "fact-based."

Hogan, chairman of the National Governors Association, said on ABC News' "This Week" that from the beginning of the outbreak, it had been important to him that officials communicate "very clearly on the facts because people listen to these press conferences."

"They listen when the governor holds a press conference and they certainly pay attention when the president of the United States is standing there giving a press conference about something as serious as this worldwide pandemic," Hogan said. "And I think when misinformation comes out or you just say something that pops in your head, it does send a wrong message."

"We had hundreds of calls in our hotline here in Maryland from people asking about injecting or ingesting these disinfectants, which is, you know, hard to imagine that people thought that that was serious."

Donald Trump said he will take no responsibility if Americans inject or otherwise consume disinfectant to kill Covid-19, even though he suggested it during a press conference. Finally, some Republicans are speaking out against some of the rash statements made by Trump.

Vice President **Mike Pence's** refusal to wear a mask during his visit to the prestigious Mayo Clinic sent the wrong message. He was the only one in the hospital not wearing a mask. He certainly didn't support the federal guidelines he regularly touts.

Regarding Trump, there is an opinion in our Mailbox section from Kevin Daly that I suggest you read. Again, I am always looking for counter-opinions.

## Mailbox

We received a \$300 donation from a reader and it mysteriously disappeared, but we don't know who it was from. If it was you stop it at the bank and if you could be so kind send us another one.

Sheldon:

Your deep convictions and passion were in evidence in your opinion in the Breeze, and, appropriately so, I might add!  
Ed Wehan

Breeze:

I support re-opening of public parks including restrooms for those who may need to use limited restroom facilities

I object to age discrimination of limits for those age 70 or above when the true test should be underlying health conditions or physical fitness

I am age 78 going on 79 and in excellent health with no underlying health concerns comparably younger than many 60-year olds.  
Mike Merewether

Sheldon Brown,

You asked for an intelligent counter to what you demmed reprehensible behavior to President Trump's behavior. Here it is:

States like California, Michigan, New

York and New Jersey have been infringing on people's Constitutional rights forcing businesses and government offices to close in the name of saving lives. People who are sitting alone in their cars at the beach with their windows rolled up or surfing with no one within three hundred feet of them have been getting thousand dollar fines for violating public health orders issued by County doctors who are not elected officials.

Our own Dr. Levin who is the Head of Public Health for the county of Ventura has dictatorial powers over what businesses can be open and what can be sold at these businesses. I find it amusing that under Dr. Levin's Orders people can't purchase electronics or clothing but you can purchase as much liquor as you want at Target according to these orders.

Elective medical procedures such as knee and hip replacements are not allowed but abortion clinics are considered essential medical services. This sounds political to me.

Are people dying? Yes, yet the numbers are being inflated so we don't know how many people have actually died of the Corona Virus because those that die of secondary causes such as heart failure are listed as dying on the death certificate of Covid19 because that's what state governments told Dr's to do.

The economy is being hit hard with

Continued on page 12

**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



Wouldn't you like your name here? Photo by Bernie Goldstein.

## Ventura Pier provides meaningful memories

Pier into the Future, a non-profit dedicated to enhancing the historic Ventura Pier is offering permanent engravings on the granite panels at the entrance to the Pier for \$175 through May 31, 2020. Beginning June 1st the price will increase to \$200. The engravings provide a meaningful way to honor a family or to memorialize a loved one.

"Our goal this year is to raise funds to provide increased security, graffiti removal and extra cleanings to ensure the Pier is safe and clean. Once the Pier is reopened, we look forward to welcoming residents back to a place that is safe and provides a sense of hope", said Pier Into the Future Executive Director Jenise Wagar-Hernandez.

With the largest fundraiser of the year, Pier Under the Stars (normally held in October), cancelled this year due to

Covid 19, Pier into the Future is hoping the community will consider having their name engraved on the Pier to help supplement the loss of revenue from the event. Pier Under the Stars- Ventura's largest food and drink event- will take a year off and will return again on October 2, 2021.

Pier into the Future was founded by a group of dedicated community leaders, in partnership with the City of Ventura, to establish an endowment fund to maintain and enhance the historic Ventura Pier for future generations to enjoy. The organization has contributed over \$811,000 to the City of Ventura over the last 27 years to enhance the Pier.

Please visit [www.pierintothefuture.org](http://www.pierintothefuture.org) or call 805.804.7735 for more information about pier engravings or other ways to support the historic Ventura Pier

## Ojai Art Center Theater 2021 season

The Ojai Art Center Theater invites community members to get involved in their 2021 season. If you have a favorite play or musical you want them to produce, you may submit it for possible inclusion.

The Play Selection Committee seeks script in the following categories: comedies, dramas, musicals, Shakespearean comedies, classical comedies, and plays or musicals suitable for families. The committee asks that the submissions be published plays available for amateur productions. Please mail scripts to Ojai ACT, c/o Herb Hemming, 411 Tico Rd., Ojai 93023 by May 15, 2020.

Experienced theater directors are encouraged to send a directing resume via email to [herb@ojaiact.org](mailto:herb@ojaiact.org) before May 15.

The Ojai Art Center is the longest continuously operating multi-disciplinary center serving the arts in the State of California. Opened in 1939, the Ojai Art Center encompasses eight branches for the various art disciplines. The Theater Branch annually presents a variety of dramatic productions, ranging from comedy to drama and musicals. The branch operates with its own directors and monthly meetings to address all theater-related issues. They annually screen

proposals for future productions and present a tentative schedule for approval to the Art Center's Board of Directors.

Ojai Art Center is a California 501(c)(3) nonprofit.

## May 4-8, 2020 is Teacher/Staff Appreciation Week

by Madhu Bajaj  
President,  
Ventura Education Partnership

A friend recently reminded me that research shows that having one connection to a caring stable adult builds resilience in children. School provides the opportunity to have not just one connection but many. As I think about who I am today and memorable childhood experiences a number of them were shaped by school, by the dedicated people who work in schools. And as I look at the wonderful, young man my son is becoming, I know I have school to thank for supporting him in figuring out who he is, how to be his best and how he will contribute to our world.

May 4-8, 2020 is Teacher/Staff Appreciation Week. Normally, it is a special time on school campuses to recognize everyone working hard on behalf of our

## VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING



**Happy Signs of Spring at the "House".**  
Bea talking through her screen door.

*- Photo by Anne*

**805.642.3263 | [www.venturatownehouse.com](http://www.venturatownehouse.com)**  
4900 Telegraph Road, Ventura, CA 93003

CA LIC# 565801810

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

Thank you to essential & volunteer workers for all you do!



Join our new Loyalty Program on our website!  
[www.SLCC.org](http://www.SLCC.org)

**\*Our showroom is routinely sterilized and open!\***      **\*Must be 21 or older unless the person is a qualified patient.\***

**Come Find Your Shangri La**  
**RECREATIONAL & MEDICAL MARIJUANA DISPENSARY**  
**LOCATED IN THE BEAUTIFUL OJAI VALLEY**




**"2ND DRIVEWAY IN THE BACK"**

**Learn More At:**  
<http://www.SLCC.org>  
[Facebook.com/slccojai](https://www.facebook.com/slccojai)  
[@shangrila\\_cannabis](https://www.instagram.com/shangrila_cannabis)

**(805) 640-6464**  
**408 Bryant Circle, Suite G**  
**Ojai, CA 93023**  
STATE PERMIT # C10-0000474-LIC

community's kids with sweet drawings, notes, special lunches and more. And like so much of life right now, this week will look and feel very different... no surprises, cute giggles, hugs.

This year, teachers and staff are working harder than ever from their homes to connect with their students and keep them engaged through distance learning. And, Ventura Unified's Food and Nutrition Services is feeding thousands of children with a meal distribution program. The amount of preparation, planning and training required to make these massive shifts in education is unimaginable and heroic.

Please join me in thanking the amazing team at VUSD who are working so hard during uncertain and stressful times and for taking care of our community's children.

This week, and always, please take a minute to appreciate teachers and staff working with care and compassion to educate our future. I know I will be writing many heartfelt notes this week.

### Staci Brown is the latest member

*Continued from page 1*  
assisting victims from the beginning of the crash and through the court process to the conviction. MADD has annual walks to raise money and has a Law Enforcement Recognition luncheon. They are always looking for volunteers and need victims who would like to tell their stories to offenders at their Victim Impact Panels. You can also donate and find more information at [MADD.org](http://MADD.org). To reach Staci to volunteer or to set up presentations, please call 714-838-6199 Ext 6649 or email at [staci.brown@madd.org](mailto:staci.brown@madd.org).



## HOUSEHOLD HAZARDOUS WASTE COLLECTION EVENTS ARE BACK\*

May 16

June 20

July 18

Schedule appointments online at [www.cityofventura.ca.gov/HHW](http://www.cityofventura.ca.gov/HHW)  
or call (805) 652-4525 \*Event for City of Ventura Residents Only

### ACCEPTED

- Motor Oil/Filters/Other Auto Fluids
- Aerosol cans
- Auto & Household Batteries
- Fluorescent Light Tubes & CFL's
- Gasoline
- Household Cleaners
- Paint, Polishes & Varnishes
- Pesticides

### NOT ACCEPTED

- 55 Gallon Drums of Material
- Commercial/Industrial Waste
- Compressed Gas Cylinders
- Electronic Waste
- Explosives, Ammunition, Fireworks
- Radioactive Material
- Smoke Detectors

Limit-15 gallons or 125 pounds per visit.



### CHANGE YOUR OWN MOTOR OIL?

Make sure to drop off used oil at a free collection center. For a list of Ventura's used motor oil recycling centers, text **OIL** to **55678**.

MSG and data rates may apply.

VCS

CITY OF  
**VENTURA**  
ENVIRONMENTAL SUSTAINABILITY



## News & Notes



Student Jacob Sommer from El Camino High School is part of the team.

## CAPS Media producing updates on COVID-19

CAPS Media Crews are working with Ventura City and County officials to produce ongoing COVID-19 updates for the community. In addition to helping facilitate coverage and streaming of City Council meetings from Ventura City Hall, CAPS crews are producing weekly updates by Ventura City Mayor Matt LaVerre and collaborating with Ventura City Fire, Police and Public Works departments to provide the community with additional accurate information.

CAPS Crews are also on site for the Monday, Wednesday and Friday County updates by Ventura County Public Health Officer Dr. Robert Levin and other officials. All of the updates are distributed on multiple social media platforms as well as translated for the Spanish speaking community. Rest assured that CAPS crew members are taking every precaution to be safe during this difficult time.

CAPS RADIO KPPQ 104.1 FM is very involved in the public COVID-19 information campaign. City Council meetings held on Monday evenings are rebroadcast on KPPQ on Wednesday nights at 10pm. CAPS RADIO is also rebroadcasting every County and City update the following day and reposting videos on CAPS Media's Facebook page and other social media platforms.

KPPQ producers are creating video diaries and recording their shows from home including interviews with community members and leaders. The KPPQ productions extend beyond the borders with radio producer Mary Egan working in her home studio and sending audio updates from Sydney, Australia for airing on KPPQ.

Students in the El Camino high school at Ventura College program who are actively engaged in the ECTV immersive media program, recently won two national awards from ACM (Alliance for Community Media). In the Community Events category, ECTV won for an in-depth profile and interview by Eli Zarate and her ECTV crew with Ventura Deputy Mayor, Sofia Rubalcava at the first Va Por La Avenida at Kellogg Park. The second award, in the Entertainment and Arts Series category, was for a series of programs called Creative Community 2.0, which is a collaboration between host David Starkey, a teacher at Santa Barbara City College and the entire ECTV crew. During the COVID-19 crisis ECTV students are producing PSA and other messages that are broadcast and streamed on CAPS Media and rebroadcast on KPPQ.

Thanks to everyone who submitted projects to CAPS Media's #VENTURASTORIES. CAPS is reviewing the submissions and will start rolling out selected stories in the next couple of weeks. Send CAPS your Story. Be creative, imaginative and informative. Make #VenturaStories a family project with videos of kids, pets, cooking, hobbies, sports, art, music, games, movie/book/tv reviews, exercise and more.

Or, if you know a health care worker, service person or neighbor you want to thank, #VenturaStories is a great way to do it. When you're ready for your television premiere, submit your work of art to #VenturaStories at [capsmedia.org/venturastories](http://capsmedia.org/venturastories) where you will find simple instructions on how to upload your video as well as production tips and additional information.

Coronavirus (COVID-19)

Due to the Coronavirus (COVID-19) crisis the CAPS Media Center is closed to Member/Producers and the public until further notice. CAPS Member/Producers can submit programming via the online portal at [capsmedia.org](http://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.

## Board of Education approves long range facilities master plan

More than \$800 million in school construction projects have been identified in the Long Range Facilities Master Plan approved by the Ventura Unified School District (VUSD) Board of Education at its April 28, 2020 meeting. The plan overseen by Mrs. Betsy George, the Assistant Superintendent of Business Services in conjunction with PBK Architects, has been an ongoing project since January 2019. The plan is expected to cover facility needs in the District over the next 10 to 15 years with some projects more than 15+ years out.

The projects include building improvement of school sites and grounds such as; roof repairs, flooring, painting,



Lemon Grove neighbors came together on Saturday, April 25, with a treat for everybody. Since families can't go to the zoo, a zoo was created in the neighborhood.

Not your average zoo, this one had no roars or animals running around. In fact, the animals were all still and quiet. That's because they were toys!

Families made scenes and panoramas with their stuffed animals, and displayed them in the front yards. There was a map, and many residents came walking, on bikes, in cars to see the presentations, greeting folks they hadn't seen, smiling and laughing, talking about the "exhibits." It was a special afternoon.



# COUNTY OF VENTURA

# COVID-19 RESOURCES

## Behavioral Health Wellness

- Ventura County Behavioral Health Crisis line: **1-866-998-2243**
- Logrando Bienestar – Mental Health Wellness Checkup: **805-973-5220**
- Substance Use Treatment Services 24/7 Access Line: **1-844-385-9200**
- How to Get an Overdose Rescue Kit (NARCAN): **805-667-6663**

## Health Care

- Health Care for All: **805-981-5212**  
*(Application assistance for Medi-Cal, Covered CA, & other low cost programs)*
- Medi-Cal: **1-888-472-4463** or **www.mybenefitscalwin.org**
- WIC (Women, Infants & Children): **805-981-5251**

## Homeless Services

- Call **2-1-1**

## Housing

- Area Housing Authority of Ventura County: **805-480-9991** or **www.ahacv.org**  
*(Unincorporated areas of Ventura County and the cities of Camarillo, Fillmore, Moorpark, El Rio, Somis, Piru, Ojai, Simi Valley, and Thousand Oaks)*
- San Buenaventura Housing Authority: **805-648-5008**
- Santa Paula Housing Authority: **805-525-3339**
- Oxnard Housing Authority: **805-385-8041**

## Food

- CalFresh & CalWORKs Programs: **1-888-472-4463** or **www.mybenefitscalwin.org**
- Food Share: **805-983-7100** or **www.foodshare.com**
- School meals: **www.vcoe.org/meals**
- Food for seniors: **805-477-7300** or **www.vcaaa.org**

## Business

- Business Assistance, Economic Development Collaborative: **805-409-9159** or **www.edcollaborative.com**

## Unemployment

- Unemployment Insurance Benefits: **1-866-333-4606** or **www.edd.ca.gov**

## Transportation

- VCTC: **1-800-438-1112** or **www.goventura.org**
- Gold Coast Transit: **805-487-4222** or **www.goldcoasttransit.org**

## Utilities

- Southern California Edison: **1-800-950-2356** or **www.sce.com**
- Southern California Gas Company: **1-877-238-0092** or **www.socalgas.com**



Please stay informed at **www.vcemergency.com**  
Call **2-1-1** to speak to an operator 24/7 about resources



## News & Notes

restrooms, heating and air conditioning, electrical, fire alarms, furniture, plumbing, drinking fountains, exterior lighting and security cameras, cafeteria renovations, and updated intercom/master clock system. Other projects call for renovations or new construction for STEM Centers, libraries, CTE Program areas, Science Labs, pools, Art, Music, Shop, and Special Education Program spaces.

The plan is the result of nine months of gathering input from a variety of stakeholder groups to ensure broad-based participation in the development of the document, as part of the Long Range Facility Master Planning (LRFMP) process. Input was garnered from a District focus group representing all departments, one-on-one meetings and site walks with each Principal, and a Community Leadership Committee (CLC) made up of parents, students, Board of Education members, civic leaders, city representatives, District Administration and VUSD employees. Additionally, two community forums and two special Board meetings were held where all were invited to provide input on facilities and project prioritization. Based on this feedback, the educational specifications in the plan represent a vision for the transformation of VUSD's schools to modern learning environments and hubs for the communities they serve. The plan was developed on six guiding principles: Student Learning, Innovation and Inspiration, Safety and Security, Indoor/Outdoor Spaces, Community Engagement, and Historical Perspective.

The last time the District underwent

a significant facility planning effort was in 1997. Much has changed since then. In 1997, computer labs and fixed computer stations were the norm. Students were expected to learn basic keyboard, programming, and application skills. In 2020, with wireless access and the trend toward a 1:1 a computer environment, the need for dedicated computer labs in schools has decreased significantly.

The last time the District sought a bond was more than 20 years ago, in 1997 when voters approved Measure M.

The full facility master plan and additional information can be found at <https://www.venturausd.org/business/BusinessServices/Long-RangeFacilities-MasterPlan.aspx>.

The District is made up of an early childhood education program, 26 elementary, middle, and high schools, with more than 16,000 school-age students, an adult education center, 2,000 staff, and a wealth of parents and community members whom all strive to help our children find their passion—academically and personally. For more information, visit [www.venturausd.org](http://www.venturausd.org) or call 805-641-5000.

## Girl Scouts welcome new board member

Girl Scouts of California's Central Coast welcomes their newest board member, Maria Ventra.

FREE ONE MONTH MEMBERSHIP!

**PIERPONT RACQUET CLUB**

★ **A SPECIAL THANK YOU** ★

**TO OUR FRONTLINE HEROES & ESSENTIAL WORKERS FOR SERVING OUR COMMUNITY DURING THE COVID-19 PANDEMIC!**

**CONTACT US FOR A FREE ONE MONTH MEMBERSHIP UPON OUR RE - OPENING!**

**VISIT US AT [WWW.PIERPONTRC.COM](http://WWW.PIERPONTRC.COM) FOR MORE INFO!**

In her role, as the local SoCalGas representative of Ventura County, she serves on several community boards, BGC GV, El Concilio, American Red Cross of Central California, United Way of Ventura County and the Ventura County Economic Development Association (VCEDA). She is deeply rooted in the Ventura County community.

She has received prestigious recognitions for her professional accomplishments and commitment to the community over the past few years, a few of those including the Pacific Coast Business Times' "Top 50 Women in Business" Editor's Choice and Hispanic Lifestyle recognized her as a Latina of Influence.

Maria says, "As a young girl, I always wanted to join Girls

Scouts and now I am finally one! Removing obstacles of joining the Girls Scouts and broadening its reach for all girls and teens along the Central Coast is of paramount importance."

A complete listing of Girl Scouts of California's Central Coast Board Members can be found at [www.girlscoutsccc.org/board](http://www.girlscoutsccc.org/board).

Girl Scouts of California's Central Coast serves over 9,000 girls across six counties and is committed to making the Girl Scout Leadership Experience available to girls in ways that impact their lives both in the moment and into the future. To join or volunteer in Santa Cruz, San Benito, Monterey, San Luis Obispo, Santa Barbara or Ventura County, visit: [girlscoutsccc.org](http://girlscoutsccc.org).



**May is National Sports & Fitness Month!**

**Get Active  
Ventura!**  
at



**PIERPONT**  
RACQUET CLUB

**SPECIAL OFFER**

**50% off Join Fee &  
50% off-1 Month Dues**

**Request a Certificate  
by May 31, 2020**

**Redeemable Upon Re-opening!**

Go to [www.pierpontrc.com](http://www.pierpontrc.com)  
For Details!

**Pierpont Racquet Club**

500 Sanjon Rd.  
Ventura, Ca 93001  
805-648-5161



## News & Notes

### CMHS emergency departments are open and they have clean laundries

Community Memorial Health System is grateful to everyone in the community for doing their part to stop the spread of the Coronavirus by staying home during this time, but now more than ever, CMHS wants people to know that it's safe to seek care at Community Memorial Hospital and Ojai Valley Community Hospital. If you need care, don't wait until your condition worsens.

"It's important that patients not put off coming in to see us when they need care," said Dr. Neil Canby, Emergency Department physician at Community Memorial Hospital. "We understand that people may be apprehensive to seek care during this time, but we have put a number of policies and procedures in place to protect the health and safety of everyone who enters our hospitals and emergency departments."

Some of the enhanced policies CMHS has introduced to keep all patients safe, including non-COVID-19 patients, include:

Mandatory Coronavirus (COVID-19) screening for everyone who enters the Emergency Departments and hospital facilities, including patients, essential companions, physicians and staff.

Mandatory use of surgical masks for everyone in the Emergency Departments,

regardless of their COVID-19 status.

Continued use of separate treatment areas for patients who present with COVID-19 symptoms and those who do not.

Continued use of separate waiting areas (including waiting in vehicles) and phone registration following appropriate screening, in order to minimize contact and maintain social distancing standards.

Continued use of enhanced sterilization and cleaning protocols of individual patient treatment rooms and entire Emergency Departments to ensure optimal cleanliness and minimize potential spread.

Continued restriction of visitors (one essential companion only) in the Emergency Departments and hospital facilities to limit potential exposures.

CMHS understands that people may be apprehensive to seek treatment during this uncertain time, but encourages people to rely on CMHS for the care the community has come to know and trust.

Community Memorial Hospital's Emergency Room is located at 147 N. Brent St. (805-652-5011) and the Ojai Valley Community Hospital ER is located at 1306 Maricopa Highway in Ojai (805) 646-1401.

Community Memorial Health System is the first on-premise laundry to achieve the Hygienically Clean Healthcare certification, an important recognition amid growing global concerns about infection control and an especially important achievement during the COVID-19 pandemic.

The laundry department at Community Memorial Hospital and Ojai Valley Community Hospital provides hygienically clean linens, gowns, scrubs and other garments for all physicians, employees, and patients, helping to ensure a clean, safe environment at both hospitals and prevent the spread of illness.



*FASTSIGNS of Ventura made the Heroes signs pictured and placed them at our local hospitals- CMHS, VCMC and Kaiser as well as FoodShare, Project Understanding and VUSD meal distribution sites. Owner Saurabh Bajaj is at Community Memorial Hospital with a health care worker having just placed the Heroes Work sign. Saurabh "We must come together as a community to recognize our heroes who are taking care of us and keeping us safe. The Heroes Work Here signs are a small way to do that."*



# Senior Living

*Pull Out Section*



## Coping with stress

Older people and people of any age who have serious underlying health conditions are at higher risk for severe illness from COVID-19. People who may have issues getting assistance if they become ill, like those experiencing homelessness or people with disabilities are also at increased risk from COVID-19.

These conditions and situations may result in increased stress during this pandemic. Fear and anxiety 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.

### Have a plan for if you get sick

Know how to stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, and community health workers if you become sick.

Determine who can care for you if your caregiver gets sick.

Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.

If you cannot get extra medications, consider using mail-order for medications.

Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms.

Most people will be able to recover from COVID-19 at home.

Have enough household items and groceries on hand so that you will be prepared to stay at home.

Consider ways of getting medications and food brought to your house through family, social, or commercial networks.

Have a plan for someone to care for your pets during your illness.

### Cleaning and Disinfecting Your Home: Check with your local public health officials

Depending on how severe the outbreak is, your local public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

Stay home as much as possible. Take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.

### What to do if you have symptoms

Watch for symptoms and emergency warning signs.

Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath.

If you feel like you are developing symptoms, stay home and call your doctor. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.

If you are not sick enough to be hospitalized, you can recover at home.

If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs\* are:

Difficulty breathing or shortness of breath

Persistent pain or pressure in the chest

New confusion or inability to arouse

Bluish lips or face



**YOUR LOCAL INSURANCE RESOURCE CENTER**

SPECIALIZING IN  
MEDICARE · LONG TERM CARE  
INVESTMENTS · DENTAL  
LIFE INSURANCE  
ESTATE PLANNING

5808 TELEPHONE ROAD · SUITE 200 · VENTURA, CA 93003  
805.684.6480 WWW.ALEGACYS.COM



**Coastal View Healthcare Center**

Skilled Nursing, Rehabilitation and Respiratory Care



**Coastal View provides the highest quality nursing, rehabilitation and respiratory care to our residents.**

We Accept Most Insurances  
Medicare | PPO | Private Pay | HMO | VA | Medi-cal | Gold Coast

Walk-In Tours & Visitors Welcome

**Schedule a Tour Today**

**805-642-4101**

Fax: 805-642-0156

4904 Telegraph Rd., Ventura, CA 93003



Doing good things during these difficult times for Ventura the Ventura Townhouse donated some of their resources by showing their support for the people on the front lines at Community Memorial Hospital. VTH donated thousands of masks, hundreds of gowns and donated gift cards of meals and coffee from local coffee shops and diners. They also supplied much needed sundries of toilet paper, paper towels, shampoo, conditioner, soap and hand sanitizers to the local senior mobile home parks. They also created a pen-pal at the mobile home parks where their residents correspond with the seniors at the mobile home parks.



## Senior Living



### Dual decline in memory and walking speed could signal higher dementia risk

Scientists who study aging have long tracked older adults' declines in cognitive abilities and walking speed as separate indicators of potential risk for developing dementias such as Alzheimer's disease. But a recent study led by NIA Intramural Research Program (IRP) scientists showed that a combined decline in memory and walking speed were a bright, flashing warning light of increased risk for dementia.

The international research team analyzed data from 8,699 participants 60 years old or older in multiple long-term studies of aging – including the NIA IRP's Baltimore Longitudinal Study of Aging and studies based in the U.S., Italy, Iceland and Sweden – conducted between 1997 and 2018. The results were published Feb. 5 in JAMA Network Open.

By itself, decline in walking speed, or gait speed, more than doubled the risk for developing dementia, while memory decline alone tripled it. But people who showed parallel declines in gait speed and memory had an overall six times higher risk of dementia than those with no drop-offs in memory recall or walking speed test performance.

The authors noted some limitations of their analysis, including that memory measures and dementia diagnosis procedures varied across studies. Another was the potential for some data to be

skewed due to some participants having had higher-than-average baseline measurements, thus showing a more dramatic decline than those with lower baseline scores.

Overall, the researchers noted, findings support the routine use of gait speed and verbal memory recall tests by clinicians to identify older adults at high risk for dementia. Doctors could then give further attention to address other dementia risk factors, such as high blood pressure. Future work in this realm could examine if these dual decliners could be a target group for preventive or therapeutic interventions. The team plans further investigations to better understand the mechanisms behind what makes people who experience dual decline more likely to progress to dementia.

This research was supported in part by the NIA Intramural Research Program and NIA grants R01AG028050, U01AG006786 and R01AG034676.

These activities relate to AD+ADRD Research Implementation Milestone 1.D "Population Studies, Precision Medicine & Health Disparities."

Reference: Tian Q, et al. Association of dual decline in memory and gait speed with risk for dementia among adults older than 60 years: A multicohort individual-level meta-analysis. JAMA Network Open.

### COVID-19 Was Your Retirement Plan Test

by Jayson Cohen  
American Legacy Solutions

Countless Americans are worried about the impact that Covid-19 will have on the health of their families and friends, and indeed their own well-being. However, there is another concern that could impact you.

In preparing for retirement, investors should prepare for all sorts of investment environments, and that includes downturns like Covid-19. While it may seem out of the ordinary, remember that it has been less than 15 years since the last financial downturn, and while the growth seen over the past ten years has been substantial, it is now clear that it is sandwiched between two bear periods.

Therefore, it is all the more crucial that your retirement plan be prepared for any such eventuality. As painful as one as it has been, Covid-19 is just a test for your finances. Here's how to check to see if you're ready.

#### Diversification is Key

Although many securities are doing poorly right now, there are others that are doing well. Many mail-order retailers, healthcare stocks, and PPE manufacturers are seeing high earnings. Even traditional publishers are seeing an increased demand for books. Plenty of companies stand ready to make substantial profits as a result, and given that it is on a sector by sector basis, diversified portfolios are likely seeing substantial stability.

It is not just about stocks, however. Fixed income, alternative investments, currencies, and commodities have all also seen considerable volatility over the past few weeks, but through that volatility there has been a number of opportunities to gain considerably. Not all of these will be immediate, of course; some may pay considerably in the future. At any rate, diversification is a step that helps you accomplish all of this.

#### Appetite for Risk

More than just a need for diversification, Covid-19 has also informed a need for knowing what one's appetite for risk is, no matter what the market conditions may be. Doing this must be done not only with an eye to the future, but with an eye to the individual appetites of the investor in question.

After all, different investors will have different appetites. Some investors may have no problem riding out a storm like Covid-19, confident that the market will prevail. Others, especially those who rely on more actively managed portfolios,

may wish to fall back to a safe harbor during such a situation.

The goals of each investor, as well as his/her time left in the market, each play a large role here. Someone who is close to her financial goals may not want to risk eroding what she has gained over the years. Likewise, an investor who is younger and has the benefits of time and compound interest may well wish to search for greater rewards.

At any rate, solid communication and a good plan will help make sure that you are prepared to meet the market on your terms. Rather than treating Covid-19 as a one-off occurrence, by addressing it as a potential market fluctuation that could happen again, you will be better suited to handle it in the future, knowing what could well come as a result, and preserving your net worth regardless of what goes on around you.

### Great Plates Meal Program kicks off in Ventura County

On April 24, 2020, Governor Newsom announced the launch of a first-in-the-nation "Great Plates Delivered" program, a meal delivery service for California's older adults. The program helps seniors and other adults at high risk from COVID-19 to stay home and stay healthy by delivering three nutritious meals a day, and also provides essential economic stimulus to local businesses struggling to stay afloat during the COVID-19 crisis. Local restaurants can learn more about the requirements and how to apply here. Seniors can apply here. Please email senior.meals@ventura.org for more information. Special thanks to Victoria Jump, the Director of the Ventura County Area Agency on Aging (VCAAA) and Patrick Maynard, Director of the Office of Emergency Services for implementing this program locally in record time. This program enhances the efforts that have already been in place to feed the most vulnerable. More than 250,000 meals have been provided since COVID-19 hit our County. Learn more about VCAAA at [www.vcaaa.org/](http://www.vcaaa.org/).

The outbreak of infectious diseases such as Covid-19 can be a stressful time. It is not uncommon to feel anxious or worried while listening, reading or watching the news, even if you're at little to no risk of getting ill yourself. It's important during times like these to keep track of your own physical and mental health, as well as safely stay connected to your community. Know the signs of stress and when and how to seek help for yourself, as well as loved ones. During this stressful

*Continued on page 12*



## KEEP LIVING YOUR GOOD LIFE.

Like the city it thrives in, Cypress Place has a naturally vibrant vibe. Feel the welcoming spirit of Ventura's most respected resort-style senior living community.  
Call 805-835-4072 to schedule a visit.



CYPRESS PLACE

SENIOR LIVING

1200/1220 Cypress Point Lane • Ventura, CA 93003 • [CypressPlaceSeniorLiving.com](http://CypressPlaceSeniorLiving.com)



License #565801008



## Senior Living



### Beware of scams and fraud schemes

The Office of Inspector General recognizes that we are facing unprecedented times and is alerting the public about potential fraud schemes related to economic stimulus programs offered by the U.S. Small Business Administration in response to the Novel Coronavirus Pandemic (COVID-19). The Coronavirus Aid, Relief, and Economic Security Act (CARES Act), the largest financial assistance bill to date, includes provisions to help small businesses. Fraudsters have already begun targeting small business owners during these economically difficult times. Be on the lookout for grant fraud, loan fraud, and phishing.

SBA does not initiate contact on disaster loans or grants. If you are proactively contacted by someone claiming to be from the SBA, suspect fraud.

If you are contacted by someone promising to get approval of an SBA loan, but requires any payment up front or offers a high interest bridge loan in the interim, suspect fraud.

SBA limits the fees a broker can charge a borrower to 3% for loans \$50,000 or less and 2% for loans \$50,000 to \$1,000,000 with an additional ¼% on amounts over \$1,000,000. Any attempt to charge more than these fees is inappropriate.

If you have a question about getting a SBA disaster loan, call 800-659-2955

or send an email to [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov).

If you have questions about other SBA lending products, call SBA's Answer Desk at 800-827-5722 or send an email to [answerdesk@sba.gov](mailto:answerdesk@sba.gov).

#### Phishing

If you are in the process of applying for an SBA loan and receive email correspondence asking for PII, ensure that the referenced application number is consistent with the actual application number.

Look out for phishing attacks/scams utilizing the SBA logo. These may be attempts to obtain your personally identifiable information (PII), to obtain personal banking access, or to install ransomware/malware on your computer.

Any email communication from SBA will come from accounts ending with [sba.gov](http://sba.gov).

The presence of an SBA logo on a webpage does not guaranty the information is accurate or endorsed by SBA. Please cross-reference any information you receive with information available at [www.sba.gov](http://www.sba.gov).

Report any suspected fraud to OIG's Hotline at 800-767-0385 or online at, <https://www.sba.gov/about-sba/oversight-advocacy/office-inspector-general/>

## The pandemic's threat to older workers

by Marci Phillips

NCOA's Director of Public Policy and Advocacy

The COVID-19 pandemic has caused a staggering loss of jobs. At the end of March, the Bureau of Labor Statistics reported that 7.1 million Americans were unemployed, with numbers projected to rise further throughout April.

In 2019, roughly 1 in 5 older adults aged 65+ was still in the workforce. Nearly three-quarters were working at jobs where teleworking was not an option. The pandemic has put these seniors at a double risk: being furloughed/laid off or being forced to go into a workplace and put their health at risk.

For older adults, losing a job can be especially difficult. Older workers are more likely to remain out of work for lengthier periods of time compared to their younger counterparts; some may choose not to return to the

workforce at all. An AARP survey of older workers found that following the Great Recession, the average duration of unemployment was close to a year for older adults. More recently, last month AARP reported that 19.9% of jobseekers aged 55+ were long-term unemployed, compared with 16.2% of those aged 16 to 54.

While it's hard to know what the long-term economic fallout will be from the COVID-19 pandemic, there are clues from the last decade, following the 2008 market collapse. A recent issue brief from NCOA and LeadingAge LTSS Center @UMass Boston examined the financial impact of the Great Recession of 2008-09 on adults aged 60+ and found:

Among all age groups, individuals who were retired fared worse than those who were still in the workforce. (Though those who were aged 75+ fared better than those aged 60-74.)

However, although being over age 75 in the workforce meant better income than those retired, it appears that many of these older adults remained in the workforce out of necessity precisely because their overall financial resources and net wealth

CareGivers | Home Health | Palliative Care | Hospice



When you or a loved one needs a caring, team approach to services in the home,

*we can help.*

 **Livingston Memorial**  
Visiting Nurse Association & Hospice

(805) 642-0239 | [lmvna.org](http://lmvna.org)

CALL FOR MORE INFORMATION OR A COMPLIMENTARY ASSESSMENT

were worse than those retired.

Unsurprisingly, those with the lowest net worth and financial assets fared worse following the market collapse. A common trend seen across those 60+, regardless of age group or retirement status, was a decrease in total net wealth and taking on greater debts, particularly property related debt, during times of recession.

NCOA is one of several national sponsors of the Senior Community Service Employment Program (SCSEP). Funded by the U.S. Department of Labor (DOL), SCSEP is a training program that helps low-income, unemployed individuals aged 55+ find part-time work and get back on the path to financial stability.

As the nation began to shutter businesses and ask Americans to shelter in place during the onset of COVID-19, NCOA took an unprecedented step to request DOL to allow us to continue to pay SCSEP participants during the pandemic, even if their training sites were closed. For these vulnerable older adults, their SCSEP stipend offers a lifeline during difficult financial times.

NCOA, along with the Leadership Council on Aging Organizations, is urging Congress to provide an additional \$500 million in funding for the SCSEP in the next COVID-19 stimulus and relief bill. Additional funding will more than double the program's current capacity to serve between 56,000 to 128,000 additional eligible individuals that need SCSEP services.

History tells us that older adults are likely to face significant financial hurdles following the COVID-19 pandemic. Investing in programs like SCSEP can ensure that many will have an opportunity to return to the workforce and regain some of their financial footing.

## What to look out for when touring an assisted living facility

by Lori Thomas

[Share on Facebook](#) [Share on Twitter](#) [Share on Google Plus](#) [Share on Pinterest](#) [Email This Article](#)

There are many difficult decisions to be made when an elderly loved one is in need of assistance managing their day-to-day life. If you do not have the time or resources to take care of them, an assisted living facility can be a great option for continuing care of an elderly loved one. However, even after the decision has been made to choose an assisted living facility for a loved one's care, there are still decisions to be made regarding which facility you will choose. Conducting a tour of an assisted living facility is an important step in making this decision. By keeping a few things in mind, you can make a more informed decision and choose a facility that will help your loved one continue to enjoy their life while receiving the assistance that they need with everyday activities.

Assisted living is an option in which your loved one still retains some measure of independence while receiving help with certain activities. These activities may include the management of meals, medication, bathing and dressing, and transportation. Assisted living facilities

*Continued on page 12*



## Senior Living

### What to look out for when touring

*Continued from page 11*

also typically provide residents with options for socializing with others and activities that they can enjoy.

There are currently over 31,000 assisted living facilities in the United States. This care option is one of the fastest growing, as it accommodates the needs of those seniors who do not want to give up their independence entirely, but who still need some measure of support in going about their daily activities.

Another important factor to watch out for is the staff to resident ratio of the assisted living facility, as well as the average type and level of training of staff members. Assess whether or

not there are enough staff on hand to meet the needs of your loved one, and whether they have the appropriate level of training necessary to provide your loved one with the level of care that they need.

Your tour of the facility is your first chance to meet the staff and to gauge their attitudes toward their patients. A friendly, helpful staff that is eager to show you around and inform you about day-to-day life in the facility is a staff that will continue to show this level of care to your loved one once they make the decision to stay at the facility.

Of course, it is always a good idea while taking a tour of a facility to determine whether it is clean, well-kept, and to get a first-hand look at the

types of technology and facilities that they have available. Be sure to take a look at the living quarters available for residents while on a tour, to determine whether they have everything that your loved one will require for a safe and comfortable stay. Pay attention to factors such as the facilities available in their bathrooms. Do they have handrails or seating in their showers, if necessary? Will their facilities grant your loved one some measure of independence during their stay? Remember to also take the time to tour the grounds and the outside facilities that are available.

During your tour, it can also be a good idea to sit down and to have a meal with the residents to see what the food is like. Be sure to speak with staff

about meals if there are any special considerations that must be made for your loved one, such as dietary restrictions.

### Great Plates Meal Program kicks off

*Continued from page 10*

time, don't forget your own self-care. Take time to breathe, exercise, get plenty of sleep, and take a break from the news and social media periodically.

Ventura County residents can also join the free ongoing online help and support line to connect with others and learn healthy habits to maintain emotional well-being through the pandemic. Learn more at <https://giveanhour.org/initiatives-and-programs/covid19-ca/> and <https://www.wellnesseveryday.org/coping-during-coronavirus>.

## This 'n' That



*"We are aiming for a bigger and better movement for sure next year."*

## The significance of Denim Day

by Mira Reverente

A group of local women took to the streets on April 29th to highlight Denim Day, a worldwide movement that culminated in Italy, in 1992.

An 18-year-old girl was raped by her 45-year-old driving instructor. She reported the crime and the man was convicted and sentenced. Years later, he appealed the conviction claiming the sex was consensual. The Italian Supreme Court overturned the conviction and released the man. The Supreme Court contended that since the girl was wearing very tight jeans, it was consensual sex since she had to have helped him take them off.

This became known in Italy as the "jeans alibi." The movement became known later on as Denim Day all around the world, bringing awareness to rape and sexual assault.

"Tight jeans is not consensual sex," says Kelly Zirbes, a local activist and band singer from Oxnard. Zirbes led the nine-mile walk on April 29th with six other women, hoping to bring awareness to the cause.

Behavioral therapist Laurie Singer was also around to lend support to Zirbes and the movement. "I've seen some lonely and housebound people especially since the start of the lockdown - people with disabilities, for one," says Singer, who practices in Oxnard. "They may be helpless, disconnected from others, living with their abuser and accepting assault or

violence as the new norms."

Sometimes, medical professionals such as Singer who are mandated reporters, are their only meaningful connections. "I make house calls if I have to. I don't like to see any type of abuse," she says.

On the community level, Zirbes is heartened by how the movement has taken off on college campuses. She remembers various types of denim hanging from clotheslines on some college campuses, and hopes to see more of this type of enthusiasm and support.

She says, "I think that is where we will be the most effective because it's that age group of young women who may be preyed upon."

Catchy slogans and marching women are effective too. Singer says, "People were honking at us, reading our placards and giving encouragement during our walk."

Some have no idea what Denim Day is. "There's still lots to do on the grassroots level," says Zirbes. "Awareness is key."

In the past, fundraisers have been held. The recent lockdown has put a damper on any large-scale ambitions, but there's still next year.

"We are aiming for a bigger and better movement for sure next year, and hopefully beyond Ventura too" says Zirbes. "We need to get the word out for our daughters' sakes and all the women in the world who may find themselves in the same situation."

## VC Fair Board votes to cancel 2020 Fair

The Ventura County Fairgrounds Board of Directors has voted unanimously to cancel the 2020 Ventura County Fair. The action comes amid unprecedented community stay-at-home and social distancing guidelines and was made to protect guests, vendors, staff and others during the COVID-19 crisis.

The Board considered ongoing guidance and updated information from State and County health care and government officials about the status of the coronavirus pandemic and the improbability that mass gatherings like the Ventura County Fair could safely and responsibly take place this summer.

"Every year thousands of happy faces come through the fair gates to enjoy the County's most timeless tradition," said Barbara Quaid, Fair CEO "It is because of those smiling faces that we are completely comfortable with this decision. We are already looking forward to welcoming everybody back in 2021. We encourage our Ventura County neighbors and friends to continue adhering to all public health guidelines so that we can all come together again in 2021."

"We are thankful to the healthcare workers and those who are on the front lines making extraordinary efforts to help others during this great time of need," said Quaid.

For more information and for updates regarding the fairgrounds please visit [www.venturacountyfair.org](http://www.venturacountyfair.org) or call (805) 648-3376.

## Pedestrian killed

A pedestrian was hit and killed by a vehicle on Tuesday, April 28. The crash was reported at 5:47 p.m. by the driver of the vehicle, according to the Ventura Police Department.

The driver said the vehicle struck the pedestrian on Thille Street just north of Thille Neighborhood Park, police said. After calling 911 the driver started giving the pedestrian medical aid, authorities said.

The Ventura County Medical Examiner's Office identified the victim as Larry Kirby, 42, of Ventura. His cause of death was ruled as a blunt force head injury.

Officers, paramedics and firefighters responded to the scene and continued to provide the victim with medical treatment. The victim was taken to a hospital but died while being treated, police said.

### Mailbox

*Continued from page 4*

people out of work, suicides and domestic violence are way up and more people are dying from the secondary effects of the forced economic shutdown than from Covid deaths themselves.

People have the right to protest their constitutional rights being infringed upon and to protest the fact that government will not allow them to work and support their families.

Is the death of thousands worth the economic death of millions?

When Obama was President the flu took 80,000 lives one year and there were no orders infringing on people's right to work and support their families, their freedom of movement or government telling them what they can or can not purchase. I believe there is a Covid19 virus but the severity of the virus is being inflated for political purposes by those on the left including the media during a Presidential election year in an attempt to get rid of Democrats number one enemy, President Trump!

Kevin Daly, Ventura

*We thank Kevin for his thoughts. First Trump fan letter that we have received that actually made his ideas clear and not just condemned the Breeze.*

### Ventura to allow limited access

*Continued from page 3*

activities while continuing to maintain social and physical distancing. All parks have limited closures. We aren't calling them "open", we are staying consistent with the ordinance language, per CA's office direction. To that end, people may use the parks for jogging, hiking, walking, running, but all playgrounds, courts, sport fields, parking lots, basketball courts, and restrooms are closed. Signs are up at each park reminding users what is allowed under a limited closure and that there is no laying down, sitting, or standing, it is active movement only."

Playgrounds, picnic areas, parking lots, restrooms, pools, courts, as well as sports and recreational fields will remain closed. Public gatherings, sitting, standing, fishing, or lingering on the sand will not be allowed. Limited access signage will be prominently posted around parks and beaches to remind the public to comply with physical distancing practices.

For the latest updates on impacts to the City of Ventura, visit [www.CityofVentura.ca.gov/COVID19](http://www.CityofVentura.ca.gov/COVID19). For public health information and updates happening in Ventura County, visit [www.VCEmergency.com](http://www.VCEmergency.com).



# Harbor Patrol Blotter

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

**4-12** 10:20am, officers on patrol in vehicles were educating and issuing warnings for the beach closure. Many vehicles and persons were driving around the harbor.

**4-13** 9:03pm, received a report of a domestic dispute on a vessel near VHV I-dock. Officers responded with Ventura PD to the incident. The situation was resolved peacefully and both parties left the scene.

**4-14** 10:33am, officers monitoring VHV and Spinnaker parking received several complaints about the closure of Spinnaker and the Beach. Officers attempted to explain the importance of social distancing recommendations.

**4-15** 9:40pm, received a report of juvenile(s) jumping from an electric boat into the water near VWM E-dock. Officers responded in Rescue Boat 19, found the revelers, and conducted a boarding. Warnings were issued for the violation.

**4-18** 7:25am, receiving inquiries about Ventura County parks and beaches opening. Officers explaining that the Harbor is an independent district and is following the city of Ventura's regulations. Advising beach parking lots are closed and beaches are open for social distancing and exercising, not for groups to gather.

**4-25** 11:50am, received a report of Personal Watercraft in the surfline operating recklessly from State Parks. Officers responded in Rescue Boat 19 to investigate and found the disturbing parties. Warnings were issued and the

PWC's left.

3:13pm, received a report of a speed boat operating recklessly in the fog. Officers responded in Rescue Boat 17 to investigate. A 32ft red/orange cigarette boat was heard/seen in restricted visibility near Marina Park. An attempt to stop and board the vessel was unsuccessful because the vessel sped off at high speed into the fog and it was unsafe to pursue the vessel with 4 POB's.

4:28pm, officers on patrol in Rescue Boat 17 terminated the voyage of a 28ft Scarab for safety equipment violations near the launch ramp.

**4-26** 12:40pm, while on patrol in Rescue Boat 19, contacted by the captain of a 30ft sailboat who lost power but was attempting to sail and skull back to their slip in the keys. Offered an escort, officers followed the vessel safely to their slip.

1:44pm, received a report of an illegally parked van near VWM G-dock. Officers responded, found the vehicle and convinced the perpetrator to leave.

6:30pm, dispatched to an ill person near the Plimsol mart. Officers responded and found a transient female with an abscess covering her right eye. She refused any medical attention and all responding units were cancelled by officers.

**4-27** 10:45am, while on patrol in Rescue Boat 19, officers observed VPD strictly enforcing covid 19 regulations at South Beach and Surfers Knoll.

10:03pm, observed a female transient sleeping on the curb near Surfers Knoll. Contacted and attempted to ascertain what she was doing. Unable to understand the incoherently speaking person. Assisted with moving her along for her safety.

## Painful decisions ahead

by Venturans for Responsible and Efficient Government

We're living through unprecedented times. No one knows how events will develop as we emerge from the COVID-19 crisis. Yet there are specific unmistakable trends to watch. We want you to be aware of the trends and to look out for the critical choices that will shape our future.

Now is the time to support our elected officials as they negotiate the COVID-19 epidemic. The time will come soon when the quality of their decisions will affect how much pain and sacrifice Ventura residents must bear. As a community, we've shown that we are resilient and generous. The Thomas Fire is a recent example. The impact of the Thomas Fire could pale in comparison to the coronavirus pandemic fallout.

The City of Ventura relies on income from two primary sources: property tax and sales tax.

Property tax revenue is constant and predictable. Yet, the Ventura City Council has little control over property taxes.

Sales taxes will be severely impacted by the COVID 19 pandemic, and Measure O depends on sales tax revenue. Sales tax revenue has already plummeted. The auto dealers, the casino, the Pacific View Mall and restaurants aren't generating the taxes the city expected. They are the city's most significant contributors to sales taxes.

How will Ventura make up the difference in sales taxes? Consumers are reeling from the loss of jobs, reduced hours, and volatility in the stock market.

Furthermore, many businesses closed by the shelter-in-place order will not open. Don't be surprised by some of the large businesses that fail in addition to the smaller, Mom-and-Pop establishments that will inevitably close—resulting in even more job losses.

With the two primary sources of income for the City of Ventura in serious jeopardy, and the City Council has little control over either. Finding a solution will require ingenuity.

With no chance to increase income, the only option available is to reduce expenses for the city. Before COVID-19, the city faced a \$4.1million annual deficit.

After the business disruption from the epidemic, the \$4.1 million deficit will be a welcome alternative to what is likely to happen.

The most considerable expense for any city is payroll—including benefits and retirement. The salaries, benefits and pensions are all controlled by labor contracts. In fact, because of the COVID 19 pandemic, these costs will likely blow up. The Ventura City Council's control of this expense is limited to reducing staffing levels.

Before the start of 2020, CalPERS required Ventura to pay an additional \$2 million above the \$16 million it pays typically. Even though the economy experienced a decade-long economic boom, CalPERS is only 70% funded. By October, the \$2 million additional CalPERS requires Ventura to pay may be considerably higher.

The City Council will be in the troublesome position of making significant, painful decisions to cope with the

Continued on page 20

## VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING



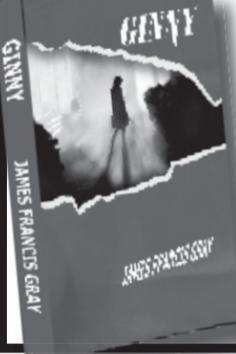
Words to live by.

— Photo by Samantha

805.642.3263 | [www.venturatownehouse.com](http://www.venturatownehouse.com)

4900 Telegraph Road, Ventura, CA 93003

CA LIC# 565801810



James Francis Gray's

# GINNY!

SHE'S BAD! SHE'S BOLD! SHE'S BEAUTIFUL!

SHE'S DEADLY!

Available in Ventura at Tatiana's Coffee & Tea, 2470 E. Main Street or  
Gems & Glitter, 2690 Loma Vista.  
Amazon e Book for \$2.99! Visit [jamesfgray.com](http://jamesfgray.com)

BOOKS MAKE GREAT GIFTS!



No, these kids aren't being arrested for being too cute. Logan Dawson accompanied by his cousin Aria Dawson, celebrated his third birthday and the Ventura Police Department happily drove down his street wishing him a Happy Birthday over their loudspeaker to help him celebrate.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

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



# The Pet Page



**Dedicated to Scamp**

■ Oliver's adoption story is truly a twist of fate. This pup is now getting to live his happily ever after thanks to a chance encounter with his now owners, Fred and Elvira. Sometimes, it's all about being in the right place at the right time!

Fred in Elvira first met Oliver by chance in 2016 after going out to lunch one day at the Ventura Harbor. The couple noticed a group of our HSVC staff and volunteers doing a pack walk nearby and decided to check it out. After saying hello, a small, friendly pup tried to jump into Elvira's lap. According to Fred, the dog, named Boscoe at the time, gave them both a "look" and that's when they knew he was special.

A couple of days later the pair visited their new friend Boscoe at the shelter in Ojai. They learned that the pup had been at the shelter for over seven months. After a meet and greet with Boscoe, Fred and Elvira had a tough decision to make. They were hesitant to adopt after just recently losing their beloved English Bulldog. Fred asked the dog, "What do I do?" The sweet little pup jumped on to Fred's lap, looked into his eyes, and leaned in. From that moment on Fred knew Boscoe was theirs.

Fast-forward four years later, Boscoe, now Oliver, is happier than ever in his forever home. Fred and Elvira quickly learned Oliver was a very intelligent, house broken, and well-trained dog. His favorite activities include hiking, going for walks, and sunbathing. He loves hanging out in the backyard and sleeping in his giant bed.

Elvira and Fred consider Oliver part of the family. "Oliver taught us

that even in the toughest moments, you sometimes have to go with your gut and give the unlikely a chance. To think this jewel spent seven months at the shelter and we were lucky enough to bring him into our family," said Fred. He continued, "We are so thankful to all of the members and volunteers of the HSVC as we believe this is where Oliver learned to trust and love."

By Amy King

■ As the days get longer and the weather gets warmer, many pet owners are spending more time outdoors with their furry friends. However, excessive time in hot weather can spell danger for your animals. Check out these simple precautions provided by the ASPCA to prevent your pet from overheating this season.

1. Give your pet plenty of water

Pets can get dehydrated quickly, so be sure to give them plenty of fresh, clean water when in the hot weather. Additionally, do not over exercise your animal in the heat and make sure they have a shady place to rest when outdoors.

2. Know the symptoms of overheating in pets

Excessive panting, difficulty breathing, increased heart rate, drooling, and mild weakness are all signs your pet has become overheated. Animals with flat faces like Pugs and Persian cats, elderly animals, and overweight pets are more susceptible to heat stroke. Be sure to keep these types of animals in a cool air-conditioned room as much as possible.

3. Never leave your pet unsupervised

Leaving a pet alone in a parked car in the heat can lead to extreme heat stroke and can even be fatal. Do not leave your pet unsupervised around a pool, as not all dogs are good swimmers and ingestion of chlorine

## Scamp Club

(Scampclub pets are not for adoption.)



My name is Reverend and this is my new smile!! My namesake is Parson John Russell, an esteemed fox hunter in England. In the mid 1800's Parson Jack developed his terrier to flush out foxes. Hunters carried my ancestors in saddle bags. My new breed (2012) is a mouser! Short Hair Smooth Coat Jack Russell Terrier. AKC recognizes his breed as, Russell.

## Join Scamp Club

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

Lost pet? Go to [LostCatVenturaCounty.com](http://LostCatVenturaCounty.com) or [LostDogVenturaCounty.com](http://LostDogVenturaCounty.com) - free websites for finding and posting when you've lost or found a cat or dog.

and other chemicals can cause health problems. Open unscreened windows can pose a danger to pets as they can fall or jump out of them if unsupervised. Do not let your pet linger too long of hot asphalt, as their bodies and paws can heat up quicker being lower to the ground.

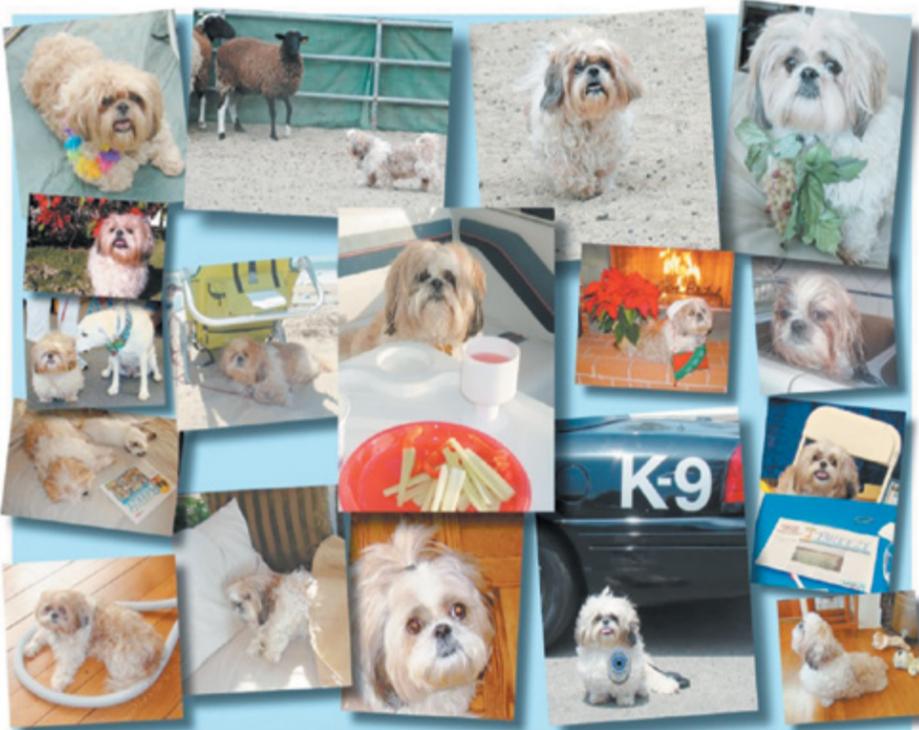
4. Do not shave your dog

Feel free to trim longer hair, but never fully shave your pet. The

layers of a dogs' coat protect them from overheating and sunburn. Cats should be brushed more often than usual to prevent heat related health problems.

5. Visit the vet for a Spring/early Summer checkup

Be sure to get your animal tested for heartworm if they are not already on year-round preventative medication.



Remembering Scamp, who went to doggy heaven on April 29, 2017. He is still missed every day.



A twist of fate lead Oliver to his forever home.

**DONATE YOUR UNWANTED CAR, TRUCK, RV OR BOAT TO HELP HOMELESS PETS.**  
**LA Pets Alive** is a LOCAL, qualified 501-c-3 nonprofit. We are tax deduction and paperwork experts and can provide a guaranteed tax deduction. For a quick pick up and quote call us today  
 833.772.2632  
**LAPETSALIVE.ORG**

**Mutts**

**SHELTER STORIES**

EVERYONE AT THE SHELTER IS TRYING TO FIGURE OUT WHAT KIND OF DOG I COULD BE.

I THINK I KNOW THE ANSWER.

**YOURS!**

"GUS"



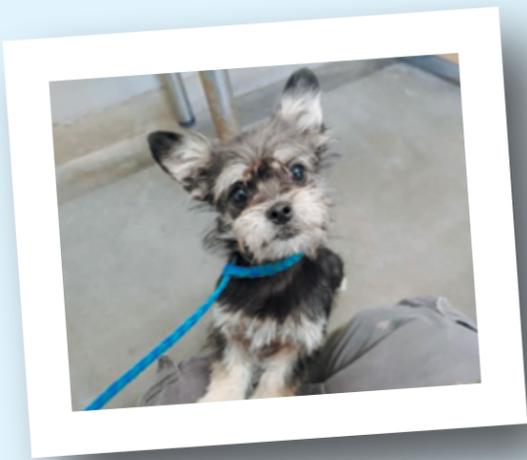
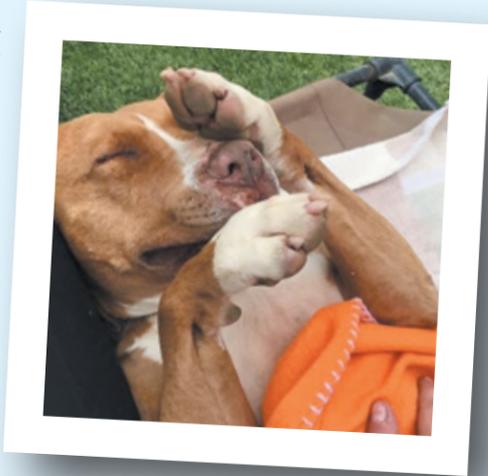
# The Pet Page

## Forever homes wanted

Hi, I'm Sienna and I'm a gorgeous red-head looking for love and a forever home. I am in the prime of my life (almost 8-years-old). In addition to playing tennis, I enjoy hiking and long walks.

I love the attention that I get from my gorgeous look. I would prefer to be the only pet at home so you can have all this redhead power just for you!

I was found as a stray almost 3 years ago. After almost 3 years what my heart yearns for is a forever home. Would you give me that chance?  
Canine Adoption and Rescue League C.A.R.L.



Have you ever seen such a cute dog? This little guy was found in Oxnard. He is about three months old and weighs just 6 pounds. Is seems like someone must be missing him? Do you know who his family is? Ventura County Animal Services - Camarillo location - 600 Aviation Drive. A753627

**AND WHEN THIS IS OVER....**

**LET'S CONTINUE TO**

**SUPPORT EACH OTHER  
BE MORE COMPASSIONATE  
PRACTICE PATIENCE  
SLOW DOWN**

**BE PREPARED  
STAND TOGETHER  
STAY STRONG  
LOVE**

**WE WILL ALWAYS  
BE IN THIS  
TOGETHER!**

**ADELA TRAINOR**  
REALTOR®

DRE 01985025

☎ 805.701.7694

✉ TeamTrainer12@gmail.com

📱 @TeamTrainer12

BERKSHIRE HATHAWAY  
HomeServices  
California Properties

© 2020 Berkshire Hathaway HomeServices California Properties  
is a member of the franchise system of BHH Affiliates LLC



# This 'n' That

## We were all 'Home Schooled' whether we realized it at the time or not...

Submitted by Mike Tracy

Most of us over 65 were Home Schooled in many ways...

My mother taught me TO APPRECIATE A JOB WELL DONE

"If you're going to kill each other, do it outside. I just finished cleaning."

My mother taught me RELIGION.

"You better pray that will come out of the carpet."

My father taught me about TIME TRAVEL

"If you don't straighten up, I'm going to knock you into the middle of next week!"

My father taught me LOGIC

"Because I said so, that's why"

My mother taught me MORE LOGIC

"If you fall out of that swing and break your neck, you're not going to the store with me."

My mother taught me FORESIGHT

Make sure you wear clean underwear, in case you're in an accident."

My father taught me IRONY

"Keep crying and I'll give you something

to cry about."

My mother taught me about the science of OSMOSIS

"Shut your mouth and eat your supper."

My mother taught me about CONTORTIONISM

"Just you look at that dirt on the back of your neck!"

My mother taught me about STAMINA

"You'll sit there until all that spinach is gone."

My mother taught me about WEATHER

"This room of yours looks as if a tornado went through it."

My mother taught me about HYPOCRISY

"If I told you once, I've told you a million times, don't exaggerate!"

My father taught me the CIRCLE OF LIFE

"I brought you into this world, and I can take you out."

My mother taught me about BEHAVIOR MODIFICATION

"Stop acting like your father!"

My mother taught me about ENVY

"There are millions of less fortunate children in this world who don't have wonderful parents like you do."

My mother taught me about ANTICIPATION

"Just wait until we get home."

My mother taught me about RECEIVING

"You are going to get it from your father when he gets home!"

My mother taught me MEDICAL SCIENCE

"If you don't stop crossing your eyes, they are going to get stuck that way."

My mother taught me ESP

"Put your sweater on; don't you think I know when you are cold?"

My father taught me HUMOR

"When that lawn mower cuts off your toes, don't come running to me."

My mother taught me HOW TO BECOME AN ADULT

"If you don't eat your vegetables, you'll never grow up."

My mother taught me GENETICS

"You're just like your father."

My mother taught me about my ROOTS

"Shut that door behind you. Do you think you were born in a barn?"

My mother taught me WISDOM

"When you get to be my age, you'll understand."

My father taught me about JUSTICE

"One day you'll have kids, and I hope they turn out just like you!"



Ventura County Board of Supervisors voted to contribute up to \$855,000 to Food Share over a three-month period. The money will come from county property tax dollars but that they expect to receive some reimbursement from the state and federal governments.

The money cannot be used to replace Food Share's own spending on food. The funds can only be used for expanding services and supplies.

For more information, visit <https://foodshare.com/>.



by Pam Baumgardner  
VenturaRocks.com

The past couple of issues I had interviewed a number of local musicians to see how they were holding up during this COVID-19 self-quarantine, and then somebody suggested I reach out to a couple of the venues, and so I did, but sadly, the response was a little sad, and I will protect those who asked not to participate. They're just not ready to respond, and who can blame them?

Here's what I know, there are a couple of venues (who previously hosted live music) that are offering curbside and/or home delivery services (GrubHub, Postmates, DoorDash, etc...) including Peirano's, Café Fiore, Casa Bella & Prime, the Winery Ventura, Margarita Villa, Topa Mountain Winery, the Shores and now Winchesters on the weekends. Yay! I don't have to tell you how vital it is right now to support these guys. Gift certificates are helpful too; in fact, I was delighted to be gifted a Peirano's gift certificate from one of our local musicians. You can support venues and help spread the joy and buy a gift certificate or two to help support our musician friends (I'm fine by the way).

#### HELPING LAID OFF VENUE WORKERS

Many thanks to Kat Merrick and the Local Love Project for spearheading the effort to help Ventura's food and bar industry employees by enlisting volunteers, and donations and making available weekly produce boxes and more including some household items to those who have been laid off or had their hours cut. If you find you're in this category, or want to help her efforts, go to the Local Love Project Facebook page for more information and the rules for receiving their weekly care packages.

#### RADIO

I've continued to work on the Pam Baumgardner Music Hour for KPPQ-LP which broadcasts out of the CAPS Media Center here in Ventura at 104.1 FM, but I am producing my shows at home and uploading them to the station which then loads each show for airplay (Tuesdays and Fridays at 5 pm; Sundays at noon). I had to become creative as I don't have a "home studio" at the ready. Luckily, I am proficient enough with Audacity's software for compiling the program, but the real problem is with recording me! I don't have a microphone and hardware to record my intros and such. But I came up with a temporary workable solution, I use my Android phone and record each element, email each individual file to myself, upload it to my computer, then insert it into the program. I haven't quite worked out the equalization, and sometimes I'm under/over modulated, but it's not half bad! I am looking to invest in a real microphone soon.

#### LIVESTREAM

Along with home concerts, a couple of venues are hosting livestream events which is a great way to keep the community involved with their establishment. Social distancing is practiced, and some of them request a donation to gain access to the livestream. I've found several on Facebook including the Ojai Underground Exchange, the Red Piano and Figueroa Mountain both in Santa Barbara. Just some of the artists participating include Shawn Jones, Morganfield Burnett, Cindy Kalmenson, Tommy Marsh with Jim Guston, and Jamie Drake. One thing I don't quite get is when I see an invitation to view a livestream of a previously recorded concert. Wouldn't that just be a "watch party?"

#### DRIVE IN CONCERTS

I read a story recently that certain European cities were hosting drive-in concerts. Yay or nay? I'd say Yay if, an only if I could be parked in the first few rows, though I wouldn't mind being fifty rows back for Rage Against the Machine and maybe Paul McCartney. So I'm just spit-balling here, if Ventura considered such an undertaking, I'm think a makeshift drive-in could be mocked up at the Ventura Fairgrounds parking lot, or maybe the backside of the Pacific View Mall, or where our last drive-in theater was located in the parking lot of Barnes and Nobles.

#### COVID-19 INSPIRED

Some singer/songwriters are finding inspiration to write new music, others not so much. We all deal with crisis in different ways. Those who are writing have differing viewpoints as well, some write of hope, others write to inspire people to keep their butts at home. I see a lot of musicians are happy to just take time off after a hectic schedule of performing all the time while others fill the void of connecting and sharing in person, they're now connecting and sharing via a computer screen.

#### NEW MUSIC

There is a lot of new music out already for 2020. Keep in mind, most people don't sit down, write music, go to their home studio, hit record and release an album in a month. Most records take some time before they "hit the streets" and not all music comes with a hard copy of a CD these days. I find it interesting that some artists are going totally digital (saves boatloads of money upfront) while others are releasing their music including a vinyl option, totally old school. New music to report includes Last Rock Empire, Death to the Monkey People; Bill Rotello, River of Smoke; Karen 805's sophomore effort, 21 in My Heart; Ben Wylen, People Say; Medicine Hat, Fences; Michael Fitz, Colors in the Wind; Mik Sullivan, Overdramatic;

and Duede Perez, King of Last Year (produced by Scotty Morris).

If you are interested, these releases are available on most music outlets online, or check the artists' website or Facebook page. Ventura Rocks is also a great resource for finding artists and their releases at [www.VenturaRocks.com/Artists](http://www.VenturaRocks.com/Artists). If their listing has artwork, that's a link to their music.

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, and for updated music listings daily, go to [www.VenturaRocks.com](http://www.VenturaRocks.com).

#### FAIR CANCELLED

The Ventura County Fair Board

voted unanimously on Monday, May 4, to cancel this year's Ventura County Fair. They did it with a heavy heart, I know, I listened in on the remote Zoom meeting. But you know, as difficult as it was for them to come to this decision, it's the prudent thing to do.

Every spring I wait patiently for the concert line up to be announced and then just like everyone else, I pick out my favorite bands to not only go and enjoy, but to shoot some pictures for VenturaRocks.com and the Breeze. Last year's line up included one of my all-time favorites, Collective Soul, which I managed to weasel my way into the Meet and Greet before the show. I'm truly looking forward to next year's fair.



New music out from local artists.



George Thorogood performing at last summer's Ventura County Fair. The Fair Board unanimously voted to cancel this year's Fair because of COVID-19 restrictions.

Photo by Pam Baumgardner.



Breeze music scene columnist with members of Collective Soul before their performance last year at the Ventura County Fair.



# This 'n' That



Enjoy museum events and learning from home.

## MVC offering new virtual exhibits and virtual learning modules

Originally scheduled to open in early March, but postponed due to the COVID-19 pandemic, Huelga! Photographs from the Frontlines by Jorge Corralejo and Legacy: Seven Decades of Ventura College Art are now available as virtual exhibits! Visitors can now virtually step directly into the Museum of Ventura County's exhibit space and explore in great detail thanks to the generosity of Troy Wagner and Virtual Tours Ventura.

"We are very thankful to be able to bring this exciting new tour of the Museum, straight to your home. Our friends at Virtual Tours Ventura, along with the Ventura College Art Department and Jorge Corralejo, have created an intimate and informative look at what is going on at the Museum," says Elena Brokaw, The Barbara Barnard Smith Executive Director of the Museum of Ventura County. "We are committed to continuing to bring you more tours like these to make sure we can share our continuing programming."

Legacy: Seven Decades of Ventura College Art presents a survey of the history, instructors, and artists who came out of the Ventura College art department. Huelga! Photographs from the Frontlines by Jorge Corralejo features the work of longtime local activist and civic leader Jorge Corralejo, including photography from the 1970s labor strikes displayed with memorabilia from the museum's collection and Jorge himself. Virtual visitors will learn about Jorge Corralejo's time with United Farm Workers, working alongside Cesar Chavez and Dolores Huerta from the Boston A & P strikes to the streets of Oxnard.

Additionally, the Museum of Ventura

County released an in-depth look at California Cool: Mid-century Modernism on the Central Coast, originally on display from September 2019–February 2020. Virtual visitors are invited to 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, including the Nelson Coconut Chair, pottery by renowned ceramicist Otto Heino, and special items from the collection of Eric Huff. More virtual exhibits from the museum's extensive history will be added in the coming weeks.

The Museum of Ventura County is committed to providing educational resources during this difficult time so children and their families can continue to learn and participate from the comfort and safety of their home. The Museum continues to release its series of Virtual Learning Modules in an effort to engage our community of learners.

"During the stay-at-home period, we want our community to know the Museum is here for them," explains Robert Cromwell, Education Manager of the Museum of Ventura County. "We organize our content around a topic that parents and teachers can pick and choose what they might find most useful to share with their learners. We cover history, arts and crafts, and environmental science topics ranging from Oak Trees and nature-journaling to how kids and families supported WWII Mobilization."

Keep up to date on all that the Museum of Ventura County is offering and sign up for our weekly e-newsletter at [www.venturamuseum.org/subscribe](http://www.venturamuseum.org/subscribe).



Lisa Braithwaite, M.A. is on a mission to help purpose-driven business and nonprofits.

## NAWBO hosts "Speaking Up for Change"

The Ventura County chapter of the National Association of Women Business Owners (NAWBO VC), knowing that main-

taining and growing your business is now more than important than ever, continues to bring our community informative and educational programming in a virtual environment.

On May 12th from 6pm to 8pm, NAWBO VC with support from Chase Bank and Coverly Professional Services, Inc. will host via Zoom, "Speaking Up for Change - Engage, Inspire & Transform Your Audiences," presented by speaking coach Lisa Braithwaite, M.A. Tickets are just \$20 for all who register at [www.NAWBOVC.org](http://www.NAWBOVC.org).

This virtual session isn't about what to do with your hands, how to make eye contact, how to stop saying "um," or how to get over speaking anxiety. Rather, learn how to move your audiences, even one-on-one interactions, into action by making an impact on people through engagement and connection. Notes Braithwaite, "The fundamentals of helping people to take action on your message haven't changed, even while doing it virtually. In fact, it's more important than ever to speak

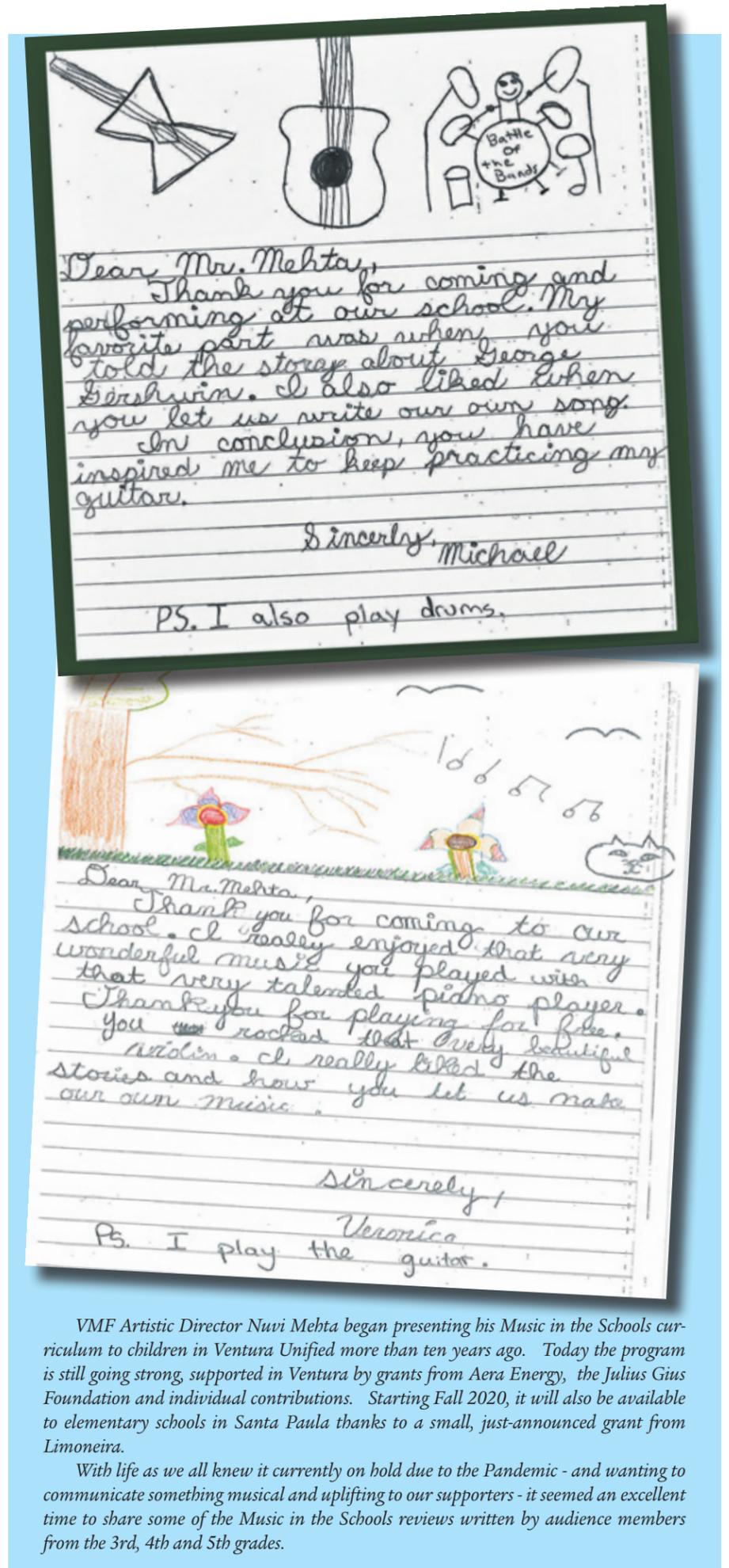
confidently and in a way that engages your audience as we deliver our messages through a computer screen."

This session is perfect for all women in business, who must learn to leverage the powerful tool of her own voice as a way to deliver a meaningful and memorable experience, whether for an audience or during interpersonal interactions. Being a proficient communicator and speaker can help you to grow your business in a way that engages and inspires your audience into action. Join us and learn how to leverage speaking to:

Speaker Lisa Braithwaite, M.A. is on a mission to help purpose-driven business and nonprofit leaders deliver meaningful and memorable experiences for their audiences by ditching perfection and creating connection. She's a speaking coach, trainer, and author of "Presenting for Humans: Insights for Speakers on Ditching Perfection and Creating Connection." Lisa mentors entrepreneurs and professionals to promote and grow their organiza-

tions through speaking. Lisa's counts amount her clients, Microsoft, The National Oceanic and Atmospheric Administration, Pulmonary Fibrosis Foundation, and UC Santa Barbara.

NAWBO Ventura County - Established in 1996, NAWBO Ventura County (NAWBO VC) has been furthering the aspirations of our growing community of women business owners throughout the county for over 23 years. The chapter serves women business owners from the west end of the county, including Ventura, Oxnard, Ojai, and throughout the Conejo Valley, to Simi Valley, Moorpark, Newbury Park, Thousand Oaks and Westlake Village. The national organization, NAWBO, has over 80 chapters across the United States with 11 chapters in California. Membership is open to women solopreneurs, small to mid-size business owners, partners, corporate owners, and female nonprofit founders and executives, as well as those companies that support women-owned businesses. Learn more: [www.nawbovc.org](http://www.nawbovc.org).

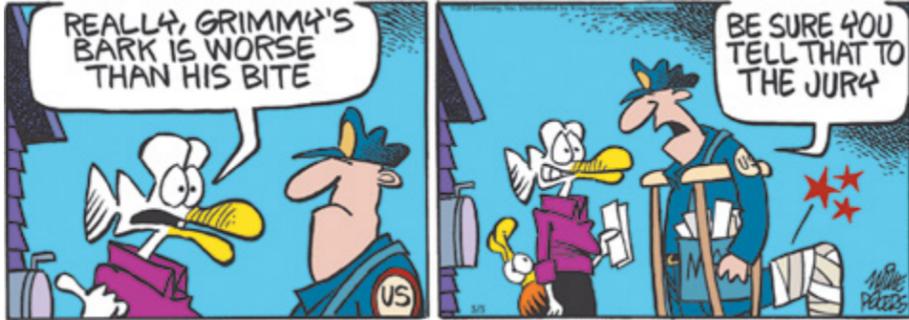


VMF Artistic Director Nuvi Mehta began presenting his Music in the Schools curriculum to children in Ventura Unified more than ten years ago. Today the program is still going strong, supported in Ventura by grants from Aera Energy, the Julius Gius Foundation and individual contributions. Starting Fall 2020, it will also be available to elementary schools in Santa Paula thanks to a small, just-announced grant from Limoneira.

With life as we all knew it currently on hold due to the Pandemic - and wanting to communicate something musical and uplifting to our supporters - it seemed an excellent time to share some of the Music in the Schools reviews written by audience members from the 3rd, 4th and 5th grades.

# Lighter Breeze

## Mother Goose and Grimm



## Baby Blues



## Tiger



## Blondie



## Beetle Bailey



## Hagar the Horrible



Solutions on page 13

(For a beginners guide to playing Sudoku go to [venturabreeze.com](http://venturabreeze.com))

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

**Weekly SUDOKU**  
by Linda Thistle

Place a number in the empty boxes in such a way that each row, each column and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK:** ♦  
♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

Solutions on page 13

## King Crossword

### ACROSS

- 1 Faster treat
- 4 Wager
- 7 Retain
- 11 Metric measure
- 13 Rowboat need
- 14 Sleeping
- 15 Flow like molasses
- 16 Chum, now-a-days
- 17 Actor Brad
- 18 Grassland
- 20 Opening course, often
- 22 Erstwhile garment
- 24 Hitchcock classic
- 28 Spotted insect
- 32 Radiant
- 33 Champing at the bit
- 34 Bathroom fixture
- 36 Yorkshire river
- 37 Narc's measures
- 39 Croquet equipment
- 41 Catch
- 43 Second person
- 44 Related to 5-Down
- 46 Use a Brillo pad
- 50 Ballerina's frill
- 53 Cauldron
- 55 Japanese

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

- 6 Army unit
- 7 Carefree
- 8 Sapporo sash
- 9 Allow
- 10 Banned insecticide
- 12 Carousel
- 19 Light touch
- 21 Portion of N.A.
- 23 Lviscerate
- 25 Hint
- 26 Emcee
- 27 Hasn't paid yet
- 28 Michigan, for one
- 29 Not 'fer"
- 30 Nincompoop
- 31 Wrigley
- 35 Reddish-brown horse
- 38 Perched
- 40 - Angeles
- 42 They're calling Danny Boy
- 45 Prolonged sleep
- 47 fawns' mothers
- 48 Hexagonal state
- 49 Induce ennui
- 50 Gratuity
- 51 Web address
- 52 Excessively
- 54 Monkey suit

© 2020 King Features Synd., Inc.



**LIBRA** (September 23 to October 22)  
Your balanced approach to life proves to be helpful this week when someone you care for needs your spiritual comfort, while someone else benefits from your tough-love practicality.

**ARIES** (March 21 to April 19)  
The Lamb is usually excited about taking on a new challenge. But if that's a touch of doubt you're feeling, maybe it's you telling yourself to go slow on this until you learn more about it.

**TAURUS** (April 20 to May 20)  
Accepting new commitments when you haven't yet finished the batch on hand could be a bit rash. Better to ease up on the new ones until you get further along with your current lot.

**GEMINI** (May 21 to June 20)  
Try to be more open-minded in working toward a resolution of that standoff between yourself and a colleague or family member. A little flexibility now could work to your advantage later.

**CANCER** (June 21 to July 22)  
Some people might be anxious about your plans. So you need to take time to explain what you expect to do and how you expect to do it. And don't forget to ask for suggestions.

**LEO** (July 23 to August 22)  
Dealing with an unfamiliar problem can be difficult. The wisest course you can take is to ask for advice from those who have been where you are and have come through it. Good luck.

**VIRGO** (August 23 to September 22)  
Tackle a frustrating job problem by considering possibilities you might have ignored before. This reassures colleagues you're serious about finding a solution, even if it's not totally yours.

**SCORPIO** (October 23 to November 21)  
Once again, you're likely to be asked to keep a secret for someone. But do you really want to do so? Be honest with yourself and with your needs before you make any such commitment.

**SAGITTARIUS** (November 22 to December 21)  
Taking a more direct approach from the more diplomatic one you've used before could make a difference in finally resolving a too-long-held disagreement. Try it.

**CAPRICORN** (December 22 to January 19)  
Being asked for advice is flattering to the Sea Goat, who has a habit of saying the right thing. This time, expect someone to be especially impressed and to act on that sentiment.

**AQUARIUS** (January 20 to February 18)  
With a number of pressures easing, your project could be making a lot more progress than you expected by this time. That's great news. But don't let yourself be distracted; stay with it.

**PISCES** (February 19 to March 20)  
An interesting challenge looms that could be exactly what you've been looking for. Discuss this with colleagues who could have much to contribute and who might want to join with you.

**BORN THIS WEEK:** Your heart is always open to offer loving concern for others. And they, in turn, reach out to complete the circle.

(c) 2020 King Features Synd., Inc.



## Showtime

Streaming Spotlight by Cindy Summers

### Upload

- Amazon Originals



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

Upload is a dark comedy with witty dialog that centers around death and the futuristic ways people choose to move through it. The world at this time is divided into living humans known as Bios and those who have crossed over, some choosing traditional death while those who can afford an afterlife being given the opportunity to upload their consciousness to a chosen virtual reality world for eternity where they are able to still communicate with the living world through technology.

The hitch is that you have to plan and pay for your afterlife choice before death, as a consciousness can only be transferred from a living person, with each afterlife realm driven by high priced amenities. There are several different virtual destinations for uploads, Horizen's Lakeview being the most affluent afterlife zone. Upon arriving, afterlife guests are assigned a customer service rep referred to as their angel that they can all on for any concerns merely by calling out "angel". The customer service rep consolidates the guest's memory files and builds a VR visual profile from their images so guests feel a seamless transition into the afterlife, and their angels have a basic knowledge of their background and characteristics.

This futuristic world for the living Bios is completely controlled by technology with self-driving cars, 3D printed fake food and sex suits to have intimate encounters with those in the afterlife. Unfortunately for Nathan (Robbie Amell), his self driving car lost control and crashed into a large truck. In the hospital, Nathan is told that his situation is serious, and his girlfriend

Ingrid Kannerman (Allegra Edwards) was there to convince Nathan to choose the Lakeview afterlife, due to her family's wealth and future plans to reside there.

Though Nathan's vitals had begun to recover, Ingrid got him to sign the consent, so his consciousness was removed, along with his head (an unfortunate side affect) and he was transferred to Lakeview where Ingrid had complete control over every thing Nathan did as every action had a charge, even thinking. Ingrid made sure that Nathan had an unlimited data plan so that she could always communicate with and control him.

Though angels are customer service agents working shifts, Nathan developed a special relationship with Nora (Andy Allo), a spunky rep that liked to bend the rules. As Nora and Nathan's relationship grew, Nathan found himself wanting to be free of the financial grip Ingrid had over him and explore the possibilities with his angel Nora, which was strictly forbidden.

Nora had her own struggling in the real world of poverty and her dad being diagnosed with vape lung, not wanting to upload as Nora would prefer, rather wanting to join is deceased wife. Being a savvy tech, Nora discovered that some of Nathan's memories were corrupted, and upon attempting to correct them discovers that Nathan's car crash seemed intentional, and works on both sides to try to discover the truth.

Upload definitely poses questions regarding our future and the afterlife with lots of jabs at big corporations like naming the afterlife corp Horizen, Nora reaching out to her tech friend at AT&T and pokes at policies like the Vogue interview Ingrid does virtually with Nathan promoting Bios vs Uploads being the ultimate long distance relationship with Ingrid saying "Speaking of sex, would you like to watch one of our sex tapes. My dad got Ang Lee to edit the body cam footage from our first night together. ...They're on my office computer."

Rated: TV-MA

10 Episodes – approx. 30 min each

## Once Ventura had its own broadcast TV station KKOg

by Richard Senate

The station had its studio on South California Street, broadcasting on Channel 16. It began transmitting on December 14th, 1968 and lasted only nine months. The whole thing was the brainchild of Hollywood talent scout Julian F. Myers, who lived in the Ventura Keys. It took him two years to get the paperwork done and build the transmission tower on Red Mountain. He rented an old paint store at 133 South California street and set it up with two studios.

He named his station Kalifornia Koast of Gold (KKOG). Unfortunately, it provided a weak, grainy signal on channel 16. It was black and white as most other stations were transitioning to color. In many ways it was a throw back to the 1950s and all shows were broadcast live. Mr. Myers hosted many of the shows himself. It had dance groups perform, local bands, with

a kid's program host by actor Gary Dyer reading stories but now showing cartoons.

Local Ventura High school history teacher Alfonso Mara did a news show, and Spanish teacher Frank Maaggpinto did a Spanish Language show called "Si Sixteen." Many church shows filled the airwaves on Sunday along with panel groups discussing local issues. In many ways it resembles cable six programming today. With low viewership, backers walked out after only six weeks. More and more of the staff went unpaid with many continuing to work as unpaid volunteers. They had a hard time filling its 65 hours of programming each week. The owner tried to sell the station but there were no takers and at last, after his home was foreclosed upon and they were unable to pay the rent on the store building, it closed its doors for good.

A dream, perhaps ahead of the times. Mr. Myers left the station with only ten dollars in his pocket. Why did it fail? Poor programming and a lack of local support. Perhaps the day will come when Ventura will have its own commercial station. Let them learn the lessons from KKOg and the 1968-9 run of Julian Myers television dream.

We now have local CAPS TV.

**Everyone Deserves a Home**  
*Compassion Campaign*  
 for Affordable Workforce Housing  
**June 1-5, 2020**

Follow us on Facebook for exciting announcements

f HousingTrustFundVC  
 HousingTrustFundVC.org

**HOUSING TRUST FUND**  
 VENTURA COUNTY  
 Everyone deserves a home



The Ventura Breeze and Jaime Baker congratulate all of the grads who won't have a ceremony.

## Ventura County Earth Day Awards

The Ventura County Board of Supervisors honored five recipients for Earth Day Awards in recognition of the 50th anniversary of Earth Day.

In District 1 of Supervisor Steve Bennett it was the Ventura Land Trust.

Ventura Land Trust (VLT) is an accredited land trust and 501(c)(3) nonprofit that has been protecting and preserving open space in Ventura since 2003. VLT is currently working on the purchase of 2,100 acres of prime hillside property with the goal of opening the

first large-scale, publicly accessible hillside nature preserve in Ventura. VLT together with their extensive volunteer base has diligently removed trash and invasive plants in the watershed, planted native trees, plants and flowers and built trails creating much-needed public access to green space. In partnership with Once Upon A Watershed, each year they host hundreds of local students on free outdoor environmental field trips. VLT also presents a community Environmental Speaker Series of lectures and host an array of volunteer and community activities. To date VLT has permanently protected 30 acres of open space in the Ventura River watershed and manages an additional 60 acres.



# PARKLANDS APARTMENTS

## RESORT LIVING IN VENTURA'S BRAND NEW LUXURY COMMUNITY

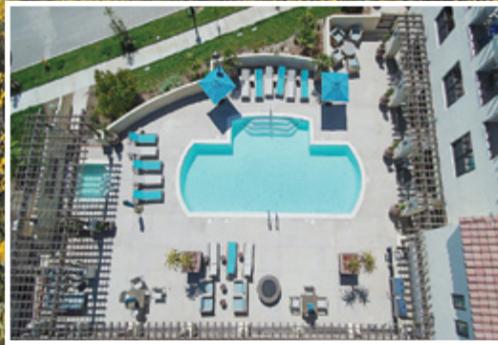
IN-PERSON  
TOURS  
AVAILABLE

**Three-Story Clubhouse**  
**Fitness & Yoga Studio**  
**Resort Style Pool & Spa**  
**Central Heat & Air**  
**Fiber-Optic High-Speed Internet**  
**In Unit Washer Dryer**  
**Walk-In Closets**  
**Direct Access Garages**  
**Pet Friendly**



**7 unique floor plans**  
**1 bedroom from \$1,999**  
**2 bedroom from \$2,250**  
**3 bedroom from \$2,975**

**Groceries are on us!**  
Receive a \$500 gift card to DoorDash or Instacart & up to \$2,801 off move-in. Call today for a tour!



LIVEPARKLANDS.COM | 805.659.5588 | 10896 TELEGRAPH ROAD, VENTURA, CA 93004



## This 'n' That

### 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.

#### Painful decisions ahead

*Continued from page 13*  
fallout. Payroll is the only controllable, significant expense that this Council can alter. While a hiring freeze is likely, it will have limited immediate effect.

There are other costs the Council can influence. It's time the City Council scrutinizes all the cost of services to consider less costly options. Those services can be General Fund items like fire and police, or they can be other operational items like water.

Any increase to cost of water will be damaging financially too many families already burdened by the economic shutdown.

Lost sales tax revenue, steady property taxes, and an out-of-control, bloated retirement plan are out of the Council's control. We hope they will focus on the things they can control and rein in expenses to avoid more extensive economic pain for the city and its citizens.

**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	Jodeen Frank Sales
Alison Carlson	John Darling
Alma Vilkas-Stockus	John Herndon
Anne Reisinger	Joseph S. Bischoff
Anonymous	Judith A. Beay
Antonio Figureida	Julia F. Campbell
Barbara Meister	Karen Flock
Barringer Biological Services	Ken McAlpine
Bob & Cheryl Wheeler	Kurt Triffet
Carol Spector	Leon Russo
Carol Bishop	Lynn Weitzel
Carole Frazier	Lynn Wooster-Roemer
Catterall Ceramics	Madhu Bajaj
Charles Wade	Mai Pham
Cheryl & Dennis Heitmann	Marla Brown
Cheryl Serr	Martha Jaffe
Christian McCusker	Michael Estrada
Claire C. Greenberg	Michael Mariani
Connie Perez	Michael Merewether
Cindy Bayer	Michael Stump
Dan Long	Nelson Wallace
Dan Osborn	Patti Channer
Deborah Beattie	Patty Jenkins
Debra Baile	Phil & Christine Settle
Donald Rodrigues	Priscilla Holmes
Donna Miller	Roger Kida
Douglas Turner	Sandy Powell
Ed Wehan	Sharon McKinney
Elizabeth Harper	Sharon Rishel
Fancy Pantz Face & Body Art	Siri Weber Feeney
Frank Hansen	Stephanie Joyce
Helga and Egmont von Websky	Steve Noll
I A Vinas	Susan Hancock
James McPhie	Suz Montgomery
Jean M Bennett-Sheaks	Terri & Jim Capito
Jean Nussman	Terry Quick
Jerry Gonzalez	Timothy & Christy Weir
Jill Forman	Tina Figurski
Jill Wilson	Ventura Parkinson's Support Group
Jocelyn Hotzler	Victoria & Elizabeth Ammons