

VENTURA BREEZE

Your Hometown Paper

Vol. 13, No. 17 Published Every Other Wednesday Established 2007 May 20 - June 2, 2020

Reopening businesses

by Ashley Bautista

The County of Ventura has reached an important turning point for our community, County and our local economy. We have moved into Stage 2 of California's roadmap to reopening where some lower-risk workplaces can gradually open with adaptations. This allows retail businesses to use curbside pickup or delivery to sell their goods and related manufacturing and logistics businesses to open.

Visit www.vcreopens.com and review the guidance

Upon reviewing the guidance, complete a detailed risk assessment of your business in accordance with the state guidelines

Complete a written worksite-specific COVID-19 Prevention Plan and post it at your business

Implement the prevention measures identified in your worksite-specific COVID-19 Prevention Plan

Designate an on-duty employee responsible for monitoring compliance with your plan

Complete the attestation

Upon completing your attestation, an official from your local jurisdiction may conduct a site visit

If you were a business that was already permitted to be open you too need to register and follow the seven steps.

Here are some examples of businesses that are able to reopen in addition to the businesses that were already open in Stage 1:

- Dentistry for preventative care.
- Retail for curbside delivery
- Manufacturing
- Logistics
- Pet grooming
- Childcare
- Office based businesses (telework remains strongly encouraged)
- Equestrian Centers/Horseback Riding
- Jet Ski/Boat/Bike Rentals
- Archery/Shooting Ranges
- Outdoor photography

Continued on page 12



Anna Guerra of Ventura High takes a break from distance learning with her ukulele. Kindergarten teacher Sherry Smith finds fun activities to engage her young students online.

Going the Distance- Part one of two

Teaching and learning in a pandemic

by Amy Brown

On Friday March 13th, it was announced that Ventura County schools would be closing, and just like that, everything changed. There was a transi-

tion to distance learning that seemed to happen almost overnight, but the reality was a huge, incredibly complex effort in

Continued on page 12



In years past the Ventura County NAMIWalks drew upwards of 1,500 Ventura County residents to the Promenade.

NAMIWalks goes virtual but purpose more real than ever

Mental illness doesn't take a time out so neither does NAMI Ventura County. That's why the show must go on.

In this case, the show is NAMIWalks Ventura County. The 15th annual NAMIWalks is getting a big makeover in

format but not in spirit.

NAMI Ventura County is the local affiliate of the National Alliance on Mental Illness. The nonprofit is a tiny powerhouse offering 15 unique programs

Continued on page 15

Community Memorial Health System resumes non-emergent surgical procedures

After suspending such procedures at the onset of the Coronavirus (COVID-19) pandemic in mid-March, Community Memorial Health System (CMHS) has followed guidance from the CDC, US Surgeon General, American College of Surgeons, the State of California and the California Hospital Association, as well as expert surgeons, anesthesiologists, infection control specialists and nurses in establishing safety criteria and protocols prior to resuming non-emergency surgeries.

"After thoughtful evaluation of the data and careful implementation of the policies and procedures outlined by the CDC and state and local public health leaders, we have decided to resume scheduled, non-emergent surgical procedures at Community Memorial hospital in Ventura," said Gary Wilde, Community Memorial Health System President and CEO. "As with most hospitals in the state of California, we suspended elective procedures to prepare for the potential surge of COVID-19 patients, but feel that it's important to the overall health and wellbeing of our community to begin offering these services again at this time."

Before scheduling medically necessary, non-emergent procedures, all hospitals and surgery centers across the nation must meet the following criteria: A sustained reduction of COVID-19 cases in the community; sufficient patient capacity (beds) and equipment; adequate supply of personal protective equipment (PPE); and a COVID-19 testing procedure in place for all appropriate patients scheduled for a surgical procedure.

In addition to meeting these criteria, CMHS and Community Memorial Hospital in Ventura continue to follow additional rigorous protocols to ensure

Continued on page 12

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

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

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YES NO

Thank you for supporting your local hometown newspaper!



City News

Stage 2 water shortage event

On May 4, the City Council moved to adopt Water Commission's recommendation to reduce to a lower stage - declaring a Stage 2 Water Shortage Event with a 10% mandatory water conservation goal.

Each year following the rainy season, Ventura Water staff evaluates the current conditions of each of the City's water supply sources - Lake Casitas, Ventura River, and local groundwater basins in the Comprehensive Water Resources Report (CWRR). This report also provides an annual look at the City's current demand trends or the measure of the total amount of water used by customers along with anticipating future needs.

The supply figures are then applied to the triggers outlined in the Water Shortage Event Contingency Plan (WSECP) to determine the City's appropriate stage. The WSECP was developed in 2014 by staff along with citizen members of the Water Shortage Task Force to provide guidance and actions to be taken during droughts and major emergencies.

Staff stated "We continue to acknowledge that the City's 100% local water supplies remain vulnerable to environmental, regulatory, operational, and legal constraints. For these reasons, making conservation a way of life remains a top priority. Our customers who have consistently exceeded Stage 3 mandatory 20% savings, conserving an average of 23% over the last five years."

During Stage 2, Ventura Water will

continue to offer rebate and incentive programs to equip customers to maintain water-efficient practices. The Stage 2 rate adjustment will become effective July 1, 2020.

Shared Streets for Health and Safety During COVID-19

The City's Public Works Department have launched a Shared Streets for Health and Safety During COVID-19 initiative to help make neighborhood streets safer to walk and bike through the creation of wider spaces using current traffic lanes and sidewalks. This effort is intended to help pedestrians and cyclists practice physical distancing while enjoying healthy outdoor activities and sharing the street with slower-moving vehicles.

During COVID-19, five streets will have "Local Traffic Only" signage posted in neighborhoods to provide more space for physical activity on traffic lanes with slower-moving vehicles. This includes Olive Street, San Nicholas Street, Preble Avenue, Mound Avenue, and Darling Road.

"This initiative provides additional street space for more than just cars. It enhances pedestrian and bicycle safety while maintaining access needs for those who live in the area," commented Phil Nelson, Ventura Public Work Director.

Continued on page 20

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May 26 4:30 PM
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Foothill High School



May 27 4:30 PM
Petra McCullough
ATLAS Elementary



May 28 4:30 PM
Kristie Steinlicht
Anacapa Middle School

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Barbara Meister, Michael Mariani and Kay Giles





VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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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



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All that a man achieves and all that he fails to achieve is the direct result of his own thoughts.
— James Allen

Opinion/Editorial



Sheldon (Governor) Brown
Publisher-Editor

■ One after another, Ventura's wonderful **events** are being cancelled. The latest is Music Under the Stars, held at the Olivas Adobe. This is one of my favorites.

Too bad they couldn't have an abbreviated season (3-4 concerts) later in the year.

■ It's odd looking at my weekly calendar, which is currently blank. I now look forward to going to the bank (yes, I still do that in person).

■ If you have a passion for radio, or a show or podcast you want to create and share, you can join the **CAPS Media** creative community by becoming a member of the CAPS Media family. See the CAPS article for all the details. I had a show for a while, and it was great fun.

■ In an effort to keep up with rising costs (tax base is dwindling), Ventura is raising hundreds of fees it charges for developers and others that use city services.

The **City Council** voted unanimously to adopt a new fee schedule that will take effect starting July 3. This will increase the city's fees for building permits, water connections and other city services. There are also new fees of 3% for credit card payments, the same amount the city is charged by its credit card company.

The fee increases should add approximately \$500,000 per year.

Stephanie Caldwell, the president and CEO of the Ventura Chamber of Commerce, appeared to speak against the increases. "We strongly oppose any increase to the city fees during this time, in the midst of the biggest economic disaster that any of us will see in our lifetime," she stated.

Not sure how I feel about this when businesses are struggling but Ventura does need the funds.

■ Once again, I want to thank our **dedicated readers** and supporters who have contributed to the Breeze to help keep us going.

■ I think that **Gov. Newsom** is doing the correct thing in his approach to handling the virus by being cautious. Let other states (like Georgia) that are opening-up be the

litmus test. Let's see what their positive results and/or deaths are over the next few weeks. This ain't a joke or conspiracy.

■ Two weeks after **Texas Governor** Greg Abbott began reopening the economy, the state reported 1,801 new confirmed coronavirus infections marking its single-highest rise in cases since the beginning of the pandemic.

Of the new cases, 734 are from Potter and Randall counties. "These counties' new cases are largely from targeted testing of employees at meat plants in the area. More test results from plants are expected," stated the Texas Department of Health.

As of May 17, Texas has a total of 45,198 COVID-19 cases, with 1,272 deaths and 25,454 recoveries. Before the weekend, Texas had never reported over 1,500 cases in one day. The state has been averaging roughly 1,220 cases per day over the past week, as non-essential businesses continue to open as part of Governor Greg Abbott's phased reopening plan.

■ If you need nice moving boxes, **Steve's Hardware** (on Thompson) always has all kinds of sizes available for free. And you could even buy a new toilet while you are there.

■ Such difficult times. **Jails** are letting out those who have committed more minor crimes to reduce the spread of virus in their population, but at the same time there are no jobs or facilities where they can go. This

will increase the homeless population and perhaps crimes. There is just not an easy solution to these complex problems.

■ The **US Postal Service** is actually doing something good. Photos of the items that will be placed in your PO boxes are emailed to holders who register for the service. This way trips can be eliminated and reduced.

■ One of the ways that America is informed of important government happenings are through the press conferences that the president has. At these meetings, reporters are asking important questions so they can provide relevant answers for their readers and listeners.

When **Trump** doesn't like a question, or can't answer it intelligently, he calls the person a fake reporter that no one reads. If the reporter insists on an answer, Trump insults the person further, says the meeting is over and leaves the room.

The next time he insults a reporter doing their job I would love to see all of them just get up and leave. This is not a reality show, this is life. Why is Trump incapable of treating it as such? We expect this kind of behavior from **China**, perhaps, but not in our democracy.

And what is this nonsense that the Coronavirus is a **liberal Democrat** made-up conspiracy to defeat Trump? Over 300,000 people have died throughout the world. Does this mean the entire world is part of this to defeat Trump? Good grief, be serious.



When the City says something is closed they are not kidding.

Mailbox



Printed courtesy of the LA Times and the writer.

Publisher

Retired Deputy PO, who is dependent upon swimming to maintain heart health needs access to private pool to continue aerobic workouts. Previous orthopedic injuries make it impossible to reach goals..... public pools and condo facilities are all closed. Can you help?

Mike Lilly - text Mike 805-218-2186

Sheldon:

I appreciate your publication because

it gives a glimpse of Ventura, particularly the senior section. Happy to contribute.
Patricia Schultz

Sheldon

It's about time that I can thank you and the staff at Ventura Breeze for the faithful service you give to the people of Ventura. So glad you give us a chance to let you know how we can help. Just a small way to show how much we appreciate this fine paper. Hope it can stay afloat for many more years.

Gratefully, Dolores Bray

Breeze:

It's a virus. Tiny, almost invisible; it lives in our bodies and can make a bunch of people very sick and cause a lot of those people to die.

Not bad for something tiny and invisible.

But we've taken on viruses in the past, and we are still around. We will find a way out of this pandemic eventually. People will sicken and many will die, but most of us will still be around when the virus yells, "uncle." or whatever viruses yell when they give up.

Try to do the smart and easy things

Continued on page 6

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



Recently the CAPS Media board of directors held its first zoom board meeting.

CAPS Media Radio KPPQ hits 150th show

The COVID 19 crisis hasn't slowed down the valiant KPPQ djs and hosts from continuing to produce and deliver outstanding original shows to air on KPPQ at 104.1FM and on mytuner-radio. KPPQ DJ Mark Levitt recently produced his 150th episode of his Pure Rock Show (Bravo Mark!). Pam Baumgardner, Kathy Good, Jace Martyn, Nadine Piche, Kevin Wallace, Auzzie Mary Egan and others are continuing to create captivating and entertaining locally programs, all from their socially-distanced homes, including, Jace Martyn's Cool Jazz and Smooth R&B program, Pam Baumgardner's Music Hour and Kathy Good's In The Women's Room.

Other KPPQ programs include The Ventura History Hour, Ventura Vibe!, Teen Centric and Straight from the 805 with Riley Real. The extensive KPPQ lineup can be found at <https://capsmedia.org/radio/>. During these challenging times, the KPPQ lineup also includes County and City reports throughout the day. KPPQ member produced programming is featured every day 7/24 at 104.1FM. All the djs and hosts hope to get back in the studio soon but, during the crisis, they are keeping KPPQ-LP on the air delivering great local programming mixed with fascinating and engaging national and international shows.

If you have a passion for radio, or a show or podcast you want to create and share, you can join the CAPS Media creative community by becoming a member of the CAPS Media family. Online radio and podcast production

training is up and running led by KPPQ program director Elizabeth Rodeno. Elizabeth will help you produce your own radio show from your home and have it air on KPPQ 104.1FM in Ventura and streamed nationwide and worldwide on mytuner-radio.com and on capsmedia.org. Contact Elizabeth at radio@capsmedia.org to set up a time for online training to get you on the air on KPPQ-LP Ventura. We want the community to hear what you have to say. Once the CAPS Media Center re-opens we will continue to offer production training and recording from our state-of-the-art radio studio.

On the video side of the CAPS Media Center, CAPS crews continue to collaborate 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 LaVere and collaborating with Ventura City Fire, Police and Public Works departments to provide the community with additional accurate information.

CAPS Crews also cover the County updates on Monday, Wednesday and Friday 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 Media Staff and Crew Members are taking every precaution to be safe.

including where the aircraft is operating. According to the Federal Aviation Regulations (FAR 91.119) regardless of where the aircraft is operated, the altitude should be sufficient for an emergency landing without undue hazard to persons or property on the surface in the event of an engine failure. Over a congested area like the city of Ventura an aircraft shall be flown no lower than 1,000 feet above the highest obstacle within a 2,000 foot radius below the aircraft. Over the water or sparsely populated areas the aircraft cannot be operated closer than 500 feet from any person, vessel, vehicle or structure. These minimum altitudes do not apply to helicopters, powered parachutes or hang gliders.

Altitudes can be very difficult to judge by eye. Jets routinely cross paths with 1,000 feet of vertical separation up at altitude. I can promise that will get your full attention; it looks like they're coming right at you until you get used to it. But in airplanes just like

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Everyone deserves a home

Answer in a Breeze

We received the following request (in a much longer form) but this is a summation of what Rob was requesting.

"Regarding the low-flying personal aircraft hazards and the creation of constant noise pollution in Ventura I am kindly requesting you to find out what our legal rights are for low-flying aircraft. It seems the skies are getting more and more congested over our neighborhoods putting public safety at risk." Respectfully, Rob Lewis.

We sent this request to our contributing writer Sheli Ellsworth whose husband Jeff is a pilot to secure an answer. Jeff is professional pilot who has been flying since 1989 including 20 years for the US Navy. Answer: The minimum safe altitude for aircraft operations depends on few factors

cars, boats and motorcycles, sometimes poor judgement prevails. The Federal Aviation Regulations also prohibit Careless or Reckless Operation of an aircraft which endanger the life or property of another person. If you see an aircraft operating in a reckless manner or wish to make a noise complaint, call the Ventura County Department of Airports Office at 805 388-4497

Do you have a question? Send it to editor@venturabreeze.com and we will try to get an answer.

New version of walking the dog

by Ivor Davis

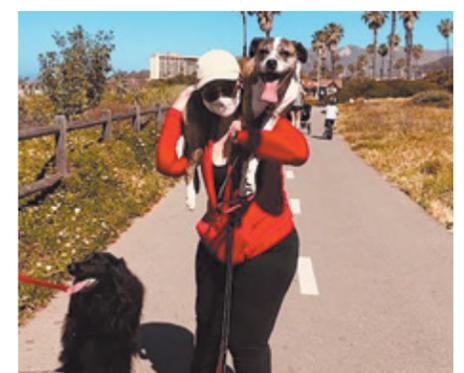
Bicycling on Ventura path by the Pier recently I ran across this brave lady who gave new meaning to the phrase "walking

your dog." She was actually as you can see--walking with the dog on her shoulders---and it was a pretty large pooch. And a warm day!

I took her photo--said I would send her a copy--but got the wrong email address.

If you can run this photo, then maybe she can get her picture.

Anyway, I am sure all her friends will recognize her--mask or not!





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News & Notes



Photos by Jeanne Tanner.

Ventura College gets creative with 2020 graduates

by Richard Lieberman

Ventura College President Kim Hoffmans greeted graduates at a drive-thru celebration for the class of 2020. Students were given an opportunity to celebrate their achievements of earning degrees and certificates. Each of the five hundred students drove by and received a congratulatory lawn sign and a 2020 tassel. "Such a bizarre world we are living in these days, but we are doing what we can to provide the same high-quality education our students deserve," Hoffmans said.

Student activity leaders from all three Ventura Community College schools came up with the idea to create, plan and execute the drive by. "It was such a nice personal touch, cars with families loaded with grads and children," added Hoffmans.

Over five hundred signs were distributed to the grads and their families. Hoffmans wished them well in the future and said she hoped they would remember their time at the college with fondness.

"The high achievement of a college degree and certificate is challenging to complete and worthy of celebration," she said.

The Ventura County Community College District also built a virtual yearbook that includes graduation speech highlights from district leaders and students.



Crocheting to make people happy

by Trish Davis

This Is Finn, a local 6th grader who crochets all the local street polls. I asked him about it and here's what

he said.

"I started yarnbombing, which is when you take knitting or crochet and hang it up as art, with little hearts all over my neighborhood. These were very small, but they spread joy and had people commenting on how they loved searching for them, so I started to plan bigger projects. I did bigger hearts, rocks, and a bridge; then one night I measured a street sign while on a walk and I knew it would be my next subject. Everyone loved it, it seemed that this random street sign was making runners smile and giving people joy, so obviously I had to do more and here we are today."

Mailbox

Continued from page 4

that help. No kissing no hugging, wear a mask.

Try funny masks. Maybe they make you laugh and that is better than crying.

Eat ice cream bars. OK they are not medicine, but they sure make me feel better. Maybe for you, too.

Fight the good fight.

Esther Cole



News & Notes



See Kristie Steinlicht of Anacapa Middle School on her video.

LAUNCH Videos Premiere Online Week May 26, 27, 28 at 4:30 PM

Curated by Ventura Education Partnership (VEP), LAUNCH engages business, community and school leaders to come together during fast-paced, inspiring presentations from highly innovative Ventura Unified School District educators. During this unique gathering, public education supporters hear first-hand from passionate educators about how they connect with students to strengthen engagement and deepen learning.

In its second year, LAUNCH also raises funds to support grants for VUSD classrooms.

As with so many of our community events, this year's LAUNCH, scheduled

for March 12, had to be executed differently than planned due to COVID-19. President of VEP, Madhu Bajaj said, "We closed the program to a live audience with only a small, socially distanced group in attendance. Rather than postponing, we felt it was important to capture our amazing educators' stories who had been working hard to prepare for the evening. We thank our courageous presenters who shared their stories in a most beautiful and compelling way."

Thanks to a partnership with Ventura Adult and Continuing Education (VACE) the evening's presentations were captured on video by students and staff from the Digital Multimedia and Studio programs, lead by Rich Sigerist. These programs prepare students for careers such as graphic artist, video editor, camera operator, production assistant, and much more.

VEP invites the community to join us for the LAUNCH Video Premieres on Facebook. Each video is approximately 10 minutes and will feature the presenter available for comments and Q/A through chat. A strong theme that emerges is how the educator not only focuses on teaching content, but also the social emotional and varying needs of students so students can become empowered citizens in our community.

May 26 4:30 PM Cameron Crouch of Foothill High School

May 27 4:30 PM Petra McCullough of ATLAS Elementary

May 28 4:30 PM Kristie Steinlicht of Anacapa Middle School

"As we all look for inspiration and positive activities during this time, the

Continued on page 8

AND WHEN THIS IS OVER....

LET'S CONTINUE TO SUPPORT EACH OTHER BE MORE COMPASSIONATE PRACTICE PATIENCE SLOW DOWN

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COUNTY OF VENTURA

COVID-19 RESOURCES

Optumserve State Testing Sites

No cost COVID-19 testing for all community members. Please register by calling or registering online. Online: www.lhi.care/covidtesting • Phone: 1-888-634-1123
Hours of Operation: **Monday-Friday 8am - 8pm**

LOCATIONS:

1) **Oxnard Performing Arts Center**
800 Hobson Way, Oxnard, CA 93030

2) **Thousand Oaks Library - Newbury Park Branch**
2331 Borchard Road, Newbury Park, CA 91320

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



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News & Notes



After the first week, over 1,500 meals had been distributed.

Help feed Ventura County foster/resource, kinship, adoptive families

Kids & Families Together (K&FT) is a nonprofit that serves foster/resource, adoptive, kinship, and birth families throughout Ventura County. K&FT works with children who have experienced trauma, abuse, neglect, loss, and multiple placements. Caregivers are supported with specialized education, support, and strategies to help raise safe, healthy, nurtured children that thrive.

Having hosted and catered several events for K&FT, the owners at Rincon Brewery Ventura are well aware of the needs of the families served by K&FT. Many of these families were struggling prior to the outbreak of COVID-19, and with the growing economic impacts, needs for these families have escalated. When World Central Kitchen joined the team a fantastic community partnership was born.

Rincon Brewery reached out to WCK offering to re-open their Ventura restaurant to make a difference in the community.

Because K&FT serves families throughout Ventura County, the need became clear that some families, due to lack of transportation, could not get to Ventura to pick up meals. K&FT's staff rallied again and established a delivery network to get meals to families that had no means to get there. These families, particularly Foster/Resource and Kinship Families, have opened their homes and hearts to Ventura County children and K&FT wants to be there to support them.

Meal distribution takes place six days a week (Monday – Saturday). Families receiving services from K&FT can receive meals each day for all members of the household. Meals are prepared on site at Rincon Brewery the day before and refrigerated overnight for the next day. Rincon Brewery's Chef, Steven Stroh provides a daily message called the "love note" explaining what each dish means to him.

After the first week, over 1,500 healthy, chef-prepared meals have been distributed/delivered to families across the county. Response from families has been extremely positive!

To volunteer at the distribution site or make deliveries please sign up via this link, created with the help of Ventura County Fire Department. https://vcfd.galaxydigital.com/need/?agency_id=112680

Financial donations to support this effort can be made via this link. <https://mailchi.mp/kidsandfamilies.org/mealdistribution>

LAUNCH Videos Premiere

Continued from page 7

LAUNCH Video Premieres are a quick and easy way to celebrate amazing educators and learn from their stories of classroom innovation," said Bajaj.

LAUNCH is made possible by sponsors such as Aera Energy, Mountains 2 Beach Marathon, Fred Evans Team at Remax, FASTSIGNS of Ventura and many more.

For more information on this shared viewing experience please like Ventura Education Partnership on Facebook, visit our website www.venturaeducationpartnership.org or contact Madhu Bajaj (805) 754-9861.



Based on current guidance from the State, CDC, and local health officials, the city has made the difficult decision to cancel the 2020 Summer Music Under the Stars concert series at the historic Olivas Adobe. They stated "We appreciate your understanding and look forward to celebrating with you in the future. In the meantime, take care and stay safe."

If you have any additional questions, please don't hesitate to contact:

Kathryn Dippong Lawson, Community Partnerships Supervisor

kdippong@cityofventura.ca.gov (805) 658-4720

Gina Reyes, Community Partnerships Coordinator

greyes@cityofventura.ca.gov (805) 658-4728



Senior Living

Pull Out Section



Denise Tyner, facility liaison at Ventura Post Acute receives the “Thank you VPA HEROES” sign from Cypress Place Senior Living.

Giving back to the local community

Cypress Place Senior Living in Ventura has a long history of giving back to the local community: whether it be collecting suitcases for kids in the foster care program, hosting an annual “Health & Wealth” expo geared towards seniors, creating a scholarship fund for local high school students wanting to pursue a college degree, hosting workshops on how to avoid senior scams, or honoring Veterans at their annual “Salute Our Veterans” event, the senior community is always looking to help.

Due to the COVID-19 coronavirus this year, and the subsequent stay-at-home orders, the senior community has had to cancel their annual “Health and Wealth” expo and “Salute Our Veterans” events for 2020.

But that hasn’t slowed the senior community from continuing to look for ways to reach out. Wanting to recognize local healthcare heroes, Cypress Place recently delivered a decorated thank you board filled with gift cards for nurses and staff at local skilled nursing facility Ventura Post Acute, to honor them during National Skilled Nursing Care week.

“Ventura Post Acute is on the front lines of protecting a very frail and at-risk population. The challenges they face are enormous and the work they do is vital,” said Steve Spira, executive director at Cypress Place. “We wanted to donate gift cards that they could raffle off to their staff, to show our appreciation, and hopefully brighten their day a bit.”

Recognizing the opportunity to also support another local business with the donation, Cypress Place purchased the gift cards from Café Ficelle, a popular, local family-owned business that has been greatly impacted by the virus and shelter-in-place order.

“We can’t thank Cypress Place enough for their sign of support for our nurses and staff,” said Denise Tyner, facility liaison at Ventura Post Acute. “Little things like this make such a big difference to keep everyone’s spirits lifted. And the photos of Cypress residents make it that much more personal.”

Cypress Place has delivered other signs of support, including to local hospital partners, and continues to look to be a positive force in the community.

“We are all in this together,” said



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Spira. “We are all just looking to get through it the best we can.”

Cypress Place Senior Living is a premiere senior community in Ventura County. The beautiful senior living campus features an Active Senior Living community and adjacent Assisted Living and Alzheimer’s/Dementia Care community connected by a lushly landscaped courtyard.

To learn more about Cypress Place Senior Living of Ventura, visit their web site at www.cypressplaceseniorliving.com.

Alzheimer’s disease and related dementias

by Marilyn MILLER
Program Officer Division of Neuroscience (DN).

The coronavirus has the research community adjusting on the fly to keep our science moving until we can safely return to our labs. One of the cool things about genetics research is that the big, beautiful data that drives the Alzheimer’s disease and related dementias (AD/ADRD) research field can be accessed and studied remotely. So, now’s a great time to announce the release of the latest genomics data set from the Alzheimer’s Disease Sequencing Project (ADSP).

It’s been a while since I first blogged about the NIA Genetics of Alzheimer’s Disease Data Storage Site (NIAGADS), and it has been growing strong ever since. Hosted by the University of Pennsylvania, NIAGADS is the data coordinating center for the ADSP and a key national repository for the field. It is a vital tool as we seek to better understand genes that increase risk for – or protection from – AD/ADRD, and ultimately to unveil potential new therapies to help prevent or delay the disease.

The ADSP was inaugurated in 2012 to study the genetic architecture of AD/ADRD using next-generation sequencing technologies to identify rare variants in large populations. The ADSP is helping researchers identify new genomic variants that increase risk for late-onset Alzheimer’s disease and better understand why some people with known risk factor gene variants do not develop AD. Through large, diverse studies and participant populations, the ADSP also helps sequence data to extend previous discoveries that could illuminate new pathways to therapeutic targets.

Through the NIAGADS Data Sharing Service (DSS) website, researchers can now access robust sequencing data of the protein-coding regions (exomes) of 19,922 samples from 9 different studies with multi-ethnic data sets. To access data, qualified investigators can submit Data Access Requests

by following the instructions. The DSS site also includes a list of contributing cohorts and a breakdown of the subjects by condition and population background.

NIA supports additional projects through the ADSP Follow Up Sequencing Program. Project researchers will contribute DNA and phenotypes to ADSP for additional whole-genome sequencing. The next major data release – consisting of around 17,000 complete genomes (including the 4,789 genomes that were released in 2018) – should be available at NIAGADS DSS toward the end of the year.

How sleep affects your immunity

by the National Sleep Foundation

When it comes to your health, sleep plays an important role. While more sleep won’t necessarily prevent you from getting sick, skimping on it could adversely affect your immune system, leaving you susceptible to a bad cold or case of the flu. To keep yourself sniffle-free this season, here’s what you need to know.

Without sufficient sleep, your body makes fewer cytokines, a type of protein that targets infection and inflammation, effectively creating an immune response. Cytokines are both produced and released during sleep, causing a double whammy if you skimp on shut-eye. Chronic sleep loss even makes the flu vaccine less effective by reducing your body’s ability to respond.

To stay healthy, especially during the influenza season, get the recommended seven to eight hours of sleep a night. This will help keep your immune system in fighting shape, and also protect you from other health issues including heart disease, diabetes, and obesity. If your sleep schedule is interrupted by a busy workweek or other factors, try to make up for the lost rest with naps. Taking two naps that are no longer than 30 minutes each – one in the morning and one in the afternoon – has been shown to help decrease stress and offset the negative effects that sleep deprivation has on the immune system. If you can’t swing a half-hour nap during the workday, try grabbing a 20-minute siesta on your lunch hour, and another right before dinner.

Of course, there’s more to boosting your immunity and guarding against illness than getting ample sleep. It’s also important to practice smart stay-healthy strategies such as washing your hands with soap regularly, avoiding close contact with people who are obviously under the weather, and talking with your doctor about getting an annual flu shot. And remember: Even if you do come down with a case of seasonal sniffles, you’ll be able to bounce back faster if your body is well rested.



Senior Living

How old is too old to work?

by **Rajeshni Naidu-Ghelani**
Data Journalist, Global Advisor

Knowing when to retire in today's world can be tricky as people are living longer while savings or pensions may not be sufficient enough to provide for them in their senior years. There are also the mental and physical benefits of working longer to consider.

But while many of us may want to work for as long as possible, there are significant hurdles facing older people in the workforce – the most basic of which is whether or not they're considered employable after a certain age.

In a recent global poll of more than 20,000 respondents across 28 countries, people, on average, said they need to work until age 59 before they could retire. That's not far off 57, the age until which people said they want to work.

Added to this, the ages for employability, capability to work and retirement are much lower in emerging markets compared to developed ones. For example, the countries with the lowest ages for people feeling physically and mentally capable of working are Poland, Malaysia, Saudi Arabia, China, Russia and Turkey. On the same measure, the United States, Sweden, Canada and Chile had the highest age at 66.

Tomas Chamorro-Premuzic, Professor of Organizational Psychology at Columbia University in New York, said the retirement age in many

countries is out of date and hasn't kept pace with changes in culture driven by two key factors in the last 10 to 15 years.

"The first is that retirement money or pension funds, in most instances, are no longer enough for people to maintain the life quality that they have. In other words, you need to work longer to save more to maintain your lifestyle," said Prof. Chamorro-Premuzic.

"The second factor is for people who have more money than they need, but still want to stay at work, because they are interested in something to keep them well occupied."

He adds there's a status element where if you can keep being useful or valuable to the economy even if you are 60, 70 or 80, you feel better and have higher pay – referring to jobs where age reflects work experience like heads of state or companies, and in politics.

The global life expectancy at birth in 2016 was 72, according to the World Health Organization, which reported the increase by 5.5 years between 2000 to 2016 was the fastest increase since the 1960s. The average life expectancy in the Americas and Europe was about seven to 15 years higher than in Africa, Southeast Asia and the Middle East.

In terms of what can be done by governments and policymakers to

make people feel more comfortable about working longer, experts say phased retirement programs, especially in the private sector, and initiatives that take the focus away from age in determining job performance would help keep people employed longer.

Prof. Chamorro-Premuzic said employers need to de-emphasize age as a main factor in employment, promotion and retirement, because it is overrated.

"Age is not a relevant factor in determining job performance. It's your ability, personality and job experience," said Prof. Chamorro-Premuzic, adding the retirement age in countries should be pushed even higher, but not only because governments are financially incentivized to keep people working longer.

Rajeshni.Naidu-Ghelani@ipsos.com

Caring for someone with Alzheimer's or other dementias is exceptionally demanding. The level of assistance provided by caregivers of people with Alzheimer's or other dementias tends to be extensive, compared with caregivers of other older adults.

To address these issues, the Alzheimer's Association® will provide a free three-part educational workshop to discuss common issues faced by families affected by Alzheimer's and other dementias. Topics to be discussed during the workshop are:

- May 21: Part 1 – Communication, relationship changes, personal care, and hospitalizations

The Alzheimer's Association is the premier source of information and support for the five million Americans with Alzheimer's disease. Through its national network of chapters, it offers a broad range of programs and services for people with the disease, their families and caregivers and represents their interests on Alzheimer's-related issues before federal, state and local government and with health and long-term care providers.

Part 1 of this series will be held as a webinar. Registration is required. For more information and to register, go to alz.org/CRF.

Education program helps families understand dementia behaviors, communication

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers.

Stroke

A stroke is serious, just like a heart attack, so it's important to know the signs of stroke and act quickly if you suspect someone is having one. Stroke

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Doing good at COVID time for Ventura the Ventura Townhouse (VTH) donated some of their resources to local nurses and their foundations showing support for the people on the front lines at Community Memorial Hospital and Ventura County Medical Center. VTH donated thousands of masks, hundreds of gowns and meal and coffee cards. And supplied much needed sundries of toilet paper, paper towels, shampoo, conditioner, soap and hand sanitizers to the local senior mobile home parks. VTH started a Pen-Pal group between their residents and the mobile home residents. If you are interested in joining in on the Pen-Pal Group, please contact 805.642.3263.



Senior Living

is the fourth leading cause of death in the United States, and causes more serious long-term disabilities than any other disease. Older people are at higher risk. You can take steps to lower your chance of having a stroke.

Know the Signs of Stroke

Knowing the symptoms of a stroke and acting quickly could mean the difference between life and disability or death.

Call 911 right away if you see or have any of these symptoms:

Sudden numbness or weakness in the face, arm, or leg—especially on one side of the body

Sudden confusion or trouble speaking or understanding

Sudden problems seeing in one eye or both eyes

Sudden dizziness, loss of balance or coordination, or trouble walking

Sudden severe headache with no known cause

Other danger signs that may occur include double vision, drowsiness, and nausea or vomiting.

A stroke happens when something changes how blood flows through the brain. Blood brings oxygen and nutrients to brain cells. If blood can't flow to a part of the brain, cells that do not receive enough oxygen suffer and eventually die. If brain cells are without oxygen for only a short time, they can sometimes get better. But brain cells that have died can't be brought back to life. So, someone who has had a stroke may have trouble speaking, thinking, or walking.

There are two major types of stroke. The most common kind, ischemic, is caused by a blood clot or the narrowing of a blood vessel (an artery) leading to the brain. This keeps blood from flowing into other parts of the brain and keeps needed oxygen and nutrients from reaching brain cells. Blockages that cause ischemic strokes stem from three conditions:

Some risk factors for stroke, like age, race, and family history, can't be controlled. But you can make changes to lower your risk of stroke. Talk to your doctor about what you can do. Even if you're in perfect health, follow these suggestions:

Control your blood pressure. Have your blood pressure checked often. If it is high, follow your doctor's advice to lower it

Stop smoking. Smoking increases

your risk for stroke. It's never too late to quit.

Control your cholesterol. If you have high cholesterol, work with your doctor to lower it.

Eat healthy foods. Eat foods that are low in cholesterol and saturated fats. Include a variety of fruits and vegetables every day.

Exercise regularly. Try to make physical activity a part of your everyday life.

Someone who has had a stroke might be paralyzed or have weakness, usually on one side of the body. He or she might have trouble speaking or using words. There could be swallowing problems. There might be pain or numbness.

Stroke may cause problems with thinking, awareness, attention, learning, judgment, and memory. Someone who has had a stroke might feel depressed or find it hard to control emotions. Post-stroke depression may be more than general sadness resulting from the stroke incident. It is a serious behavioral problem that can hamper recovery and rehabilitation and may even lead to suicide.

For More Information on Stroke
National Institute of Neurological Disorders and Stroke
1-800-352-9424 (toll-free)
braininfo@ninds.nih.gov
www.ninds.nih.gov
National Stroke Association
1-800-787-6537 (toll-free)
info@stroke.org
www.stroke.org

Emergency preparedness for older adults

Older adults are among the most vulnerable when disaster strikes. That's why it's critical that older people, and those who care for them, prepare for emergencies. If you're an older adult, or care for an older person, follow the steps below to prepare for and respond in an emergency.

Step 1: Create an Emergency Plan

Have an emergency communications plan. Create a group text or a phone call chain (a plan in which you make an initial call to one person, who then calls the next person, and so on). This will make sure that all relatives and friends know what is happening

in the event of an emergency.

Keep contact information complete and up-to-date. Have the current numbers of people you'll need to contact in an emergency. Make sure those people have your phone number, and the numbers of nearby friends or neighbors. Put an extra copy of these in a travel wallet, purse, or suitcase.

Make travel arrangements in case of evacuation. Talk to family members (or the directors of the facility where you live) about what you would do in the event of an evacuation. Will you be able to drive or will you need someone to pick you up? If so, who, and at what meeting place? Who can provide a back-up ride, and how will that person be contacted? You may also want to ask the director to designate staff who will stay with a very elderly adult during an evacuation.

Choose a meeting place in case of evacuation. Pick two meeting places—one near your home, the other outside the neighborhood—where you can wait and relatives can find you. Make sure everyone has the address and phone number of the meeting location. If you are caring for an older adult who lives in a facility, find out where he or she will be taken in case of evacuation.

Get local emergency information in advance. Get a community disaster/emergency plan for your area. Learn where evacuees go for medical care or emergency supplies of medications. Get a map of evacuation routes to keep in your car.

Exercise mock-disaster scenarios. Go over your emergency plan and practice with family and friends to make sure it is ready to be executed if needed.

Consider getting a medical ID bracelet. Consider ordering a medical ID bracelet or pendant for people with chronic health problems. Information on medical conditions, allergies, medications, and emergency contacts can be engraved on the surface. For very elderly or disabled adults, put the identification information, list of diagnoses, and medications in a traveler's wallet that can be worn in an emergency.

An emergency medical kit should include:

Medications. A 3-6 day supply of your medications along with an up-to-date medication list that includes the names (brand and generic) of any drugs you're taking and the doses. An

insulated bag big enough to hold a two-week supply of any medications that require refrigeration, such as insulin. Keep ice packs in the freezer for the emergency medical kit.

Medical equipment and necessities. Include items such as blood sugar monitoring equipment, a blood pressure cuff, hearing aids/hearing aid batteries, and an extra pair of eyeglasses and/or dentures.

Written information about treatment. Ask your healthcare provider for copies of your medical records and lists of all active medical problems you have and how they're being treated. Carry extra copies of Medicare, Medicaid or other insurance information with you.

A disaster supplies kit should include your medical kit equipment and:

Water. Plan for at least 1 gallon per person per day, and at least a 3-day supply.

Food. At least a 3-day supply of canned and dried foods that won't spoil. Juices, soups, and high-protein shakes may be particularly helpful.

Basic supplies. A manual can opener, flashlight, battery-powered or hand-cranked radio, batteries, waterproof matches, knife, resealable plastic bags, tin foil, disposable cups, plates, utensils, basic cooking utensils, emergency whistle, and cell phone with chargers, battery bank, or solar charger.

Maps. Local and regional maps in case roads are blocked and you need to take detours.

Change of clothing & blankets. A complete set of clothing per person: a long-sleeved shirt, long pants, shoes, and weather appropriate outerwear. Also include one blanket per person.

Contact info and key papers. Have the phone numbers and addresses of friends and relatives you might need to contact, your healthcare provider, and any specialists you see. Also include copies of your credit and identification cards.

Cash. It's a good idea to have at least \$50 on hand; if that's not possible, include as much as you can.

First Aid kit. See the Red Cross's comprehensive list of what to pack in your first aid kit. The Red Cross also sells pre-packaged first aid kits.

Basic hygiene products. Include soap, toothpaste, toothbrushes, sunscreen, hand sanitizer, toilet paper, baby wipes, and a few trash bags for garbage.



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This 'n' That



The River appreciates those who support them.

It takes a village

The River Community Church is certainly flowing through the City of Ventura these past six weeks during the Covid-19 pandemic. They have been the recipient of numerous donations from many local businesses, and just like a river, they are a channel to help those who are in need, especially food supplies.

As early as March 18, they have seen the arrival of a well-stocked kitchen from the Ventura Beach Marriott, so much, that they were able to share the abundance with the Ventura County Rescue Mission and the Salvation Army. Other downtown restaurants, such as Peirano's Market & Delicatessen, Aloha Steakhouse, Palermo ~ Coffee and Gelato have shared their specialties with The River from hot meals to fresh chicken and salmon to gallons of milk. Their Food Pantry recipients often get blessed with fresh meat, especially since Sharon Parker of Main St. Meats has donated hundreds of turkey breasts and fresh or smoked chickens.

The River has seen donations from Ferraro's Italian Restaurant and The Berry Man along with those from neighboring Camarillo, such as Manhattan of Camarillo and Noah's Bagels. Others who have made continuing donations to care for The River's volunteers are Giddyup Group LLC, Missy's Cupcake Creations and Water's Edge. Water's Edge provides 15 meals every day to The River. Many of Water's Edge donations are passed on to the ladies at Tender Life Maternity Home or to the families

at The City Center Transitional Living who are thrilled to receive such mouth-watering dinners.

Another community supporter to The River is Food Forward. They generously donate fresh produce twice a week, so those who are in need can stretch their food budget and pick up more than just canned goods. Other partners include Trader Joe's (on Victoria), Ventura County Backpack Medicine plus several in the community who have given generous cash donations.

Jim Duran, Lead Pastor of The River Community Church, says, "It's times like these (Covid-19) that you need people around you who are going to help. We are so blessed the community has stepped up and has partnered with The River Community Church to meet the needs of those suffering. We could not do what we do without our valuable partners."

Over these past six weeks since the Stay-At-Home orders have been in effect, they have served over 600 families representing 1,697 people in Ventura. The River appreciates those who support them, so they can continue being a conduit of God's blessings to reach the community and those in need.

For more information about The River Community Church, please visit their website at www.TheRiverCommunity.org or call the Church Office at 805-648-7955. They are located at 889 E. Santa Clara St. in downtown Ventura at the corner of Kalorama and E. Santa Clara Streets.

Reopening businesses

Continued from page 1

Outdoor museums.

Questions? Please contact County of Ventura Public Information Officer Ashley Bautista at Ashley.bautista@ventura.org or call 805-654-2640. Stay up to date and sign up for daily updates at www.vcemergency.com.

What cities are in Ventura County? The unincorporated areas, along with the ten incorporated cities of Camarillo, Fillmore, Moorpark, Ojai, Oxnard, Port Hueneme, Santa Paula, Simi Valley, Thousand Oaks, and San Buenaventura (Ventura) this ranks Ventura as the 11th most populous county in the State.

Teaching and learning

Continued from page 1

the district—by teachers, administrators, students and parents to create, adopt and adapt to a new online format. It meant developing a plan, handing out devices to all those who needed them, and getting everyone on board--no small feat for a population of approximately 16,000 students.

So now that the frankly impressive feat of creating and implementing distance learning has been in effect for weeks, grades are being input and progress shared via email with parents—students and teachers are in harmony—right? Pretty close, according to Daisy Mastroianni, who has been a teacher for 22 years, and is currently teaching 10th grade English, Career Culinary Arts and Foods and Nutrition at Buena High. She shared that while it was a huge initial transition, the students and teachers alike were ready to go and up for the challenge right away. "We found out the same time everyone else did that that Friday would be our last day," said Mastroianni. "We met in our departments and came up with what we could to stay connected with the kids. The students, in that same vein, were ready to go!" She said that students can work at their own pace if they get into a lesson and want to keep going. "They can spend an hour and a half with math if it's really clicking, or take a day off from classes that maybe aren't their favorite." Mastroianni shared that she misses the personal interactions with her students tremendously, and early on in the process made a video to share a day in her life for her students, practicing a TikTok, cooking, and doing fun things in her home to find different ways to connect and engage them.

While students appreciate what their teachers are providing, there are concerns by many high school students about what the future will bring. Anna Guerra is a junior at Ventura High, and is worried about not getting a normal senior year because of the current uncertainty, and the effect it will have in applying for colleges. "The thing that concerns me the most is not having all the extra curriculars and tests scores that I want to have to stand out among other applicants," said Guerra, an honors student who plans to study neuroscience at a UC school in 2021. "I didn't get a chance to tour colleges—I did virtual tours, but it's not the same."

Guerra sets a schedule for her schoolwork to complete it early in the day, and makes sure she finishes

everything that is assigned for that day. It leaves the afternoons free for connecting with friends and reconnecting with some former pastimes. "I've picked up some hobbies that I'd been too busy to do when school was in session," she said. "I've started painting again, and learning my ukulele, and I'm taking the time to learn more French—I take it as a class, but I want to learn more."

Sherry Smith, a kindergarten teacher at Portola, has taught for 24 years in the district, agreed that the new system had some challenges at first. "It was really hard to set it up at the beginning, to find out which families had devices and access to Wi-Fi, and which ones didn't," said Smith. "Then some devices weren't working correctly, and we had to redo them and get them out again. But now I have 100% of my students logged into the system."

When asked how she and other teachers were handling engaging with young students and their families in this 'new abnormal', she said that she has office hours for parents and a special hour for students to log in as a group, in which she reads stories, and does activities with songs and dancing. She taught the students how to mute, which she said makes reading much easier to the group. "I miss my kids—I miss being at school," said Smith. "I went there today and emptied out their desks, it was very sad."

Community Memorial Health

Continued from page 1

the safety of their patients, healthcare professionals, and community as a whole. These protocols include:

Mandatory COVID-19 testing for every preoperative patient in advance of his/her procedure.

Mandatory COVID-19 screening for everyone who enters Community Memorial Hospital in Ventura, Ojai Valley Community Hospital, the Emergency Departments at either location, all Centers for Family Health clinics and Urgent Care locations, and all other CMHS outpatient service locations. This screening includes patients, essential companions, physicians and staff.

Mandatory use of surgical masks for everyone in all CMHS inpatient and outpatient facilities, regardless of their COVID-19 status.

Continued use of separate intake, evaluation, and 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 operating suites, patient prep and recovery areas, and patient rooms to ensure optimal cleanliness and minimize potential spread.

Continued restriction of visitors (one essential companion only) in all CMHS facilities to limit potential exposures.

CMHS has carefully determined which medically necessary, non-emergent procedures can safely be performed at this time, and will continue this evaluation process in the coming weeks and months. Urgent and emergent cases will continue to be prioritized with the reintroduction of elective procedures.

Trash & Recyclables or Green Waste Pick Up Delay Due to the Memorial Day Holiday

Due to the Memorial Day holiday on Monday, May 25, trash and recyclables or green waste will be collected one day later than usual the entire week of May 24-30 in the Cities of Ventura and Ojai.

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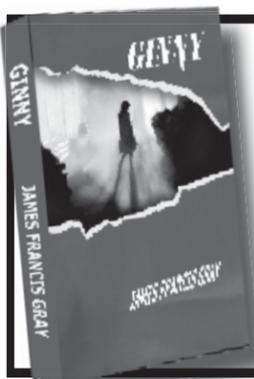
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Police Reports

by Cindy Summers

Police reports are provided to us by the Ventura Police Department and are not the opinions of the Ventura Breeze. All suspects mentioned are assumed to be innocent until proven guilty in a court of law.

Robbery with arrest

On May 8, at approximately 3am, the Ventura Police Department Command Center received a 911 call from the clerk at Circle K, who was reporting a robbery just occurred at the business.

During the investigation, officers learned the suspect entered Circle K and began demanding cigarettes. The suspect then brandished a knife and came behind the register. He also instructed the clerk to open the cash register. The suspect took several packs of cigarettes and cash from the register.

The clerk provided a description of the suspect. Officers canvassed the area and located a suspect matching the description in a nearby gas station parking lot. Officers detained the suspect, identified as 18 year old Juan Jimenez, and the clerk identified Jimenez as the robber. Jimenez was also found in possession of several boxes of cigarettes and cash.

Jimenez was booked in Ventura County Jail for Robbery. No one was injured as a result of this incident.

Shooting

On May 9, at approximately 1am, the Ventura Police Department Command Center received several 911 calls of gunshots heard in the area of S. Saticoy Ave at Daisy Dr. While officers were investigating, physical evidence was found at the scene that indicated a shooting did occur. Officers conducted a canvas of the area, but no victim(s) were located.

This investigation is ongoing and anyone with information about this crime is asked to contact the Ventura Police Department at (805)339-4444.

Vehicle vs. Pedestrian TC

On May 8, at approximately 8:30pm, the Ventura Police Command Center received a 911 call from the driver of a vehicle that had just struck a pedestrian on eastbound Telegraph Rd. East of Wake Forrest Ave. As officers arrived on the scene they found the 56-year-old female victim lying in the roadway being attended to by Ventura City Fire personnel. Within minutes AMR arrived on scene, and the victim was transported to a local hospital. The status of the victim is unknown at this time.

As officers began their investigation, they learned that the victim had just exited a bus on the north side of the street. After leaving the bus, she started walking across the street mid-block. While crossing the eastbound lanes of traffic, one vehicle almost struck her; however, at the last moment, the driver of the was able to slow down. The victim continued across the street when she hit by the reporting party's car.

The driver of the vehicle remained on scene after calling 911 and was cooperating with officers. Officers evaluated the driver, and drugs or alcohol do not appear to be a factor in this collision. The Ventura Police Traffic Unit will be continuing this investigation.

Residential Burglary Arrest

On May 11, Ventura Police Department Patrol responded to a residential burglary that occurred the night before. The victim had left their garage door open and went for a walk around the neighborhood. During that time, from about 8 pm to 8:30 pm, an unknown subject later identified as 33 year old

vagrant Raymond Gonzalez entered the garage, rummaged through the cars and stole the victim's mountain bike. While Gonzalez was in the garage, the victim's family was at home in the house.

When the victim realized his bike had been stolen, he checked his Ring Camera video and saw that the suspect had been inside his garage. He posted the video onto the Ring Camera Neighborhood App, warning others in the area.

Many community members had seen the video of the suspect and had been in contact with the Ventura Police Street Crimes Unit (SCU). SCU and PROS (Post Release Offender Supervision) Detectives along with VPD Patrol officers began looking for the suspect.

On May 12, an alert citizen saw a suspicious suspect that matched Gonzalez's description and called 911. SCU and PROS Detectives were already in the area and located Gonzalez and took him into custody without incident. It was also discovered that Gonzalez had returned to the same garage later during the night of May 11 and committed another burglary.

Harbor Patrol Blotter

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

4-28 10:15am, while on patrol in Fireboat 1, officers observed a thick fog bank move in. The fog signal was activated, and a vessel was escorted from the Ventura Pier back to the Ventura Harbor entrance.

4-30 8:18pm, received a report of a vessel in distress at the breakwall. Officers responded in Rescue Boat 19, found the 19ft lake-type vessel on the rocks. The vessel was towed then escorted to the launch ramp safely.

5-2 8:45am, dispatched to an overdose/poisoning at Ventura West Marina. Officers responded with VFD/AMR/VPD. Patient transported to local hospital.

5-39 03am, received a report of an injured sealion, a line around its neck on the NPS docks. Officers investigated with CIMWI (channel islands marine wildlife institute). The mammal was located and it was determined that it was healthy and could still hunt so no action taken at this time.

5-4 6:15pm, received a report of a large group of juveniles partying on the beach near Surfers Knoll groin and disturbing the peace. Officers responded, found the group and advised not only not social distancing, but not actively moving. Individuals advising they were displaying their right to protest, advised we could display our responsibility to enforce with citations. They reluctantly left the area.

5-6 11:55pm, received report of the bottom trawler Sea Dragon activated their Emergency Positioning Indicating Radio Beacon (EPRIB) near Ventura Harbor from the US coast guard. Officer's responded in the vehicle to search Beaches South of the Harbor. The vessel was discovered aground at Surfers Knoll with 2 POB's. Multiple agencies responded, rescued the pair and TowBoat US was on scene to begin the salvage operation of the fishing vessel.

5-9 2:10am, received a report of an intoxicated individual operating

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suspiciously around VWM D-dock. Officers responded and found the individual detained by security at the dock. After an investigation, the vessel was lacking sufficient safety equipment and the individual was intoxicated. His boat was secured at the dock and he was escorted to his vessel on VWM C-dock.

3:25am, dispatched to a water rescue, suicidal victim who ran into the ocean near San Pedro. Officers responded in Rescue Boat 19 along with VPD, AMR and VFD. Upon arrival, the patient was found in shallow water screaming and crying. The patient was convinced by VFD rescue swimmer to head in and received treatment for hypothermia and was transported to local hospital.

1:50pm, received a report of a sailboat on the rocks of the Portside development. Officers responded with vessel assist to observe and escort the vessel off rocks.

5-10 7:30am, officers observed a sick cormorant on the beach near Surfers Knoll. Officers assisted bird rescue with the injured animal. It was captured and will be nurtured back to health. No significant issues observed, just cold and wet.

7:59pm, dispatched to an ocean rescue at Ventura Pier. Officers responded in Rescue boat 19 and assisted State Parks and Ventura fire. No injuries reported.

5-11 8:25am, while on patrol officers were searching for any debris left over from the fishing vessel Sea Dragon, that went aground five days prior. A few debris were observed and passed on to the salvage company in charge or removal.

8:05pm, receiving several inquiries about the bioluminescence event, specifically when does it start. Officers advised the red tide has receded and that when there is red tide it is usually in low visibility, such as darkness.

Rumor Alert

There is a rumor that the County of Ventura is removing positive covid patients from their homes. That is not true. If a person cannot safely isolate at home and they would like an alternative location, then a different location is offered.

Public Health Officer Doctor Robert Levin stated "What I would like to say to those people who interpreted what I said as forcibly pulling people from their homes if they become COVID positive is that if I conveyed that, it was a mistake on my part and I apologize for that. I am sensitive to that as well. We have no intention of taking people from the environments they feel safe and comfortable in. To demonstrate our past actions, because they speak louder than words, we have managed over 600 people in our county with COVID-19 and we have not forcibly removed anyone from their home or wherever they wanted to be. We have removed about 7 of our seniors who were living in Long Term Care Facilities (LTCF) and had them admitted to one of our hospitals. This was to protect the other seniors and to observe those hospitalized for worsening of their symptoms. If COVID establishes itself in a LTCF (a nursing home), it can kill dozens as it did in Washington State. We also placed two homeless people who were COVID positive in a motel because they wanted to return to a crowded camp in the river bottom. Virtually everyone wants to stay in their home. It is safest when such a person can have their own room and bathroom but many of our COVID cases have not been so fortunate. When that is the case, our Communicable Disease nurses find ways of keeping them in their home such that it is still safe for the others who are there."

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

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



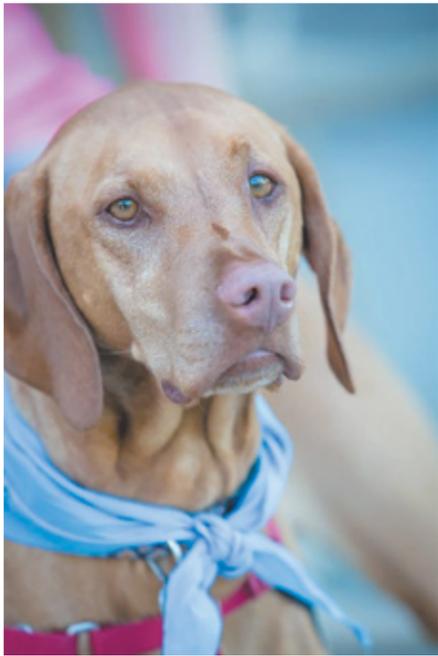
The Pet Page



Dedicated to Scamp

■ Molly, officially known as Little Girl Molly, is a ten-year-old Vizsla owned by Connie Priesz. Molly has been a registered therapy animal with Pet Partners for nine years.

Since the COVID-19 stay at home order, Connie and Molly have taken steps to stay connected in order to continue to bring comfort and joy. In an effort to change to virtual visits, the therapy dog team has made movies while reading a book, for schools, libraries and social media sites to share and have made virtual visit videos for the patients at the VA hospital they usually visit. In addition, Connie and Molly have joined the AKC



Molly is a registered therapy dog.

PupPals program, submitting countless videos to those in need and have sent cards and pictures to all the sites they typically visit. The pair also created a Facebook group called “The Therapy Animal Space” for people with animals to stay connected and share stories during this global crisis.

These new trying times have made Connie and Molly think differently about how to help bring adventures and connections to those who need a smile. They plan to continue to serve their community and beyond by using technology to bring the effects of the human-animal bond to more people and reach even further as they work in this new way.

■ Santa Paula Animal Rescue Center is pleased to announce that Tara Diller has joined the organization as the new President and CEO. SPARC is entering into an exciting new phase of organizational growth and is poised to become an even stronger community resource as it continues to pivot to meet the needs of its community and their pets.

The mission and vision of SPARC is embodied in the philosophy and work ethic of Diller, who for over 20 years has been on the forefront of the animal welfare industry and its ever-revolving

place in our society.

“Now was the perfect time for Tara to become a part of the future of SPARC” said Chairman of the Board, Alexa Bodrero. “There are very few people in the animal welfare industry who have the experience, tenacity and passion that Tara Diller brings to our organization.” The shelter has remained open with limited operations and is still in need of adopters and fosters to help keep our shelter population low. While limiting the number of visitors to those absolutely necessary, we are asking that potential adopters and fosters fill out an online application and then make an appointment to visit animals they are interested in meeting. Potential adopters and fosters may call the office at (805) 525-8609.

■ Some families obeying stay-at-home orders have turned to the internet to look for a pet, thinking they would have plenty of time to help the pet adjust to its new surroundings. Many have come across scammers who advertise on websites for animals don’t exist and are never shipped. The coronavirus (COVID-19) pandemic has given scammers reasons to ask for money or explain why they can’t see the pet in person before heartbroken, would-be pet owners figure out they have been conned.

Puppy scams like these were the subject of a 2017 in-depth investigative study by Better Business Bureau (BBB), and they are prolific during the holidays. New data from BBB Scam Tracker shows that these scams have spiked since COVID-19 took hold in the U.S., with more reports about fraudulent pet websites in April than in the first three months of the year combined.

“Scammers frequently take advantage of the news to find new avenues for targeting victims,” said Rick Copelan, BBB president and CEO. “The uncertainty surrounding the

COVID-19 pandemic, along with some quarantined families’ decision to adopt a pet sight unseen has created fertile ground for fraudsters.”

BBB’s earlier Study found that for these types of frauds to be successful it’s usually dependent on bogus, often sophisticated advertisements to hook unsuspecting consumers. Experts believed, at that time, that at least 80% of the sponsored advertising links that appear in an Internet search for pets may be fraudulent.

Actual numbers of pet fraud may be much higher than reported, because many victims either choose not to file complaints or do not know where to turn for help.

Many victims who contacted BBB’s Scam Tracker reported they wanted to adopt a puppy in order to ease their isolation and brighten their lives during the pandemic.

Victims were often told that they needed to send money for special climate-controlled crates, insurance and a (non-existent) COVID-19 vaccine. There also were several instances where the consumer wanted to see or pick-up

Scamp Club

(Scampclub pets are not for adoption.)



Hi: I’m Tootsie, a 3-year-old mix of chihuahua, poodle and yorkie. I love to play with kitty toys and balls, snuggle and just play.

Join Scamp Club

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

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

the animal but was told that wasn’t possible due to COVID-19 restrictions.

A Santa Barbara woman reported losing more than \$6,000 to a puppy scammer in April, 2020. She said that she purchased a puppy for her mother from a so-called breeder, was promised delivery every day but every day they asked for more money. One day they needed more money for a better transport carrier, another for accommodation fees and so on. The puppy buyer told the BBB, “When I said I couldn’t pay, I was guilt tripped that this puppy would be quarantined and I’d still have to pay more, still promising that once I paid the puppy would be delivered.” “A \$600 purchase turned into over \$6,000 and no puppy.”

Tips for avoiding puppy scams:

Don’t buy a pet without seeing it in person. If that isn’t possible, conduct an internet search of the picture of the pet you are considering. If the same picture appears on multiple websites, its likely is a fraud. You also can search for text from ads or testimonials, to see if the seller copied it from another website.

Don’t send money by Western Union, MoneyGram, and a cash app like Zelle or a gift card. These payment methods

offer no recourse and no way to get your money back if you are the victim of a fraud. Fraudsters may claim to accept credit cards, but may steal your credit card information to use it in other scams or inform you that payment didn’t go through and request the payment via wire service or gift cards.

Research prices for the breed you are interested in adopting. If a purebred dog is advertised for free or at a deeply discounted price, and then other payment is required for services like vaccination or shipping, it could be a fraudulent offer.

Consider reaching out to a local animal shelter. Especially during this time of quarantine, many shelters are looking for fosters to help relieve the animal’s stress and reduce overcrowding at their facilities. Humane Society of the United States refers consumers to local shelters.

If you think you have been scammed, report it to BBB Scam Tracker and the Federal Trade Commission. You also can report it to petscams.com, which catalogues puppy scammers, tracks complaints and endeavors to get fraudulent pet sales websites taken down.



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The Pet Page

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Hi! I'm Brazil, a handsome 11-year-old Chow rescued in memory of Blake Donovan. I spent a year at the shelter in LA, then I was transferred to C.A.R.L. While at C.A.R.L. I've participated in playgroups and I've done fine with the other dogs. I'm less active and more reserved and independent. I'm grateful to have been rescued and I know the C.A.R.L. volunteers and staff will shower me with love and attention until I find my forever home.



I'm currently in a foster home but only until the end of May. They said I'm house trained and love going for walks! I get so excited I can barely contain myself! I also love to sit outside in the yard and watch the birds and other critters. I even like to snuggle on the couch too!! If you let me of course. Canine Adoption and Rescue League C.A.R.L.



One year ago this month, 59 bunnies from the same household were surrendered to Ventura County Animal Services. Adoptable Nathan was one of over two dozen baby bunnies who went into foster care until he was old enough to be neutered and brought back to the shelter. To learn more about adding Nathan or another adoptable bunny to your family, please email the Bunny Brigade at vcasbunnybrigade@gmail.com. Ventura County Animal Services - Camarillo location - 600 Aviation Drive - Nathan A710045

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Green with Envy



Shakespeare playing bingo at the Senior Center

This 'n' That



Toward the end of his career he pitched a no hitter.

Venturans who deserve to have a statue put up to their memory

by Richard Senate

A famed major league baseball player Charlie "Sea Lion" Hall now rests at Ventura's Ivy Lawn Cemetery. He was

born in Ventura in 1885, his mother Elvira Hall was a decedent of one of the early Spanish families of Santa Barbara. He was baptized at the Mission San Buenaventura as Carlos Luis Hall and spoke both English and Spanish. Though he would go on to achieve fame, his life was filled with tragedy.

At the age of three he lost his mother. He learned baseball as a teen playing on a local team called the Palm Street Nine being noticed as an accomplished pitcher with a mean fastball pitch. The Pacific Coast League discovered him at age 19 and he quickly was recognized as a valuable pitcher.

In 1906 he married Emma Larson and, sadly, in 1909, she died in childbirth. The son she had lived and was raised by his grandparents. At that time Charlie went into the majors and played for the Cincinnati Reds as a relief pitcher. He was hard pressed in a game and choked. The Reds traded him to the Boston White Sox and it was with Boston that Charlie made his best mark. In 1910 he even faced off the great Ty Cobb and struck him out, no small feat.

In 1911 he married Bostonian Marie Cullen, bringing his new bride to Ventura.

In 1912 he played in the World Series. The then went to the St. Louis Cardinals for a year and then, for a time, with the Detroit Tigers. It was here that his fans gave him the unique nickname of "Sea Lion" because of his rasping voice that sounded like a walrus. In 1920, toward the end of his career, he pitched a no hitter game. After 27 years of professional baseball, Charlie Hall retired, returning to his beloved Ventura where he took a job as a member of the Ventura Police Department. Tragedy struck again when

his six-year-old son accidentally shot his three year old brother.

He worked as a jailer at Ventura County Courthouse (now Ventura City Hall) and then served as a Ventura County deputy sheriff. He passed away in 1943. He was a great ball player and an excellent police officer. Such an inspirational Venturan deserves to have his statue put up so his memory and accomplishments will not be forgotten.

NAMIWalks

Continued from page 1

to the public completely free of charge. With just a staff of four and a passionate volunteer base, NAMI Ventura County reached 6,830 people throughout Ventura County in 2019.

The annual NAMIWalks event accounts for more than half of the revenue the nonprofit uses to offer family and peer education classes and support groups, stigma reduction programs in schools, colleges, and law enforcement trainings, and community education programs like those specifically designed for healthcare providers.

Even before 2020 turned everyone's lives upside down, the need for mental health education, support and advocacy was growing. Now, experts expect to see spikes in newly diagnosed cases of mental illnesses as well as the exacerbation of existing mental health challenges.

Mental health professional Janine Ivy, Psy.D., LMFT, is a member of NAMI Ventura County's board of directors. While the ways individuals experience and respond to events, like the Covid-19 pandemic, vary greatly, Ivy said it wouldn't be surprising to see an increase in symptoms of depression and anxiety across all age groups

and a greater need for mental health and substance use treatment.

In years past, on the first Saturday of May, the Ventura County NAMIWalks drew upwards of 1,500 Ventura County residents to the Ventura Beach Promenade. But the annual NAMIWalks event wasn't just another 5k. It was an opportunity for anyone whose life was touched by mental illness to stand together proudly defying and breaking down the stigma that still surrounds these disorders.

"Being a family member myself, it touches my heartstrings every year," Griego said. "Families are out there showing support and love. It's what families are meant to do, support their loved one through any experience in life."

The NAMIWalks Virtual Takeover holds tight to the NAMIWalks Mission: raise awareness around mental health and raise the funds the nonprofit needs to make free education and support a reality throughout Ventura County communities. Instead of a single day, the Virtual Takeover encourages supporters to get creative in how they participate.

Throughout the month, NAMI Ventura County is asking participants to submit videos and selfies of all the creative ways they are celebrating NAMIWalks and Mental Health Awareness Month.

The 2020 NAMIWalks Ventura County will culminate on Saturday, May 30 as local participants join with 38 affiliates across the county in celebrating A National Day of Hope.

To join the NAMI Ventura County NAMIWalks Virtual Takeover as a team, walker or sponsor, visit www.namiventura.org or call NAMI Ventura County at 805-641-2426.



Before I get to more interview with local artists, I have a couple of updates on a few of our venues, musicians and events.

QUICK NOTES

Both Bombay Bar & Grill and Sans Souci are open again serving up food and libations, they both have limited hours and earlier in the day, in other words, no closing down the bar at 2 am, and they're only providing takeout/curbside service; Ventura Music Festival has launched "Music Connects" a digital weekly series and they're looking for musicians who would like to participate (www.VenturaMusicFestival.org); I'm sorry to report the passing of one of the Estrada Brothers, Henry Estrada (saxophonist), passed from a long-term illness at home this month; and the City of Ventura has officially cancelled the Music Under the Stars series for the summer. As with the fair, I wish I knew who they had lined up and who we'll be missing out on this year, but I guess it's just as well.

DRIVE-IN CONCERTS II

Speaking of the fair, in my last column I wrote about drive-in concerts and I mentioned a couple of locations that might work including the fairgrounds parking lot, and lo and behold we have a promoter stepping up to the plate. It great to hear Vincenzo from CBF Productions (the good folks who bring you the Winter Wine Walk, Boots & Brews Music Festival, Tequila & Taco Music Festival and more) was already on it and working on a concert series to be held this summer and as soon as the first few weeks in June, and I'm hearing Ventura won't be their only venue. Keep tuned to www.ConcertsInYourCar.com for bands, dates and ticket information. There's no doubt about it, there are a number of hurdles to overcome, but if anyone can pull something like this off, it would be Vincenzo.

MAIN STREET VENTURA EXPERIMENT

There are discussions afoot in the City to shut down Main Street from the mission to Fir Street to allow merchants and restaurants to spill out onto the sidewalk and street to provide social distancing for pedestrians and their customers. I've seen an artist's rendering and I have to say, "I like it!" My comments are few but include a couple of small stages for singer/songwriters (solo or duo) to enhance the experience; perhaps one on each block. Other cities throughout the country are considering the same idea to help ease out of this shut down and get people out enjoying their downtown safely while supporting

local businesses.

Now on to interviews!

BRIAN BRINGELSON OF ANCHOR & BEAR

How are you Katy holding up during this Stay at Home mandate?

Brian: We're doing fine here thankfully. Healthy, happy, but honestly a bit anxious as well.

Are either one of you still working?

Brian: No we're both not working and of course no shows to play.

Do you find you're playing music more...or less now?

Surprisingly it's about the same. Before all of this we had at least three shows a month and rehearsals twice a week. But since all of this happened, we've both been writing a lot and making videos. In addition, I've started a side project with an old friend from high school. I record guitar, bass, and vocals at home and then send him the tracks to add his drums to. It's been really inspiring and keeps me sane. Katy by the way has been finishing up her soon to be released new EP for her project Bearkat. So, we are keeping busy with music.

Any inspiration from this weird time we're going through in history?

Brian: Yes, lots of writing/recording/making videos, (but) nothing really about the current state of how things are going. I think I write to distract myself from all of it.

Tell me about the live streaming events you've been hosting.

Brian: We've had a few (concerts) on our Instagram where we play a couple of songs and try to interact with the people leaving comments. They've been really rewarding in the sense that we get to connect with our friends and share our music. We also recently just had a simple chat with our bassist Zeke Berkley on Instagram live and lots of our friends joined in on that as well. They're certainly not a replacement for a live show, but they'll have to do for now.

Anything else you want to share?

Brian: Katy and I miss playing shows soooo much. And that includes rehearsing with our friends/band mates: Zeke and Paul. We also miss seeing all of our friends that work at Topa Topa Brew in Ventura, Ojai, and Santa Barbara. I'd like to encourage Breeze readers to pick up some beer at one of their locations. And that goes for all of the excellent venues we've been lucky enough to play in the last year: Peirano's - Ventura, The Nest - Ojai, Lucky Fools Pub

- Moorpark, MadeWest - Ventura, to name just a few. These places need our support. Besides being some of the only places to hear/play live music, they also provide so much to the community.

SINGER/SONGWRITER

KARYN 805

How are you holding up?

Karyn 805: I'm coping very well right now. I think I've gone through a variety of emotions during this time: disbelief, fear, sadness, stress, acceptance, and finally a realization that this time may be a gift to slow down a bit more, enjoy the small wonders around especially in nature and have more time to write more songs and to check in with family and friends through Zoom or FaceTime.

Are you actively playing and writing?

Karyn 805: I have continued to play music daily, but now I have more time to create new songs (which is my passion) and work on new covers. Before the "Stay at Home" policy there was less time for this because I was performing regularly and spending a lot of time going over my sets.

Since the policy was enacted, I've written 3 songs - two deal with Covid 19; one is called "Corona" and it echoes my first impressions and emotions regarding this whole Twilight Zone experience; the second one, "It's Just Who I Am" is a tribute to all who work in the medical field: nurses, doctors, and all the staff. I have three doctors in the family and when my daughter-in-law Nina volunteered to go to NYC to help on their front lines, I asked my son how she has the strength and courage to do this, he answered, "It's just who she is." That said it all, and his words and her bravery gave me the inspiration to write that song. She has shared it with her friends who are on already in this "war zone" fighting this pandemic. I just hope they realize how much they are appreciated. The other original, "Siren's Song" is a bluesy, seductive tune which I had fun coming up with a nice riff on my guitar at the end.

How do you think this pandemic will change Ventura?

Karyn 805: I think the music scene will change in the near future. Of course, musicians need to perform, many are doing live-streaming, but there is nothing like performing to a live audience! (I miss this!) It will be hard for venues like restaurants to make enough money to pay musicians when they are limited in the number of people they can have. However, with a bit of creativity, there will likely be solutions. We all need to be innovative until we have a safe vaccine at which time the music scene can get back to what has been normal.

BILL ROTELLA, SINGER/SONGWRITER, AMBER & SMOKE

How are you holding up during this Stay at Home mandate?

Bill: I'm holding up as well as can be expected. We in Ventura County are fortunate to have coast lines and trails to help us weather these challenging times. I'm taking

advantage of this time I've been afforded to create music.

Are you still working?

Bill: Yes, I just filmed a show for Beverly Hills TV and I'm streaming two concerts for the Beverly Hills Virtual Art Show this month. I'm also streaming shows for the Center For Spiritual Living and for BIG BIG SLO productions in San Luis Obispo.

Do you find you're playing music more...or less now?

Bill: I'm always writing, recording, playing no matter what's happening but I'm performing far less due to venue closures.

You have new music right? Any inspired by the recent state of affairs?

Bill: I just wrote and released a new song born from quarantine called "River of Smoke." It is the title song of my new album "River of Smoke ~ a Retrospective" which was released May 1. I recorded the title song, and many songs on the album, with Ventura County's Doug Pettibone. Doug and I recorded together in the late '80s at renowned Sound City recording studios in Van Nuys.

Have you hosted any live-streams or Facebook events?

Bill: I hosted 7 episodes of "Live @ 5" on Facebook. It was a happy hour hang more than a concert. It was a cool way to stay connected with friends and fans and they really dug reconnecting not just with me but with each other. My last show had 700+ comments, like they were in a bar chatting with each other. We toasted, did rock 'n' roll trivia, I shared some vinyl with them and sang songs from my new album as well as some nuggets from my favorite artists. However, I must admit it was pretty strange creating conversation with a distant and silent audience while singing into an iPad...from my living room. Now with the new album released and more time on my hands (those shows require prep!) I will resume "LIVE @ 5" in June. My streaming capabilities will be upgraded by then.

Any other thoughts you'd like to share?

Bill: Music brings people together. If ever we needed to be reminded of the magic of music this is that time. Some say you don't know what you have 'til it's gone (live music venues) but I think many people have always valued live music venues. They just really miss connecting with each other and experiencing music together. Listening to good live music collectively is just a great moving experience. I am grateful that VenturaRocks.com allows us to keep sharing and delivering music during these unprecedented times. They are in service to our community. Thanks for allowing me to share my music. Everyone please stay safe. Together we will get through this.

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.



Michael O'Kelly created something that would enhance the lobby and Ventura.

Among his many wonderful projects Jim DeArkland had restored and improved the interior of 21 California Street, known as the Erle Stanley Gardner Building. He has created beautiful offices in the 2nd, 3rd and fourth floors, and Finney's located on the ground floor. Opening on to California St. is the lobby for the building. Jim wanted to embellish the lobby and install something that would become part of the buildings significant history so he commissioned Michael O'Kelly to create something that would enhance the lobby and the interior architecture.

This 'First National Bank', built in 1926, is described as Renaissance Revival, but O'Kelly, who has designed and created several major public art works in Ventura, decided to introduce two concurrent styles and blend them into one unified work...Art Nouveau and Art Deco.

O'Kelly spent the last 7 months painting and designing this multimedia work. It includes a 5'X5' foot oil painting, a panel of ceramic tiles, interior lighting, all set in a hand crafted mahogany double frame and base.

Michael worked with Danny Bealver - master wood worker, Gerardo Asia - Lighting designer and Juan Aguirre - O'Kelly's ceramic partner.

The finished installation may be seen in the lobby and from California St. and sidewalk.

In 1933 Earle Stanley Gardner, a lawyer at the firm, published his first novel: "The Case of the Velvet Claw". It featured something previously unknown to detective fiction, a crime-solving lawyer. Perry Mason became an instant hit, and by the mid-1930's Gardner would leave the law to write full time. In all, he would write 82 novels featuring Perry Mason.

The painting was inspired by this poem by Michael's son.
 "Dusk is when time halts.
 Dust hanging in the air.
 Still, yet in motion.
 Lifeless, but living.
 The clouds pulsate slow, like gold veins.
 Such lavish taste must have a cost.
 Is this where the lovely ones go?"
 Devin Brendan Kelly 2017.

The Ojai Studio Artists' Scholarship Committee has received a \$2,500 gift in honor of OSA co-founder Gayel Childress, who turned 80 on May 11, from her niece and nephew-in-law Natalie Levin and Dr. Jim Levin of Tucson, AZ. The gift is given in honor and appreciation of the artist's vibrant spirit and her dedication to sharing the joy of art.

Self-taught, Childress paints with a characteristic touch of whimsy.

Along with co-creating the annual Ojai Studio Artists Tour, Childress is co-founder of the Gold Coast Watercolor Society. She was awarded the "Ojai Lifetime Achievement Award" in 1999, and the People's Choice Award of "Best Artist" in the Ojai Valley in 2014.

Each year Ojai Studio Artists awards as much as \$10,000 in scholarships to support local students in their pursuit of a career in the visual arts. OSA is incredibly grateful to the Levin's for this generous gift.



Renowned weaver and FOTM Documented Artist Porfirio Gutierrez sharing the symbolism from his native Zapotec heritage with students from Rio del Valle Middle School.

The California Arts Council is proud to announce a grant award of \$20,000 to the Focus on the Masters Arts Archive & Library (FOTM) as part of its Learning To See Outreach (LTS) program for the 2020/2021 school year.

The Learning To See Outreach is an award-winning, in-school, cross-curricular program with an emphasis on critical thinking, innovation and diversity. Each lesson is inspired by the artwork and life stories of extraordinary artists in our community. The program provides our youth with present day role models who have excelled in pursuit of their passions.

FOTM Education Director Aimee French is thrilled with the news of receiving such a prestigious grant. "All of us at FOTM are so excited! This is our third CAC Grant in the past five years! Although schools want to include quality arts education for their students, there

is still a serious lack of funding for it. The California Arts Council helps us to fill that void for nearly 700 students in Ventura County with this grant."

The Focus on the Masters Arts Archive & Library was featured as part of a larger announcement from the California Arts Council of more than 1,500 grants awarded to nonprofit organizations and units of government throughout the state for their work in support of the agency's mission to strengthen arts, culture, and creative expression as the tools to cultivate a better California for all.

The Focus on the Masters Arts Archive & Library is a non-profit, 501(c)(3), art appreciation program that documents, preserves and presents the works and lives of accomplished contemporary artists. The goal of FOTM is to demonstrate the full significance of the arts to society by bringing highly accomplished artists to the forefront of the community.

FOTM 505 Poli St., Suite 310, Ventura, CA 93001 805.653.2501 www.FocusOnTheMasters.com





Lighter Breeze

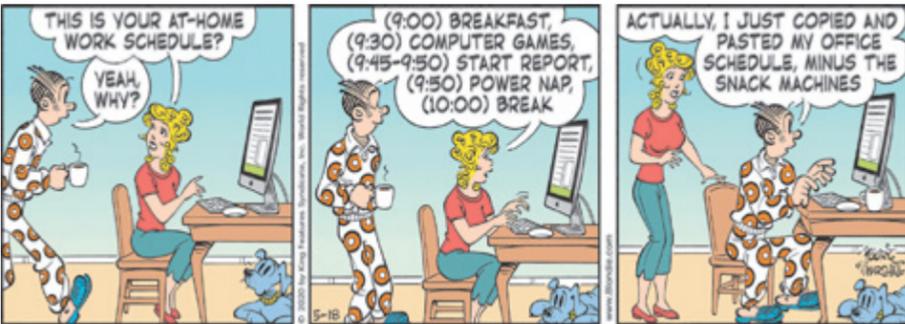
Mother Goose and Grimm



Beetle Bailey



Blondie



Dustin



Hagar the Horrible



Moose and Molly



Solutions on page 13

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

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

Weekly SUDOKU
by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down 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 Work units
- 5 Urban carrier
- 8 Wanders
- 12 Hoodlum
- 13 Bobby of hockey
- 14 Leave out
- 15 Atmosphere
- 17 With skill
- 18 Godlike
- 19 Indefinite interval
- 21 To and —
- 22 Regimen
- 23 Sheepish comment
- 26 Mess up
- 28 Manicurist's concerns
- 31 Mater preceder
- 33 Insult (SI.)
- 35 Nike slogan, 'Just —'
- 36 Unpaid bills
- 38 1960s Pontiac
- 40 Homer's neighbor
- 41 Faraway fleet?
- 43 Actress Thurman
- 45 I help
- 47 Least adorned
- 51 Physicist Niels
- 52 Food of the gods

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			

- 54 Tourney situations
- 55 Wire measure
- 56 Soda fountain treat
- 57 Right on the map?
- 58 Snoop
- 59 Arctic diving birds
- 60 Norm: Abbr.
- 32 Originally
- 34 Unshaven, in a way
- 37 'Mayday!'
- 39 Mr. Sharif
- 42 Postage buy
- 44 Scent
- 45 Singer Lane
- 46 Protein-rich bean
- 48 Birthright barterer
- 49 Symbol of smoothness
- 50 Body pics
- 53 Russian space station
- 5 Massachusetts city
- 6 Joan of —
- 7 The staff of life
- 8 Proceed
- 9 Drive
- 10 Pickling herb
- 11 Fyelid woe
- 16 Ireland
- 20 Victory
- 23 Evil
- 24 Brewery product
- 25 Surprise attacks
- 27 Tractor-trailer
- 29 Falsehood

DOWN

- 1 "Zounds!"
- 2 Jim of sports radio
- 3 Asian desert
- 4 Express disdain nasally

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LIBRA (September 23 to October 22) A pesky problem should be dealt with immediately so you can put your time and effort into something more important. Someone from your past could have significant news for you.

SCORPIO (October 23 to November 21) A workplace situation becomes a lot more bothersome than you'd expected. Be careful not to be pulled into all that anger. Look for support among others who also want to avoid trouble.

SAGITTARIUS (November 22 to December 21) Cheer up, lonely lovers, wherever you are. Just when you thought you'd been deleted from Cupid's database, the chubby cherub proves that's just not so. Congratulations.

CAPRICORN (December 22 to January 19) A casual relationship could take a more serious turn. Are you ready for it? Your stars say you are. Paired Sea Goats also will find a renewed richness in their relationships.

AQUARIUS (January 20 to February 18) Meeting a collaborator with new ideas seems to be a dream come true. But for both your sakes, be sure all your legal i's are dotted and t's are crossed before you start working together.

PISCES (February 19 to March 21) A romantic overture flatters the usually unflappable Fish. But since it's a sincere from-the-heart gesture, go ahead and enjoy it. A minor health problem responds well to treatment.

BORN THIS WEEK: You have the warm heart of a Taurean and the sensitivity of a Gemini. You would make a wonderful leader. So go ahead: Run for office.

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Showtime

Streaming Spotlight by Cindy Summers

Have A Good Trip: Adventures In Psychedelics

Netflix Originals



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

Premiering in the Netflix Top 10 over the weekend, HAVE A GOOD TRIP: ADVENTURES IN PSYCHEDELICS is narrated by Nick Offerman and features actors, comedians, musicians and other well-known personalities including Deepak Chopra, Sarah Silverman, Ben Stiller, Rosie Perez, Sting, Carrie Fisher, Anthony Bourdain, ASAP Rocky, Paul Scheer, Nick Kroll, to name a few who share their personal views and experiences involving psychedelics of all sorts including LSD, mushrooms, peyote and DMT.

A large group of A-list comedians and celebrities share some very interesting personal experiences that are re-enacted with 70s style animation. The documentary also shares information from scientists and other professionals regarding the use of hallucinogens for recreational use, as well as sharing pioneering techniques using psychotropic drugs to treat depression, addiction and help terminal patients embrace mortality.

Viewers learn of the pro and cons, good trips vs. bad trips, with vibrant colorful animation and comedy poking fun at stigmas from the past such as playing related old 60s newsreels and changing “The More You Know” educational PSAs to “The More You Trip” with messages like “Don’t drive, Don’t look in

the mirror, Control your set & setting, Do look in the mirror”. Scenes alternate between comedy and science to explain.

“When you have a bad trip, and I’ve had many, you realize it’s just what you needed. Sometimes it kicks your ass and sometimes you have to have your ego taken down. On the other hand, you can get immensely rewarding experiences full of love and supporta connection to the planet. It balances out.”

Dr. Charles Grob - Professor of Psychiatry, UCLA

“I’m a researcher investigating the potential for a hallucinogen treatment model to heal psychiatric illness or heal addiction. I’ve also conducted the next DEA approve study where we have permission to use the alkaloid of hallucinogenic mushrooms psilocybin in a treatment model for individuals with advanced stage cancer who have reactive anxiety. Overall, their quality of life improved noticeably.”

Sarah Silverman

“I’ll be honest, I don’t remember having a conversation about it, I don’t remember anything other than he handed it to us, and we just went “boop,” put it right in our mouths. Didn’t think a thought about it. Forty-five minutes later... What was that, was that acid we took? I don’t feel anything. It’s always when you say I don’t feel anything is usually the tipping point. Do I feel anything. What is feeling. What is feeling anything. Oh, this is what tripping on acid is like.”

Have A Good Trip: Adventures In Psychedelics in an entertaining, educational documentary that shares insightful information and detailed experiences that those who know can relate to, and those who are inexperienced can find some interesting and intriguing aspects regarding the uses of hallucinogenics.

Rated: NR
86 minutes

WEV announces the 2020 Spirit of Entrepreneurship Awards finalists

More than 175 outstanding women entrepreneurs from Santa Barbara and Ventura counties were nominated for the 2020 Spirit of Entrepreneurship Awards presented by Women’s Economic Ventures (WEV). WEV is proud to announce the 30 finalists who were selected by a panel of independent judges from outside the tri-county area. Marking its 10th anniversary, the Spirit of Entrepreneurship program honors local women in business, at all levels, while supporting future economic growth through the recognition, financial support and education of high school and college student entrepreneurs. Learn more at www.soefoundation.org

“Though social distancing is preventing us from holding an in-person SOE Awards Event this year, it is more important than ever to honor these amazing women entrepreneurs with so many businesses impacted by COVID-19,” said Kathy Odell, CEO of Women’s Economic Ventures. “We are thrilled to celebrate each of the amazing finalists who made it quite difficult for our judges to select the winner.” On July 6, WEV will announce the 10 category winners.

Along with the 10 category winners, WEV will present the 2020 Rock Star:

Lifetime Achievement Award to Lynne Tahmisian, President of La Arcada Investment Corporation. Beloved by her business tenants, locals and visitors alike, Tahmisian has made La Arcada a treasured Santa Barbara landmark on State Street. Tahmisian is the eighth recipient of this prestigious award given annually to a successful woman entrepreneur who has made an indelible impact on our community.

Major sponsors of the 2020 Spirit of Entrepreneurship Awards include the Hilton SB Beachfront Resort, Lure Digital, Naish Partners, and Southern California Edison.

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

Since 1991, WEV has provided business training and consulting to more than 14,000 women and men throughout Santa Barbara and Ventura counties. WEV has made over \$5 million in business loans, and helped more than 4,500 local businesses start or expand. WEV-supported businesses have created nearly 9,000 jobs. WEV is a U.S. Small Business Administration’s Women’s Business Center, and a certified Community Development Financial Institution (CDFI). Go to wevonline.org for more information.

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STATE PERMIT # C10-0000474-LIC

Supporting food assistance to farm working families

Feeding the Frontline was initially created as a one time event to provide food for those who feed us, however as the community requests expanded in less than a month 9 feeding events were organized, more than 3000 farm workers families received food, supplies and personal protective equipment, and 80 tons of food were distributed to farmworkers in Oxnard, Santa Paula, Fillmore, and Piru.

In efforts to expand and continue supporting food assistance to the region’s farm working families who continue to provide California residents with safe and healthy

food options throughout the COVID-19, Feeding the Frontline launches a fundraising campaign “Feeding the Frontline: Feeding our Farmworkers,” through a GoFundMe campaign to provide more support in the fields. The all-volunteer group is seeking community support to raise \$10,000, which will help cover the cost of delivering food pantry boxes, fresh fruit and other essential products alongside bilingual Covid-19 and 2020 US Census information to these “frontline” families.

Feeding the Frontline: Feeding Our Farmworkers will be distributing fresh food boxes, fruit, and COVID-19 resource information this Saturday, May 16, 2020, 4pm-6pm at Rio Plaza School, 600 Simon Way, Oxnard.

To donate to Feeding the Frontline’s efforts, visit <https://www.gofundme.com/f/feeding-the-frontline-feeding-our-farmworkers>.



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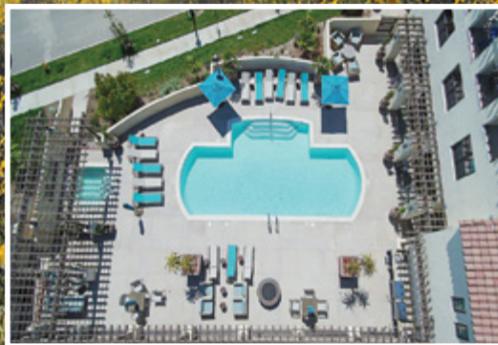
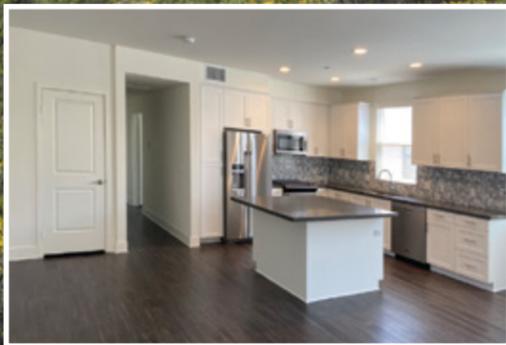
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This 'n' That



Edith Hobson Hoffman formed the Red Cross Committee.

The past is the present roadmap to the future

by Cynthia Thompson

Shock, denial, the closing of schools, churches, theaters, beaches and all gathering places, mandatory masks, emergency hospitals, mounting cases and deaths..... COVID 19 of 2020?...No, Ventura and the Spanish Flu pandemic in 1918.

This isn't the first time our nation has faced a worldwide pandemic. COVID 19 and the 1918 Spanish Flu are drawing comparisons. History reveals just how similarly the world of the past and present have responded.

It is a story of hope....we survived and thrived. Just recall that the Spanish Flu

preceded the unprecedented prosperity of the Roaring 1920s.

October, 1918...a large carnival came to town. Immediately afterwards, towns people became severely ill. At first there was denial, even among prominent doctors. However, when the numbers of sick and dying multiplied at lightening speed, the townspeople of Ventura heard the call to arms.

Edith Hobson Hoffman formed the Red Cross Committee (Edith became very prominent as a 20th Century philanthropist and community activist). On October 20th of 1918 the Ventura Daily Post announced that the Santa Barbara Mission would close for the first time since its 1786 founding.

Overnight, the real battle began; schools, churches, poolrooms, card rooms, saloons, theaters, and all gathering places were mandated to close. Because of the shortage of nurses, families cared for their own in isolation. Families were going hungry, so Mrs. Charles Bartlett organized "Meals on Wheels" for home delivery. (Mrs. Charles Bartlett became a major women's club leader and community activist, including the raising of the cross in 1912)

The Red Cross Committee decided an emergency hospital was needed. Bard Hospital and a school were considered, but the contagion was too dangerous. Finally, two churches; the First Methodist Church at Meta (Thompson Blvd. today) and Oak, and the octagonal First Christian Church at Fir and Santa Clara Streets (later moved to Main and Kalorama). Their size, additional classrooms and in-house kitchen made them the perfect facilities. On October 31st, the first patients arrived.

The newspapers appealed to housewives to donate soft cloths for wash rags

and towels, women volunteered as practical nurses to care for the sick and clean the hospitals, others shared shifts as office workers, answering telephones and keeping records. Mary Philbrick volunteered to do all cooking for patients and nurses (Mrs. Philbrick would become a major philanthropist of hospital systems in both Ventura and Oxnard in the 1940s -1960s).

The supply of masks was running dangerously low and the citizens were asked to make their own.

Masking, volunteerism, and isolation stemmed the tide (or flattened the curve) and cases and deaths diminished. By December 22nd, the last patient left the emergency hospital, the mask ordinance was lifted, and children returned to school.

Thus, ended a dramatic war experience in the town of Ventura, which numbered 3,800 (today, approximately 120,000) at the time. Through suffering and sharing the citizens were brought closer together as they fought the enemy called the "Flu", an invisible enemy that made a battleground of the town and took 29 lives.

When the flu surfaced again across the nation in 1922, Neill Baker, as board of health member, announced this resolution and lawful demand:

"Carried unanimously that all indoor public gatherings, viz, schools, theaters, churches, lodges, clubs, dance halls, pool halls, be closed indefinitely and that the city health officer be instructed to enforce said order"

This time Ventura was prepared.

The people mentioned in this article by name were in their early 20s in 1918. By mid 20th Century they had become community leaders and activist, pillars of Ventura society. Most of them are pictured on the

Historic Tile Mural (150 years of Ventura history) in front of the Mission (by Michael Kelly). Our profiles in courage.

Shared Streets for Health

Continued from page 3

"Sidewalks are typically too narrow to exercise proper physical distancing around others who use the same path. Oftentimes, people walk into the street, which can be dangerous for pedestrians when vehicles are driving by in the same or adjacent lane."

Traffic patterns will not change on the "Local Traffic Only" and "Shared Streets" configurations. Emergency services will continue to have full access to the street network. Designated street signs for this temporary initiative will include signage or barricades, indicating one of the following designs:

"Local Traffic Only," open to motorists traveling to a specific destination on that street.

"Shared Street," open to cyclists, pedestrians, and vehicles. Motorists are encouraged to drive slowly and be extra cautious.

"Repurposed Street," temporary parking restrictions or lane changes in select locations to widen key walking and biking corridors.

The public is encouraged to provide feedback on the five pilot phase streets as well as share ideas for other areas in the Shared Streets initiative.

Some examples of cities that have successfully implemented similar models include Alameda, Oakland, Burlington, Salt Lake City, Seattle, Pittsburgh, and more.

For more information on this initiative, the pilot phase, or to let us know if you would like your street considered, please visit www.cityofventura.ca.gov.