

Thank you to our wonderful donors, page 19



# VENTURA BREEZE

Your Hometown Paper

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## Partial closing of Main St. approved by city council, but when?

The Ventura City Council has approved a package of measures designed to help businesses recover from the coronavirus pandemic, including closing part of Main Street to allow restaurants and stores to expand into the street and streamlining the process for approving development permits.

Both were part of an "emergency economic development policy," approved by a 7-0 vote. Because it takes effect immediately, it was classified as an emergency ordinance and required votes from six of the seven council members.

"We're taking innovative, create, flexible steps to show our business community that we'll do everything within our power to support this recovery," Mayor Matt LaVere said after the vote, which was taken at the end of a virtual meeting. The council has been meeting via videoconference since March.

The street closures won't start unless Ventura County is approved by the state of California for the next stage of reopening, which will allow restaurants and stores to open if they practice social distancing. County and city officials expect that to happen soon, because Ventura County meets the state's new benchmarks for reopening, based on its number of positive tests over the past two weeks and its rate of tests that come back positive.

The downtown street closure program was developed by Downtown Ventura Partners, the business association for downtown merchants. It will cover four or five blocks of Main Street and will last for one month as a pilot program.

Downtown Ventura Partners will pay for the street closures and put up the barricades, and will open the streets in the mornings for things like trash pickup and commercial deliveries, Clerici said.

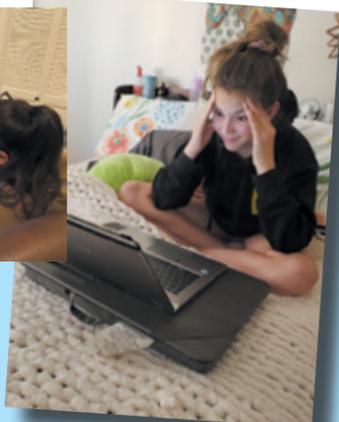
*Continued on page 12*



Austin Schliecher (left) works on his schoolwork (and shooting) outside. Nancy Cairns and her grandson



Braxton (center) working together for his distance learning classes. Sydney Davis (right) studies hard to be ready for high school.



On August 7, 2018 a ceremony was held at Ivy Lawn in honor of Sergeant Dowell's life.

## Dee Dowell Memorial Scholarship Award

The Ventura Police Officers' Association (VPOA) is accepting applications for the 17th annual Dee Dowell Memorial Scholarship. The scholarships will be presented in July 2020 to honor Sergeant Darlon "Dee" Dowell, who was shot and killed on August 7, 1978. Sergeant Dowell is the only officer in Ventura's history to die in the line of duty.

At the time of his death, Sergeant Dowell, 32, was a nine-year veteran of the Ventura Police Department.

The City of San Buenaventura named Dowell Drive, the location of police headquarters, in Sergeant Dowell's honor in 1979.

In selecting scholarship recipients, the VPOA will consider academic achievement, school and community service, and financial needs. Applications must contain all required information and be returned no later than June 26, 2020. Incomplete applications will not be considered.

Scholarship Awards:

1st Place \$2,000.00

2nd Place \$1,500.00

3rd Place \$1,000.00

Applicants must:

Be entering his/her freshman through senior year in college;

Plan a course of study related to the field of public service;

Ventura resident or have graduated

*Continued on page 3*

### Going the Distance- Part two

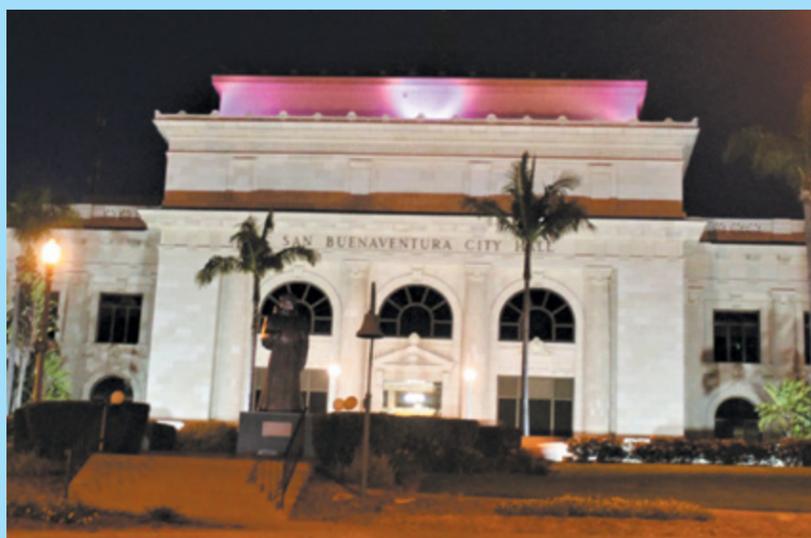
## Teaching and Learning in a Pandemic

by Amy Brown

Austin Schliecher is focused on using his time wisely during this highly unusual academic schedule. A junior at Buena High, and a Captain of the varsity basketball team, he said while adjusting to the new online learning system was rough

at first, once he got into a set routine, he found advantages in working at his own pace. "I spend about an hour per class, and I don't want to fall behind, so I don't set myself back," said Schliecher.

*Continued on page 12*



Starting in May, the city of Ventura began to proudly light up in purple, a nighttime display designed to honor the hospitality industry and to also bring a glow of hope in these challenging times.

The message is simple. Purple is the color of the hospitality industry, and tourism will be a major driver in the economic recovery from the damage done by COVID-19.

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## News & Notes



NAMI dancing in the street.

### Socially distanced event held to support the virtual NAMI walk

by Jill Forman

NAMI is the National Alliance on Mental Illness. The classes, support groups and educational outreach it does benefits those with mental illness, their families and friends, and society at large.

All classes and groups are free to the participant. NAMI relies on donations and grants to supply these invaluable services. The biggest event of the year is the NAMI walk, in which thousands of teams and individuals raise funds.

Due to health concerns, the walk was cancelled this year, at least in its physical form. There was instead a Virtual Walk on May 30, "A National Day of Hope."

One NAMI team, the NAMI Mommies, had a dance party on Mesa Circle Drive in the Clearpoint area of Ventura. Hope is a perfect theme for this neighborhood which was devastated by

the Thomas Fire. Many of the houses are new or still under construction.

The Mommies is a group of women who met at a NAMI class for families of those with mental illness, and who continue to meet as a support group. They were joined by employees of the school district who were donating through this event.

The cul-de-sac had messages of hope and love chalked on the pavement. There were brief speeches Georgia Perry, a group member and the organizer of the event; Mark Stadler of the Ventura VPD; friends of the members; and a particularly effective and passionate address by Mary Haffner, local attorney and former member of the Ventura school board.

Then the DJ started the music, and there was dancing. Dancing for hope and for NAMI.

### Visit Ventura is working to help Ventura's economy

Tourism has long played a critical role in Ventura's economy. For the last nine years, burgeoning tourism has generated over \$300 million in visitor spending in Ventura each year. And tourism's beneficial spinoffs are myriad and sometimes hidden. Yes, tourism creates roughly 2,600 Ventura jobs, and tourism's dollars help fund the city's fire and police forces, build the city's roads, and finance the city's schools. Perhaps less known, tourism touches everyone. Tourism-related tax revenue from California visitors in 2019 amounted to \$920 in savings for every single California household.

COVID-19 has now altered the landscape. Towns and people everywhere are struggling with matters more important than tourism. But while our medical heroes labor to stem the human losses, Visit Ventura is working to help Ventura's economy -- but not through tourism. A nonprofit funded by the city, Visit Ventura settled on a simple premise. Now is the time to do what Ventura does best -- help each other.

"We know that, in the necessary absence of visitors, our businesses need a new kind of visitor, one that knows the true meaning behind 805," said Visit Ventura President & CEO Marlyss Auster. "It's not complicated. We need each other. And we've been here before. There's no town more caring than ours."

With caring in mind, Visit Ventura,

through a variety of programs, has reached out to our remarkable community, asking that community to do a simple, caring thing -- do the best they can to support our local businesses. With support in mind, Visit Ventura started "Takeout Tuesdays," encouraging residents to buy takeout on Tuesdays (or any other day) if they can. They also dreamed up "Thirsty Thursdays," a program of live Facebook tastings that feature local breweries, wineries, spirit makers, and even chocolatiers. The businesses come up with a special tasting package. Locals (and Californians farther afield) buy the package, and then enjoy them while watching as the brewer explains the nuances of various hops. Visit Ventura's "Feel Good Fridays" have highlighted a variety of other businesses; highlighting, in an ever-changing world, what those businesses are offering -- from online sales, to curbside pickup, to gradual reopenings. Each program is broadcast out over Visit Ventura's social channels, reaching some 150,000 followers.

In a world of often bleak news, the results have been smile inducing. Ventura Coast Brewing Company, the first "Thirsty Thursday" participant, had close to 5,000 viewers log on, and saw a 120 percent increase in sales. When Topa Topa Brewery did their virtual tasting, co-owner Jack Dyer went into the back before the live presentation only to find they'd sold all the tasting packages. He had to buy his beer at a (fortunately) nearby store.

Visit Ventura is also preparing for the future. Already in place, a multi-layered recovery plan addressing everything from cautious, responsible recovery, to how to woo visitors in a fiercely competitive market and make those visitors feel com-

fortable, welcome, and safe.

But, at the moment, it's all about community. A remarkable community.

"I truly believe that all of us, working together to do the next right thing, will see us through this," said Auster. "And then, when the time is right, tourism will be the economic driver that sees us back to our feet. But for now community love will see us through."

### VMF moves July 2020 Music Festival to 2021

With regret, the Ventura Music Festival announces the postponement of its 26th music festival, set for the last two weekends in July 2020.

"We're disappointed virus-related conditions necessitated this decision," said VMF board President Richard Reisman. "We want supporters to know, however, that the 26th festival is deferred, not cancelled. It has been moved to July 2021 with the expectation that most if not all this year's artists will participate. In the interim, we are considering offerings to present later this year and into 2021."

As to what those offerings might be, VMF chief executive Susan Scott says that "when the only certainty is uncertainty, creativity and innovation come to the fore along with the necessity to be nimble. Assuming conditions permit 60 or more days' readiness, we can present 3-4 live, fully staged concerts between Fall 2020 and June 2021, with distanced seating and other measures as required."

Also on the drawing board, according to Scott: larger events that can be staged outdoors, as well as more intimate programs set in homes and smaller venues. New digital and virtual music offerings are in the mix, including for VMF's elementary school audience. And, she added, "We're about to commence important conversations with key supporters whose ongoing input is critical to how we go forward in the months ahead. A 'new normal' is coming and we need to know what it is and what our audience wants."

Now in its 26th season, the mission of the Ventura Music Festival is to bring world-class music to the community, foster audience-artist relationships, and enhance the joy of music through offerings for all ages. VMF seeks to create an inclusive, welcoming environment in which people both see and hear themselves reflected in the music. For more information visit [www.venturamusicfestival.org](http://www.venturamusicfestival.org).

### Ventura County Library offering services

Ventura County Library is excited to announce the launch of Brainfuse -- on demand, anytime, anywhere eLearning for all ages and levels. Brainfuse HelpNow offers a personalized homework help in core subjects (math, reading, writing, science and social studies). Brainfuse will be made available to all library patrons from the public computers at their local library or from any computer with internet connection starting immediately seven

days a week from 1pm to 10pm.

HelpNow is designed to be particularly helpful to school-aged students, with tools such as flashcards, learning games, customized study plans, writing help, and the opportunity for students to meet up with their friends in a virtual study room.

HelpNow also includes a variety of college preparatory materials and lifelong learning resources such as a Spanish language study center and ESL assistance, as well as test preparation tools for the ACT/SAT, GED and the USCIS citizenship test.

Brainfuse is just one of a number of remote educational tools that the Library has made available, enhanced, or continues to make available during its temporary closure to help mitigate the spread of COVID-19. In addition to Brainfuse, the Library offers BookFlix (for remotely-accessible read alouds), CloudLibrary eBooks and eAudiobooks, and much more at [www.vencolibrary.org/elibrary](http://www.vencolibrary.org/elibrary).

Ventura County Library: Inspiring our community to explore, discover, and connect.

The Ventura County Library is available 24/7 at [www.vencolibrary.org](http://www.vencolibrary.org).

Ventura County Library system is preparing to implement curbside services.

State guidelines for retail curbside pick-up were modified last week to allow libraries to provide curbside pick-up of materials, and libraries across the county have begun to reopen these limited services. The largest library system in the county, the Ventura County Library, operates twelve libraries and is actively preparing to safely implement curbside services at most branches.

Public libraries across Ventura County have been closed since mid-March when the State Public Health Officer and Director of the California Department of Public Health issued an order requiring most Californians to stay at home to disrupt the spread of COVID-19 among the population. The state announced these efforts have allowed them to move forward on their roadmap for modifying the statewide order, including allowing public libraries to reopen for curbside pick-up of materials. Public libraries had previously not been allowed to operate under the orders.

Ventura County Library Director Nancy Schram says, "Safely reestablishing access to physical library materials is a significant step toward restoring in-person library services."

Schram says library employees have been performing exceptional work and providing services and programs in the virtual environment during the closure. However, feedback received from the community during the closure of the physical library branches has emphasized the critical role libraries play in providing access to print materials and Internet access in particular. The library is currently working with the Ventura County Library Foundation to raise funds to purchase Wi-Fi hotspots and Chromebooks to loan out to community members as part of their lending library.

Check the library's website at [www.vencolibrary.org](http://www.vencolibrary.org) for the latest information and services that are available.



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## City News

### City of Ventura eases restrictions at local parks and beaches

On Tuesday, May 26, 2020, the Ventura City Council unanimously voted to ease limited closure restrictions of Ventura’s beaches and parks. The City’s decision provides access to its parks, beaches, the Promenade, Pier, public restrooms, and select parking lots.

For the last several weeks Ventura’s parks and beaches have been open for active recreational use, such as walking, jogging, swimming, and surfing. Beginning on May 29, these areas will open for passive use, such as sitting and sunbathing as long as the public maintains a safe physical distance of six feet and avoids congregating in large groups outside of their immediate household. Group activities such as volleyball, football, soccer, and other contact sports are not allowed.

Bathrooms and parking lots will also gradually re-open at parks and beaches throughout the City, starting with the Harbor Boulevard parking structure at the Pier. Public bathrooms will be cleaned daily with high touch surfaces properly disinfected regularly.

“As we move forward on a path to reopening safely, the City Council approved easing restrictions for our parks and beaches based on public health guidance and in support of our partnering public agencies at the State and County of Ventura,” commented Ventura Mayor Matt LaVere. “Now, open space guidelines at all parks and beaches throughout the area will share a common education message and encourage the same guidelines to be followed.”

Sidewalks, walking paths, trails, and tracks within all public parks continue to remain open for active recreational use, including walking, hiking, jogging, running, or biking. Please follow public health guidance in the “Stay Well at Home” order, set by the Ventura County Health Officer.

Playgrounds, pools, courts, indoor facilities like museums and visitor centers, and sports and recreational fields will remain closed until further notice. If a park or beach becomes overcrowded or difficult for safe social distancing to be observed, the Ventura Police Department may order the area to be closed.

“The City wants to provide an opportunity for our residents to recreate responsibly this summer while supporting our local business community as they reopen throughout Ventura,” said City Manager Alex McIntyre. “The gradual reopening of city parks and beaches is another positive step forward as we work together to reopen gradually, cautiously, and successfully with community members, businesses, and government agencies.”

City signs will be posted to remind the public to continue to practice physical distance of six feet or more and abide by the County’s “Stay Well at Home” order to limit the risk of exposure to the virus.

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

#### Dee Dowell Memorial

*Continued from page 1*

from a high school in Ventura within the past three years, or a Ventura Police Department employee or employee’s child.

Have a grade point average of 3.0 or better (based on a 4.0 system);

Maintain a grade point average of 3.0 or better if selected as a recipient;

Submit a resume of school and community activities, including a copy of transcripts through the most

recent semester;

Submit a typed essay of 1000 words or less on “Service, what it means to me”;

Submit a letter of recommendation from a public servant.

For additional information please contact Corporal Bill Griffin at 805-339-4400 x1381, or Officer Jesus Nuñez at 805-339-4465. Applications are included with this release and are also available at the front desk of the Ventura Police Department.



*Birthday gifts in 2020 (I wanted some toys).*



# VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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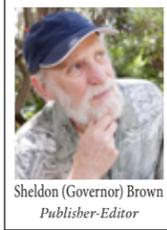
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## Opinion/Editorial



Sheldon (Governor) Brown  
Publisher-Editor

Ventura has made announcements about closing four to five blocks on **Main St. downtown** to make them pedestrian friendly, but no one seems to know what that means exactly. Does that mean closing all of Main so that people can walk in the street? Or does it mean removing some parking spaces so restaurants can expand into them?

Where would people park in order to walk downtown? What about the thrift shops and furniture stores, do they all have rear entrances so customers can pick up their purchases? What happens to traffic? Does it just turn and take Poli or Thompson around downtown? Will be interesting to see what this really means.

Not sure if the city council really knows, except that it sounds like a nice idea. And, maybe with the county approving additional phases and opening-up businesses, this might not even be necessary.

Readers are asking me what happened to the **multi-paper rack** that was located in front of the downtown post office. What a good question. Without the courtesy of telling the “vendors”, one day they just removed them without any notice or warning. Very rude and unprofessional. On top of that they took the inserts in the racks belonging to us (which cost about \$400), so they actually stole our property.

Regarding the **virus**, it seems that many people only followed the guidelines because it was the law, and not because it was the safe and prudent thing to do. Now that restrictions have been relaxed a little, many people aren't following any of the guidelines, which will probably mean that the whole situation will just continue and start over.

The first California county to change its reopening plan wasn't an urban area or a coastal area where beaches draw crowds, but rather a remote city that didn't have a single known coronavirus case until last week.

All it took was a single infection that spread to four other people before Lassen County, home to 30,000 people living in the high desert of Northern California, temporarily rescinded reopening orders. Dining at restaurants, in-store shopping, hair cuts and religious services are now barred.

This virus isn't the flu where you take two aspirin and call your doctor in the morning. If you get it, you could spend several weeks in the hospital and then still die. The way some people are acting now it will never go away. No face masks (“If my president doesn't wear one why should I?”), or distancing.

The people who are claiming their constitutional rights to not wear face masks in restaurants are absurd. First of all, this has absolutely nothing to do with constitutional rights and restaurants can set any dress code

that they wish. Some restaurants even require that ties be worn (not in Ventura of course), so requiring face masks is just a new dress code.

These people are jeopardizing the health and lives of others. Does the constitution give them that right?

If your dead relative got a coronavirus stimulus check, the government wants the money back.

“A payment made to someone **who died** before receipt of the payment should be returned to the IRS,” the Treasury said in a statement.

In this case the saying, “I'm probably better off dead,” might be true. So, if you are dead, you should immediately return the money or you could go to jail.

Many kinds of **scams** are on the rise especially those that target more vulnerable seniors. Please, seniors, do not give your vital information to people on the phone or on your computer even if they seem very legitimate. And that call from your grandson held captive in Iran is also phony even if the caller does know all your personal information.

Don't get mad and critical when our police don't remove the **homeless** (and their belongings) from where you feel they should not be allowed. The police are powerless to do such. A federal judge has ruled that Los Angeles must stop seizing and tossing out bulky things such as mattresses that homeless people have on sidewalks or other property based solely on their size. I know that we are not LA, but these types of rulings have applied in many cases that have gone to the courts and would apply here also.

The University of California Board of Regents unanimously voted to suspend the **SAT and ACT** testing requirements for freshman applicants through 2024 and eliminate them for California students after that.

Instead, the UC system, which includes about 280,000 students across the University of California, Los Angeles, the University of California, Berkeley, and seven other undergraduate schools, will focus on creating its own test “that better aligns with the content the University expects students to have mastered for college readiness” and its values.

New words that we need to learn because of the virus that news media are using.

### Attestation:

A proving of the existence of something through evidence.

An official verification of something as true or authentic.

the notary's attestation of the will.

The proof or evidence by which something (such as the usage of a word) is attested.

A Florida man who thought the coronavirus was “**a fake crisis**” has changed his mind after he and his wife contracted COVID-19.

Brian Hitchens downplayed the seriousness of the coronavirus in Facebook posts in March and April.

“I'm honoring what our government says to do during this epidemic but I do not fear this virus because I know that my God is bigger than this Virus will ever be,” he wrote in a post on April 2. “Jesus is the King of Kings and Lord of Lords.”

35 of the 92 people (38%) who attended services at a rural Arkansas **church** March 6–11 tested positive for the coronavirus, ultimately killing three, according to a case study released by the CDC.

Places of worship continue to be a problem for controlling the widespread transmission of the coronavirus, especially as some churches and local government officials push to loosen restrictions on religious gatherings siting religious freedom.

The World Health Organization (**WHO**) announced that it is pausing trials of hydroxy-chloroquine, the malaria drug that President Donald Trump said he took as a possible preventative COVID-19 treatment, despite his own government's warnings about the drug's potentially life-threatening side effects.

The WHO's decision came after scientists from six continents linked the drug to higher death rates in a massive study published Friday by the Lancet journal.

President **Trump** signed an executive order targeting social media companies, days after Twitter called two of his tweets “potentially misleading.”

Speaking from the Oval Office ahead of signing the order, Trump said the move was to “defend free speech from one of the gravest dangers it has faced in American history.”

“A small handful of social media monopolies controls a vast portion of all public and private communications in the United States,” he claimed. “They've had unchecked power to censor, restrict, edit, shape, hide, alter, virtually any form of communication between private citizens and large public audiences.”

And this is the man who has **80 million twitter** followers. Maybe this is “one of the gravest dangers it has faced in American history.”

When defending his decisions of why he fired four **inspector generals**, Trump kept referring to them as “attorney generals.” Since he doesn't appear to know what the people do who he is firing, how can he decide they aren't doing a good job?

Light travels faster than sound. This is why some people appear bright until you hear them speak.  
– Alan Dundes



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# News & Notes



Several honorees were still able to dress up and take professional photos to mark the occasion.

## Las Patronas makes the most of canceled 63rd Annual Ball

A family tradition for 63 years, the Las Patronas Charity Ball was scheduled for March 17th. The day before the event, based on state guidelines and in the interest of public health, the decision was sadly made to cancel the ball due to the COVID-19 outbreak. The charity ball, a fundraiser for Assistance<sup>®</sup> League of Ventura County (ALVC), honors local young women who have accomplished great things during their high school careers.

This year, these outstanding and unique young women were:

Delaney Arenz: Competitive Dancer, performed widely, including at Disney World. Active in Assisteens.

Ellie Meyring: Volunteered on international mission trips. Active in Future Farmers of America, The Red Cross, and Letters to The Military.

Madison Mok: Honor Roll, Varsity Softball Pitcher for 4 years, Altar Server, and Girl

Scout Ambassador Recipient of the Gold Award.

Alexis Valdez: U.S. President's Award. Active in NCL, California Scholarship Federation, and YMCA Youth and Government Program.

Ashlyn Valles: ASB President and Junior Optimist Leadership Award. Active in NCL, National Honor Society, and Young Life Christian Club.

Savannah Viola: Student of the Month and Recipient of the Victory with Honor Character Award. Active in NCL and National Honor Society.

Although the ball itself was canceled, several honorees and their families were still able to dress up and take professional photos to mark the occasion. Even though they were not able to hold the ball, Las Patronas was still able to raise \$50,000 in support of ALVC's philanthropic programs,

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which include the Assistance League School, B.U.F.F.Y. Bear, and Operation School Bell<sup>®</sup>. The Vision for Assistance League of Ventura County is "Transforming Lives, Strengthening Community."

## Hair salons and barbershops to reopen

The Governor announced that hair salons and barbershops in most California counties can reopen as the state moves forward on the path to reopening. The County of Ventura was approved for a state variance last week allowing the County to move faster through California's reopening phases. This allows for local hair salons and barbershops to reopen.

"Our community has worked so hard to social distance and to slow the spread of COVID-19 in our County. As we continue to reopen, we must do so with caution. We must continue to practice social distancing and businesses must make modifications needed to lower the risk of COVID-19 exposure. This will help keep our numbers low so we can continue to move forward," said Public Health Officer Doctor Robert Levin.

Hair salons and barbershops that reopen may only provide services that allow for both the stylist and customer to wear face coverings for the entirety of the service.

This means that haircuts, weaves and extensions, braiding, lock and wig maintenance, hair relaxing treatments and color services can be provided. Services like eyebrow waxing and threading, facials and eyelash services are still not allowed since they involve touching the customer's face, according to the state's guidance.

At Visit Ventura, our mission has always been heartfelt and simple. To do the next right thing for this very special place we call home. Which is why, in these challenging times, we are asking our fellow Venturans to Support Local. Community love will see us through.

VisitVenturaCA.com/vp

VENTURA PLEDGE  
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2020

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# COUNTY OF VENTURA



## EXPANDED COVID-19 TESTING

The County of Ventura has expanded free COVID-19 testing throughout the county for residents who have the slightest suspicion of having COVID-19 or have been exposed to someone with it. You don't need to have health insurance, but may be asked for it if you do.

### Symptoms of COVID-19 can be:

- Cough or shortness of breath
- OR other symptoms: fever greater than 100.4°F, chills, muscle pain, headache, sore throat, new loss of taste or smell

### Close contact means:

- Sharing a home
- Being closer than 6 feet for more than 10 minutes without wearing a mask
- Having contact with the bodily fluids (spit, blood) of the sick person through coughing, sneezing, sharing utensils

### OPTUMSERVE STATE LOCATIONS

COVID-19 testing for all community members. Please register by calling or registering online.

Online: [www.lhi.care/covidtesting](http://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, 93030 2) *Thousand Oaks Library - Newbury Park Branch* - 2331 Borchard Rd., Newbury Park, 91320

### DRIVE-UP TESTING SITES

No appointment or insurance needed • Hours of Operation: Monday-Friday 10am - 7pm

LOCATIONS 1) *Ventura College* 4667 Telegraph Rd., Ventura, CA 93003 2) *Moorpark College* 7075 Campus Rd., Moorpark, CA 93021 3) *Ford Dealership* 128 S. Hallock Dr., Santa Paula, CA 93060

### VENTURA COUNTY URGENT CARE LOCATIONS

For pre-screening and appointment, call the hotline at 805-652-7660

#### OXNARD

**Las Islas Family Medical Group South**  
325 West Channel Islands Blvd.  
Oxnard, 93033  
Open 7 days/week from 9am - 5pm

**Magnolia Family Medical Center**  
2240 E. Gonzales Rd., Oxnard, 93036  
Monday-Friday 8:30am - 5pm

#### VENTURA

**Academic Family Medicine Center**  
300 Hillmont Ave., Bldg. 340, Ventura, 93003  
Monday-Saturday 9am - 4pm

**West Ventura Medical Clinic**  
133 W. Santa Clara St., Ventura, 93001  
Open 7 days/week from 9am - 5pm

#### EAST COUNTY

**Conejo Valley Family Medical Group**  
125 W. Thousand Oaks Blvd., Suite 200  
Thousand Oaks, 91360  
Open 7 days/week from 9:15am - 4:30pm

**Sierra Vista Family Medical Clinic**  
1227 East Los Angeles Ave., Simi Valley, 93065  
Monday-Saturday 9am - 5pm and  
Sundays 9am - 2pm

#### SANTA CLARA RIVER VALLEY

**Fillmore Family Medical Group**  
828 W. Ventura St., Fillmore, 93015  
Monday-Friday 9am - 5pm

## News & Notes



ILP provides support to foster youth between the ages of 16 to 21.

## Older youth in care

As the county adjusts to the new normal, it is important to ensure the safety and wellbeing of one of our most vulnerable populations – older youth in care. Homes with Heart VC believes it is essential to provide a network of support for older youth transitioning out of foster care.

Recently, an even more crucial emphasis has been placed on older youth without support such as those currently transitioning to self-sufficiency. According to a recent article from the Chronicle of Social Change, Governor Newsom stated that approximately 200 young adults age out of foster care at age 21 every month in the state of California. The agency's Independent Living Program (ILP) provides support to foster youth between the ages of 16 to 21 with the goal

of helping them on their transition to a successful future, but due to the current circumstances, older youth, often without families, need additional community support now more than ever before.

Many local charities help children, youth, and families in very unique ways, more recently they are stepping up together to provide important resources and support to transitional youth in need now more than ever. This amazing group includes: Children Services Auxiliary, James Storehouse, Child Hope Services, RaisingHOPE, Women of Substance Men of Honor, and Shelter Care Resources. These organizations will be providing essentials such as food, clothing, transportation, rent and utility assistance for those youth in need of extra support.

During this critical time, Homes with Heart VC are so fortunate to have resource partners that, despite the circumstances, can come together in support of our older transitional youth," said Jaci Johnson, Program Coordinator III - Recruitment for the County of Ventura, Human Services Agency. "It's truly heartwarming to see the community's involvement in the lives of our older youth that can easily struggle on their own without support."

For more information about how you, your business or your family can get involved, visit <http://homeswithheartvc.org/ILP>

Recognized as a best practice leader statewide in the family recruitment and support component of child welfare, Ventura County Children and Family Services' Homes with Heart VC, previously known as Foster VC Kids, was developed to increase the amount of loving resource

families who are ready to take in children in need in Ventura County. This initiative provides resource families with ongoing support services, trauma-informed training, and mentorship to enhance the safety, permanency and well-being of Ventura County's youth and families. Learn how Ventura County Children and Family Services' Homes with Heart VC is making a difference throughout Ventura County, [www.homeswithheartvc.org](http://www.homeswithheartvc.org).

## Scholarships for "Perspectives on Peace"

The Rotary Club of Ventura, which last year celebrated 100 years of service to the Ventura community, has announced the winners of the second year of its Per-

spectives on Peace Scholarship program. Five high school seniors are being awarded a total of \$10,000 in scholarships, based on their outstanding original art submissions around the theme of "Perspectives on Peace."

"There are several other very good scholarship programs for Ventura's high school seniors based on academic achievement or financial needs", said Connie Young, current Rotary Club of Ventura president. "So, when we started this scholarship program last year, we sought to recognize and support the strong creativity and artistic talents of Ventura's youth while encouraging self-reflection on a very important topic. These bright minds represent our collective future and what they accomplished represents

*Continued on page 15*

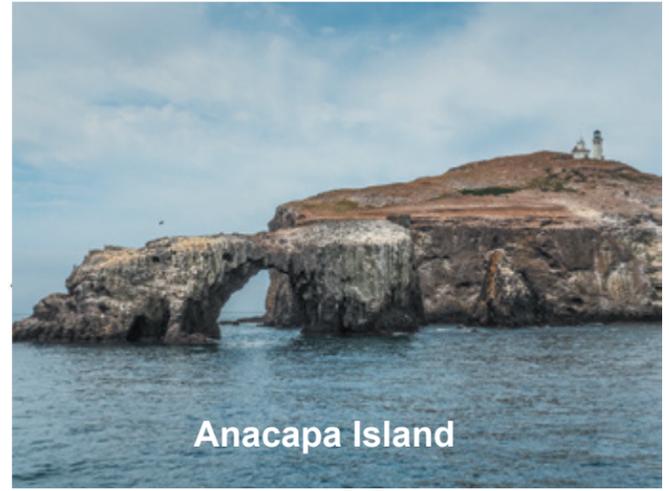


This is too bad because many people want to move this fence.



Santa Rosa Island

Photos by Tim Hauf



Anacapa Island

### An open letter to our Ventura County friends and neighbors from Island Packers

*Breathe in, Breathe out, Move on.*  
– J. Buffett

Dear Friends and Neighbors,

Now that the "New Normal" has replaced "Business as Usual," it's time to venture out, put our collective big toe in the water, and see what the world we've been distanced from has in store.

Perhaps you have seen accounts of rejuvenation to our climate and environment from this "Great Pause." Many reports tell how reduced emissions have led to clearer skies, better air quality, cleaner water, and free-roaming animals. While these positive effects of isolating large populations of humans from wildlife may be powerful, they are not new.

**Channel Islands National Park** has benefitted from an even greater pause, one that has lasted hundreds of years with 60 miles of social distance isolating them from Los Angeles' swelling population. The emerging, positive sights some areas are now just experiencing, have long been realized on the Channel Islands. Bluebirds foraging on the ground close-by and foxes wandering in out of campsites have been common sights on the Islands for centuries.

Island Packers understands that as people emerge from seclusion, we do so cautiously. We know that people want to travel and participate in the activities many of us have been cut off from. We also want to be good citizens for our loved ones, ourselves, and others too. It has been a balancing act for us all.

For all these reasons, **Island Packers is thankful to announce the resumption of public transportation to Channel Islands National Park.** Be assured, we have established all proper and approved protocols to ensure our passengers remain safe and comfortable whether in our office, on the boat or at the islands.

If there was ever a time to get back to nature, see a sunrise streaming in through the front flap of your tent, or to enjoy the isolation of an island, it's now. Experience a pod of dolphin from the rail of a boat at sea, or just take a deep breath and enjoy the nature of the Channel Islands. They are safe, nearby, magnificent, and open.

- Service available for campers, day visitors and kayakers
- Landing **and** non-landing trips offered
- Departures from Ventura Harbor **and** Channel Islands Harbor

As we begin to emerge, take walks on the beach, go out for coffee and converse with people we don't know, let's not forget the lessons learned of how these simple things connect us. Appreciate each moment, even those we would rather not; they help us remember the simple and time-tested, the things that are most meaningful, are still here.

Please visit our website [www.islandpackers.com](http://www.islandpackers.com) or call us at (805) 642-1393 to make reservations.

We look forward to seeing you on one of our trips soon!

### CRUISING THE CHANNEL ISLANDS FOR EDUCATION, RECREATION & RESEARCH SINCE 1968

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[info@islandpackers.com](mailto:info@islandpackers.com)





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**To Learn More About Our Enhanced Safety and Cleanliness Protocols, Visit [CMHSHealth.org](https://www.cmhshealth.org)**



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*Cathi Nye and her son John standing in front of Castillo del Sol in Ventura.*

## Everyone Deserves a Home Compassion Campaign

For too many, housing is not guaranteed. At a time when acts of kindness matter, Housing Trust Fund Ventura County invites you to join its Everyone Deserves a Home Compassion Campaign. This weeklong celebration takes place June 1st through June 5th highlighting how we can make a difference in people's lives, from small acts of compassion, to being part of the affordable workforce housing solution in Ventura County.

"We're particularly excited about our Living Room Lounge," said Housing Trust Fund Ventura County CEO Linda Braunschweiger. "Every night at exactly 7:00 pm we will host an intimate one-song performance by outstanding singers, including Grammy award winning artist Rick Springfield."

Other artists singing exclusively for Housing Trust Fund VC include singer and actress Jolene Purdy, best known for her roles in Orange is the New Black, Under the Dome, Breaking Bad, and Glee; and Will Breman, Santa Barbara based singer-songwriter and Top 8 contestant on NBC's The Voice. Joining this star-studded line-up will be local duo, Soul 4 II (part of the Sound Effect Band), Afro-Cuban sensation Ricardo Lemvo, country musician Kenzie Mae known for her starring role in the award-winning feature film, "Chloe's Mountain" and 11-year-old up and coming musician Aiden Baffa.

The Everyone Deserves a Home Compassion Campaign promises to be a fun and emotional week as Housing Trust Fund VC shines a light on the growing need for more affordable housing in Ventura County. A compelling Facebook Live interview will feature Cesar Hernandez as he tells his story of how his family was helped by affordable housing. Viewers will be taken on a tour of affordable housing developments in the community, hear from members of the affordable housing community, and be invited to share #CompassionInAction tips.

The nonprofit is also hosting the interactive #Recipe4Home, where participants are asked to share a favorite family recipe to be entered into a giveaway in which one lucky winner will have their recipe beautifully preserved on a cutting board. Housing Trust Fund VC is asking the community to get involved by following them on Facebook - <https://www.facebook.com/HousingTrustFundVC/>.

"When we realized we could not host our annual fundraiser and awareness event, we felt it was important to continue moving forward," commented Board Chair Jennie Buckingham. "Especially now, the need is only growing for affordable housing

solutions." Learn more at [www.housing-trustfundvc.org/compassion-campaign](http://www.housing-trustfundvc.org/compassion-campaign).

The Everyone Deserves a Home Compassion Campaign is made possible in part by, Housing Opportunities for People Everywhere, City National Bank, Wells Fargo, Montecito Bank & Trust, Boston Private Bank, and Pacific Western Bank.

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

## Ventura College Foundation Weekend Marketplace is open

The Ventura College Foundation's Weekend Marketplace has reopened and will continue to be open every weekend. The Marketplace has been closed since March 14 when social distancing restrictions took effect because of the COVID-19 pandemic.

The Marketplace will initially have 39 vendor booths and will safely limit customer attendance. Prior to the shutdown, the Marketplace drew about 2,000 shoppers each weekend with 300 to 400 vendors.

For the past several weeks, the foundation has been creating a reopening plan that follows the safety directives of the Ventura County Public Health Department. Vendors will set up six feet apart. They are required to wear masks and gloves, disinfect work surfaces and payment machines, and have hand sanitizers available for the public. Caution tape and markings on the ground in front of each booth will help keep customers

*Continued on page 12*



# Senior Living

*Pull Out Section*



No one has the right to hurt you.

## Assert your rights

Many elder and dependent adult victims are often unable to access services or assert their rights. Some have physical, cognitive, and attitudinal impediments that limit their access to the appropriate agencies. Others are unaware that they have been victimized or refuse to see themselves as victims.

Our elder/dependent adult advocates provide comprehensive advocacy services to these victims as well as training and outreach to law enforcement and other service providers. We collaborate with specific agencies such as Adult Protective Services, Legal Aid for seniors, the Ombudsman Office and The Center for Independent Living. These efforts have generated an increase in reporting the maltreatment of elders and dependent adults.

Failure of a caregiver to provide food, clothing, shelter, assistance with hygiene and protection from dehydration, malnutrition and health and safety hazards.

**Emotional Abuse:**

Fear, confusion or depression brought about by threats, intimidation of deception.

**Abandonment:**

Desertion of an elder or dependent person by someone charged with his or her care.

**Financial Abuse:**

Any theft of an elder's money or property; may include wrongful use of legal documents such as power of attorney.

**Physical/Sexual Abuse:**

Any physical pain or injury committed against an elder. All sexual acts committed without consent or ability to give consent.

**What are some of the warning signs of Elder/Dependent Adult Abuse?**

Not being given the opportunity to speak for yourself in presence of your caregiver

Your caregiver is too aggressive with you

Caregiver has problems with alcohol/drugs

If you feel socially isolated and your caregiver says he/she is the only one who cares about you

If you notice your caregiver lying to others about how your injuries occurred

Uncomfortable behavior by a caregiver towards you

Caregiver using your money for their benefit. Repeatedly pressuring you for money or power of attorney

If you recognize any of these signs, contact Adult Protective Services (APS) at 1-866-225-5277.

No one has the right to hurt you.

**Signs that someone you know may be a victim**

If you notice bruises, or abnormal color changes/spots, especially bleeding

If a person looks dirty, has sores or rashes, and poor hygiene, they may be neglected

Helplessness or hesitation to talk openly may be a sign

Depression, withdrawal, and suicidal acts or refusing medical attention

Sudden social isolation

Sudden involvement of a previously uninvolved relative or a new friend

Pressure to change will, power of attorney or to add a name to a property deed or to bank accounts

Disparity between lifestyle of the elder and the elder's caregiver

**Important Numbers to call for Elder/Dependent Adult Abuse**

Adult Protective Services: 1-866-CallAPS or 1-866-225-5277



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"I told you not to give out personal information!"

## Top 10 Safety Tips

Seniors: Protect yourself from fraud and financial abuse! Be vigilant, be observant. Physical or financial abuse will continue so long as no one knows about it. Listed below are our Top 10 Safety Tips to always keep in mind.

Never give out financial information such as bank account, credit card, social security or Medicare numbers to someone you do not know.

Medicare and Social Security do not cold-call beneficiaries or make house calls. If someone calls you and says they are from Medicare or Social

Security, hang up. Do not give them any information.

Don't be pressured into buying anything immediately or because the offer will expire if you don't act soon. Never be afraid to call someone for assistance. Remember, if it sounds too good to be true, it probably is!

Before making any important financial decisions, make sure you fully understand the purpose and effect of the product you intend to purchase.

If you do make a purchase, make sure you get everything in writing and require copies of all documentation.

It is advisable not to wire money to anyone.

Do not share personal information like your address or phone number on social networking sites like Facebook.

Do not let strangers into your home without a trusted person, such as a family member or friend, present.

Delete e-mail messages that ask you to verify your account information. Banks, credit card companies and Paypal will not ask for this.

If you suspect anything is wrong, or that you or a loved one is being abused, do not hesitate to contact your local law enforcement agency to report your suspicions.



## Senior Living



"We feel younger already."

### Real-life benefits of exercise and physical activity

#### Why Is Physical Activity Important?

Exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. In fact, studies show that "taking it easy" is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

Including all 4 types of exercise can benefit a wide range of areas of your life.

#### Staying active can help you:

Keep and improve your strength so you can stay independent

Have more energy to do the things you want to do and reduce fatigue

Improve your balance and lower risk of falls and injuries from falls

Manage and prevent some diseases like arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and 8 types of cancer, including breast and colon cancer

Sleep better at home

Reduce levels of stress and anxiety

Reach or maintain a healthy weight and reduce risk of excessive weight gain

Control your blood pressure

Possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks or plan an activity

Perk up your mood and reduce feelings of depression

Being active can help prevent future

falls and fractures. For tips to help prevent falls at home, read Fall-Proofing Your Home.

The YMCA offers evidence-based group exercise programs for older adults to improve fitness and balance for falls prevention.

#### Emotional Benefits of Exercise

Research has shown that exercise is not only good for your physical health, it also supports emotional and mental health. You can exercise with a friend and get the added benefit of emotional support. So, next time you're feeling down, anxious, or stressed, try to get up and start moving!

Emotional benefits of exercise infographic

Read and share this infographic about the emotional benefits of exercise.

#### Physical activity can help:

Reduce feelings of depression and stress, while improving your mood and overall emotional well-being

Increase your energy level

Improve sleep

Empower you to feel more in control

In addition, exercise and physical activity may possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

#### Here are some exercise ideas to help you lift your mood:

Walking, bicycling, or dancing.

Endurance activities increase your

breathing, get your heart pumping, and

boost chemicals in your body that may improve mood.

Yoga. This mind and body practice typically combines physical postures, breathing exercises, and relaxation.

Tai Chi. This "moving meditation" involves shifting the body slowly, gently, and precisely, while breathing deeply.

Activities you enjoy. Whether it's gardening, playing tennis, kicking around a soccer ball with your grandchildren, or something else, choose an activity you want to do, not one you have to do.

### Exam for the early screening and monitoring of Alzheimer's disease

Adding to other studies looking to the visual system, researchers peering into postmortem eye tissue have identified molecular and cellular changes that point toward possible development of a noninvasive exam for the early screening and monitoring of Alzheimer's disease.

Eye and visual cortex nervesThe NIH-funded research, published in Acta Neuropathologica, describes three Alzheimer's-related processes occurring in the retina, the light-sensitive tissue in the back of the eye: 1) loss of pericytes, cells that regulate blood flow in tiny vessels and help form the blood-retina barrier, which protects the retina from harmful substances entering through the bloodstream; 2) reduced signaling by platelet-derived growth factor receptor (PDGFR), a protein that provides instructions for tissue maintenance and repair; and 3) accumulation of amyloid deposits in the retinal pericytes and blood vessels. The scientists, from Cedars-Sinai Medical Center, Los Angeles, also mapped these changes to specific regions and layers of the retina.

For the study, which built on prior research, the research team compared eye specimens from people who had died with Alzheimer's disease or mild cognitive impairment (MCI) with eye specimens from people who had been cognitively normal. In total, scientists studied samples from 62 donors as well as brain specimens from a subset of donors. For each eye specimen, the researchers studied the retina's blood vessel structure, using an immunofluorescent staining technique and transmission electron microscopy.

The researchers found greater pericyte loss, reduced PDGFR signaling, and more amyloid accumulation in the retinas of people who had been diagnosed with Alzheimer's or MCI than in the retinas of cognitively normal donors. Each of these changes has been previously reported in the brain of people with Alzheimer's disease. The changes in the retina were correlated with changes in the brain related to Alzheimer's disease and cognitive decline.

The researchers noted that several other diseases affecting blood vessels in the retina, such as diabetic retinopathy and age-related macular degeneration, are characterized by a similar degradation of the blood-retina barrier. Discovery of the specific cellular and molecular changes related to this degradation could shed light on common aspects of Alzheimer's and retinal disease processes. In addition, insights from this study could contribute to the use of retinal imaging to screen for and monitor Alzheimer's in a way that is less expensive and less invasive than current neuroimaging methods.

This research was funded in part by NIA grants R01AG055865, R01AG056478, and R01EY13431.

These activities relate to NIA's AD+ADRD Research Implementation Milestone 9.F. "Initiate studies to develop minimally invasive biomarkers for detection of cerebral amyloidosis, AD and AD-related dementias pathophysiology."

Reference: Shi H, et al. Identification of early pericyte loss and vascular amyloidosis in Alzheimer's disease retina. Acta Neuropathologica. Published online Feb. 10, 2020. doi: 10.1007/s00401-020-02134-w.

### Does aspirin reduce the risk of dementia?

Daily low-dose aspirin did not reduce the risk of dementia, mild cognitive impairments (MCI) or cognitive decline among healthy older adults without previous cardiovascular events, according to recently published results from the ASPirin in Reducing Events in the Elderly (ASPREE) study. The results, funded in part by NIA, were part of an analysis of secondary cognitive outcomes in ASPREE and were published in Neurology on March 25.

In an international, randomized, double-blind, placebo-controlled trial



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## Senior Living

that enrolled 19,114 older people (16,703 in Australia and 2,411 in the United States). The study began in 2010 and enrolled participants aged 70 and older; 65 was the minimum age of entry for African American and Hispanic individuals in the United States because of their higher risk for dementia and cardiovascular disease. At study enrollment, ASPREE participants could not have dementia or a physical disability and had to be free of medical conditions requiring aspirin use. They were followed for an average of 4.7 years to determine outcomes. Initial results from the ASPREE study, published in 2018, showed that aspirin did not prolong healthy, independent living (life free of dementia or persistent physical disability).

For the current study, researchers at Monash University, Melbourne, Australia, and Hennepin Healthcare in Minneapolis, assessed the effect of 100 mg aspirin once daily compared to placebo on the development of dementia, MCI and cognitive decline. Participants received cognitive assessments at baseline, year one and then biennially for the remainder of the follow-up period. Researchers found that there was no significant difference between aspirin and placebo groups on the rates of incident dementia, MCI or cognitive decline at any of these timepoints.

The researchers note that despite the rigor of the clinical trial, there are some limitations. First, the low rates of dementia among the study population overall may make interpreting the dementia outcomes more challenging. In addition, the participants were all relatively healthy at baseline without

previous cardiovascular disease or other major illnesses. These factors may have made it more difficult to detect the beneficial effects of aspirin, if there were any.

In an accompanying editorial, David Knopman, M.D., and Ronald Petersen, M.D., professors of neurology at the Mayo Clinic, note that the current ASPREE results are in keeping with the initial study results that showed no benefits of daily low-dose aspirin on the composite outcome of death, dementia, and physical disability.

The ASPREE team will continue to track the outcomes of the ASPREE participants over time to assess longer-term outcomes, including the effects of aspirin on cognitive function and dementia. As these efforts continue, it is important to note that the ASPREE findings do not apply to people who are taking aspirin for stroke, heart attack, or other cardiovascular disease. Older adults should follow the advice of their physicians about daily aspirin use.

The study was funded in part by an NIH grant through the National Institute on Aging and the National Cancer Institute (U01AG029824).

These activities relate to NIA's AD+ADRD Research Implementation Milestone 7.D, "Initiate early clinical development for at least 6 existing drugs or drug combinations for the treatment or prevention of AD and AD-related dementias."

References: Ryan J, et al. Randomized placebo-controlled trial of the effects of aspirin on dementia and cognitive decline. *Neurology*. 2020. Epub March 25. doi: 10.1212/WNL.00000000000009277.

Knopman DS, Petersen RC. The quest for dem

## Home health care may be your safest option

While being stuck at home may be a new experience for some, Livingston Memorial Visiting Nurse Association & Hospice has been serving the medical needs of homebound patients in Ventura County since 1947. Home health visits are a safe and effective way to receive treatment for a chronic condition or recover from a wound or injury. Even though patients may be afraid to leave home due to the risk of contracting the virus, home health visits are safe. Livingston's nurses are supplied with Personal Protective Equipment for themselves and for their patients and are highly trained in the prevention of infection and the spread of disease.

Physical distancing is difficult in providing home health care, but we are doing our best to continue to provide excellent care to our patients and their families during the current crisis. We also have had to make adjustments to accommodate the needs of our staff.

As restrictions on who can enter skilled nursing facilities have tightened, our nurses have become points of contact for families unable to visit their loved ones. They've met concerned daughters in parking lots, and helped worried husbands make FaceTime calls.

Our speech therapists, grief counselors, chaplains and clinical social workers are available via phone call or video conference and continue to provide services. While a call isn't the same as an in-person

visit, it does provide a vital life-line for the patient and their family members. "One of the most important things we do as social workers is during a face to face visit, utilizing our "use of self" to provide empathy. We have quickly had to master how to do that over the phone!" reports Licensed Clinical Social Worker Amy Schafer. "I feel I am working now more than ever, and I am aware of my own compassion fatigue during this time. I am thankful I am able to keep working and help however I can."

Stacia Sickel runs Livingston's Grief & Bereavement Center in Camarillo: "Many people are isolated and our groups through tele-therapy are providing much needed support, connection, and affirmation. I've had several group members send me emails thanking me for making this possible. They look forward to the group knowing they will get to see familiar faces, receive the support they long for, and find their way through this challenging time. The really cool thing is they are sharing photos, linking objects, etc. because all those things are right at their fingertips. It's been a very meaningful experience to provide this service and see the response and the positive effect it has had. In regards to grief counseling, although challenging by phone, tele-therapy has helped continue continuity of care. We are helping to normalize and validate a stressful event, providing helpful strategies to cope with

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CALL FOR MORE INFORMATION OR A COMPLIMENTARY ASSESSMENT

isolation, anxiety, depression and of course grief. I am so proud of how we've been able to continue despite this virus and physical distancing. I am so grateful to have purpose at this time."

Patients in need of home health care who forgo treatment out of concern of contracting the coronavirus can end up in the emergency room, further putting themselves in jeopardy. If you or someone you know is in need of home health care, call us at 805-642-0239 and our experienced staff will assist you in creating plan of care that is safe and works for you. Livingston Memorial Visiting Nurse Association & Hospice  
[www.lmvna.org](http://www.lmvna.org)

## Do not let life-threatening ailments go unchecked during the pandemic

by Kathleen A. Cameron  
BSP Pharm, MPH

Hospitals across the country report that emergency department (ED) visits have declined significantly for illnesses not related to COVID-19. In particular, heart attacks and strokes appear to be going unchecked. Some hospitals also observe a decline in fall-related ED visits.

Doctors believe that people are so scared of contracting COVID-19 that they're not seeking help for life-threatening ailments. Nationwide, nearly a third of adults say that they have delayed or

avoided medical care because they are concerned about contracting COVID-19, according to a poll from the American College of Emergency Physicians. Nearly 75% of poll respondents also expressed concern about overstressing the health care system; more than half worried they won't be able to see a doctor.

Strokes and heart attacks demand immediate attention

CardioSmart infographic outlining the symptoms of heart attacks and strokes

Use this helpful CardioSmart infographic to look for signs of stroke and heart attacks. Visit [CardioSmart.org/Coronavirus](http://CardioSmart.org/Coronavirus) to download

While stay-at-home guidance is a critical part of reducing the spread of COVID-19, if you are having symptoms of a stroke or heart attack or have experienced a fall and suffered a fracture, broken bone, or brain injury, it is important to seek medical care right away.

For strokes, in order for clot busters—medicines that break up clots and prevent long-term problems like paralysis—to work, or for surgeries to be successful, it's crucial to get to the hospital within 3 hours after the first symptoms appear. Some patients are not eligible for treatments if they get to the hospital too late.

Heart attack victims also may suffer more if care is delayed. A report in the *Journal of the American College of Cardiology* looked at treatment of heart attack patients in March 2020, when COVID-19 cases were climbing, compared to the previous year and found a 38% reduction in patients being treated for a life-threatening event known as a STEMI—the blockage of one of the major arteries that supplies oxygen-rich blood to the heart, which results in a serious type of heart

*Continued on page 12*



# This 'n' That



Without Angel Escandon there wouldn't be a Ventura.

## Angel Escandon, unsung hero of our community

by Richard Senate

He was born in Spain in 1833 and settled in Peru where he earned a degree in Law. He came to what is today Ventura in 1854 where he married Francesca Sanchez receiving as part of her dowry a large building on Main Street and Valdez Alley. This large adobe he used as a saloon and billiard hall.

This was the time when Ventura was a wild cow town and served the needs of the many thirsty cowboys from the local ranches. A supporter of President Lincoln, he had a small Mission Era Cannon that he fired off when he heard reports of a Union Victory in the Civil War. In 1863 he was elected to the California State Assembly and was part of the group that formed Ventura as a city in 1866.

More and more the people of this area, then part of Santa Barbara County, grew to dislike their treatment from Santa Barbara. Many felt that, what is today Ventura County was being ignored and longed to form their own county. In 1870 Assemblyman Escandon put forth bill AB 442 for an independent county to be called Richland County. The Bill failed. He rewrote the bill and resubmitted it. It passed and what was now called Ventura County, came into existence on January 1st, 1873.

Escandon was part of the commission that set up the county government and elections for these offices. He later was elected Mayor of the City in 1875 and after his term, he served for many years on the City Council.

Rumors suggest that, as a saloon owner, he was a bit too fond of his own wares. Alcoholism was a serious problem in 19th Century America. On Thanksgiving Day 1884 he was playing cards at the Tico Adobe on the corner of Main and the Avenue (where Burger King now stands). He complained of not feeling well and asked to lay down in the back room. Hours later he was found dead. He was 51 years of age. For all that he did to form Ventura County and city, for his years of service, a statue should be put up to honor his memory. A case could be made that without Angel Escandon there wouldn't be a Ventura as we know it today.

### Weekend Marketplace is open

Continued from page 8

and vendors separated. Safety posters will be on display to remind everyone of their responsibilities.

Items that can be currently sold at the Marketplace include pre-packaged baked goods and food, beverages, canned food, dry goods, fresh fruits and vegetables, pet supplies and household supplies and equipment necessary for community safety, sanitation, and prevention of community transmission of COVID-19 such as masks, gloves, hand sanitizer, soap, and disinfectants.

Designated entrances and exits will be strictly enforced. Portable hand sanitizer stations will be available at each entrance that customers are required to use. Shoppers are strongly encouraged to wear masks.

"We need the public's help to ensure that shoppers, vendors and our staff remain safe at the Marketplace," says Anne Paul King, Ventura College Foundation executive director. "Wearing masks, practicing social distancing and following all the guidelines posted throughout the Marketplace can really make a difference."

The Marketplace is at the corner of Telegraph and Day roads in the East Parking Lot of Ventura County. Free parking is available in campus lots and along Telegraph and Day roads. Hours are 8:00 a.m. to 2:00 p.m., Saturday and Sunday.

"The Marketplace closure in March greatly impacted many in the community who rely on the market for their fresh produce and household items," says King. "For our vendors, the Marketplace is a major source of revenue. We're happy that we can slowly take steps to bring it back."

Prior to its closure, the Ventura College Foundation's Weekend Marketplace generated \$1.5 million annually from space rentals to support the foundation, helping to cover the costs of staff, operations and a portion of the foundation's core programs including scholarships, the VC Promise and textbook lending. The Ventura College Foundation supported over 5,800 students last year and just awarded 427 scholarships totaling \$683,748, the largest annual scholarship distribution in the foundation's history.

For vendor and shopper information and a full set of safety guidelines, go to <https://venturacollegefoundation.org/weekend-marketplace>. The public can also contact King (805-289-6503, [aking@vcccd.edu](mailto:aking@vcccd.edu)) with questions. Questions from vendors should be directed to Esmeralda Juarez, Marketplace supervisor (805-289-6062, [ej Suarez@vcccd.edu](mailto:ej Suarez@vcccd.edu)).

### Going the Distance (Part 2)

Continued from page 1

Asked if he was concerned about the potential impact on his last season this fall in high school basketball before

applying to colleges, he replied that he stays positive and tries to go with the flow. "I'm just trying to work out and stay in shape for basketball season," he said. "Our coach has done a good job of keeping us together; we've been doing workouts, and we're on Zoom calls with the team to make sure we're all on the same page." He shared that the team is very focused on maintaining momentum and staying connected as much as possible with the limited access they have—working on plays on the phone and focusing on team goals for next year.

Schliecher's advice to other students and athletes? "Just outwork everyone that's taking this time off to relax. Stay focused and don't slack off," he said. "If you slack off, you'll fall behind. This is a great time to get ahead of your game and focus on your academics ahead of everyone else."

Some students are concerned about navigating a regularly scheduled major transition with the coming school year. Sydney Davis will be starting high school in the fall, and currently attends Balboa Middle School. "I feel like I'm not going to be as prepared as I should be for high school; I feel kind of threatened because I feel like I don't know as much as I should." She's also concerned about not being prepared as she might otherwise be for trying out for the high school volleyball team. She said she's finding the schoolwork online relatively easy, but it's hard to catch up if a day is missed. Her advice to other students: "Keep positive, and keep to a schedule."

At first I was doing all my schoolwork from 10am to 2 or 3pm, but lately I've been staying up all night, and I want to get back to that first schedule. Basically, don't lag and stop doing your work." She's picked up some new skills during the quarantine, like cooking, learning to sew, and so far has made about 50 face masks for friends, family and a local company.

Distance learning means hours of computer time for both the student and, especially in the case of younger kids, the parents. Nancy and Chris Cairns are both teachers and parents, Chris teaching at Besant School of Happy Valley in Ojai, and Nancy a professor at LA City College and Ventura College. They both are working from home and conducting distance learning with their own students, while being responsible for overseeing the many hours of daily computer time in online learning for their 6-year-old grandson Braxton, who lives with them. They share his education duties with his great grandmother and mother in another household. "It's a group effort to engage him with the work," said Chris. "The online programs he does are interesting and well-made but they keep his attention. The teacher only meets with the class once a week."

Nancy shared that the system has challenges, especially for working parents of young children. "It would probably be better if they met every day and had structured lesson plans and were all together in a virtual classroom. It's like pulling teeth to get Braxton to do schooling in the present iteration," said Nancy. "It's felt like we kind of had to choose. It feels awful. To be in this position, where we have to make some choices, between not being the instructor that I've always been, or having to sacrifice my grandson's education."

Chris feels it's important to look at

the big picture. "As much as learning is important, I think that another teacher put it succinctly: there will be time to learn, there will be a time to catch up on what was missed, but now is not that time," he said. "What we can't catch up on is emotional damage when families are torn apart by stress and trauma. Don't put distance education ahead of your own and your family's mental, emotional and physical health. We need to take care of each other right now."

### Partial closing of Main Street

Continued from page 1

When the street is closed, there will be designated spots on each side street for curbside pickup from Main Street shops.

Closing the core downtown blocks of Main will eliminate around 150 parking spaces, out of more than 2,000 spaces downtown, said Councilwoman Christy Weir. With vehicle traffic lower during the pandemic, parking should not to be a problem, she said.

The city permit that will cover the downtown street closures is also available to businesses in other areas that want to close a street or a parking lot to expand their operations. But without an organization like Downtown Ventura Partners to coordinate the closures and foot the bill, no one else has asked the city for a permit.

"I see this as an opportunity to throw a lifeline out to businesspeople," Councilman Jim Friedman said.

Peter Gilli, the city's director of community development, said streamlining the process doesn't just help business and property owners; it helps the entire city, because working more efficiently saves the taxpayers' money and gives city employees time to address everyone's needs.

"We should want more new businesses and investments, not less," Gilli said. "We can't increase the supply of staff hours and we can't reduce the demand by applicants. The only thing we can do is make the process more efficient."

One change is to allow the city's community development director more leeway in deciding which path to approval a permit application will take — whether it can be approved by the director himself, or whether it needs to go before the Design Review Committee or the Planning Commission.

### Do not let life-threatening ailments go

Continued from page 11

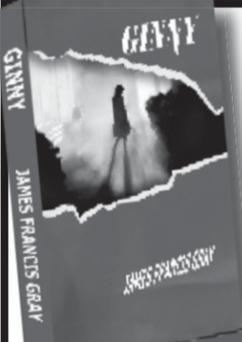
attack.

The bottom line:

Our country is experiencing an unprecedented crisis with the COVID-19 pandemic, but we cannot add to any suffering that might result from not seeking prompt care for many serious, but treatable, conditions such as strokes, heart attacks, and falls with injuries.

The bottom line is that hospitals have safety measures in place to protect us from infections and have allocated beds for patients with non-COVID illnesses. If you are experiencing symptoms of a stroke or heart attack or if you'd had a fall and suspect an injury, it's important to get prompt treatment that may save your life or avoid long-term complications. The "Cardiosmart" campaign from the American College of Cardiology encourages those with symptoms to call 911 for urgent care and continue routine appointments through telemedicine.

Don't delay care.



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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.*

## Narcotics Drug Lab Arrest

On May 20, at approximately 11:30 pm, a concerned citizen called 911 to report suspicious circumstances in the 700 block of E. Santa Clara St.

The reporting party smelled a chemical odor coming from a nearby apartment. She looked through an open window and saw what she believed to be a drug lab. Ventura Police Department Patrol officers responded to the area, contacted and detained the suspect identified as 20 year old Ventura resident Joshua Headly.

Street Crimes Unit Narcotics Detectives responded to the scene and began their investigation.

Detectives using investigative tools were able to determine this was an illegal drug lab making dimethyltryptamine (DMT). DMT is a hallucinogenic tryptamine drug, and this drug produces effects similar to those of psychedelics, like LSD and magic mushrooms.

Narcotics Detectives served a search warrant at the apartment with assistance of Department of Justice LA Impact clandestine laboratory response team.

During the execution of the search warrant detectives were able to recover evidence from the dismantled lab including manufactured DMT.

Headly was arrested and booked into Ventura County Jail for 11379.6(a) H&S-Manufacturing a Controlled Substance and 11366 H&S- Operating a Drug House.

A search of the Ventura County Superior Court shows that Joshua Headly has no prior arrest.

## Residential Burglary Arrest

On May 22, at approximately 8:00 am, residents of a house in the 1100 block of Poli Street left their house. As they left, they saw the suspect, 41 year old vagrant Seth Dees, loitering near their house. A few minutes later, the suspect was out of sight and the residents suspected he may have gone onto their property. As they walked back to their house, they found the suspect inside of their residence. They confronted him as he was leaving with some of their property and called 911. The suspect left but responding officers found and detained him. At the conclusion of the investigation, officers determined the suspect had entered the house through an unlocked door, took property and left. Dees was arrested for residential burglary (felony).

A review of the Ventura County Superior Court website revealed Dees has been arrested seventeen times since 2015. His arrest charges include possession of narcotics, trespassing, vehicle tampering, resisting arrest, under the influence of a controlled substance, possession of narcotics paraphernalia and possession of an illegal weapon.

## Sexual Assault Investigation/Homicide Investigation

Update: Jose Mendez had remained in the hospital since the sexual assault investigation. On May 25, Mendez succumbed to those injuries sustained from the incident. This investigation is on-going and is now, also being investigated as a homicide.

Ventura Police Detectives continue to work with State Parks Police in this investigation.

On May 5, at approximately 6:00 pm, the Ventura Police Command Center received a 911 call of a possible sexual assault that occurred in California State Parks property

north of the Ventura County Fairgrounds.

Patrol officers responded and located the victim and suspect on the bike path adjacent to the fairgrounds. The suspect was unconscious in a pull wagon. Due to the seriousness of the crime and complexities involved the Ventura Police Department handled the investigation with the assistance of the California State Parks Police.

During the course of the investigation it was learned that the victim was walking on the bike path with her dog when she decided to walk on the beach heading towards Emma Wood State Beach. As she began her walk on the beach, she noticed the suspect following her at a distance.

The victim let her dog off leash while she was on the beach and her dog fled into the brush area. As she went into the brush area to find her dog the suspect went with her and sexually assaulted her. The victim began to scream, and the suspect ran away.

Several individuals in the river bottom heard the commotion and learned that the victim may have been sexually assaulted. The group chased after the suspect and began to assault him. The suspect was knocked unconscious and was put into a pull wagon and taken to the bike path where he was left. The victim returned to the bike path, identified the suspect, and stood by awaiting police arrival.

The suspect was transported by AMR ambulance to the Ventura County Medical Center where he remains in the hospital due to his injuries.

This investigation is ongoing and anyone with information about this incident is requested to contact Sergeant Dolan at 805-339-4444.

## Narcotics Sales and Weapons Violations arrests

On May 9, at approximately 1:00 am, Ventura Police Department Patrol responded to the area of Satocoy Avenue and Daisy Drive for a report of several gunshots heard. No one was injured from the gunshots. However, officers searched the area and located evidence of a discharged firearm.

SCU Narcotics Detectives directed an investigation using investigative tools and neighborhood surveillance cameras. Detectives were able to identify the vehicle associated with the shooting, and its driver, 19 year old Ventura resident Osmar Zarate.

On May 26, during the subsequent investigation, narcotics detectives, VPD K-9, and patrol officers conducted a traffic stop on Osmar Zarate and his passenger, 19 year old Ventura resident Sebastian Martinez. On the detention officers discovered a large quantity of narcotics, which included cocaine, psilocybin, alprazolam, cannabis, and concentrated cannabis inside Zarate's vehicle. They also located a loaded handgun inside the car matching the caliber of the firearm discharged on May 9.

As a result of the investigation, Osmar Zarate was arrested for possession of narcotics and allowing someone to shoot a firearm from your vehicle.

Sebastian Martinez was arrested for negligent discharge of a firearm, possession of narcotics for sales, possession of alprazolam for sales, possession of cocaine, possession of a controlled substance while armed with a loaded firearm, and illegal transfer of a firearm.

A search of the Ventura County Superior Court shows that both arrestees have no prior arrests.

## Identity Theft and Possession of a Stolen Vehicle Arrest

On April 27, at approximately 6:00 am, a vehicle was stolen from the 2000 block of El Jardin in Ventura. The car was left unlocked with the keys in it. Also, inside the vehicle was

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the victim's wallet with credit cards. During the investigation, the Ventura Police Street Crimes Unit, along with the Ventura Police Criminal Investigative Technician, identified 24 year old vagrant Eric Wimberley from security footage using the victim's credit cards to make several purchases at different locations in Oxnard. Wimberley was also using the credit cards to purchase items online.

On May 23, Ventura Police Street Crimes Detectives began investigating a stolen vehicle that had been stolen in the 2500 block of Poli St in the city of Ventura. This car was locked; however, a spare key was left inside the vehicle. Based on this investigation, detectives determined that Wimberley was driving the stolen vehicle and later abandoned it near the Pacific View Mall.

On May 26, while on a separate investigation, Street Crimes Detectives saw Wimberley on foot in the area of Empire Ave and Preble Ave. While they followed him in an undercover capacity, they saw Wimberley walking around residential apartment complex parking lots and looking into cars. Ventura Police Patrol assisted the SCU Detectives in detaining and arresting Wimberley.

Wimberley was booked at the Ventura County Jail for four counts of identity theft and possession of a stolen vehicle. A review of the Ventura County Superior Court website shows Wimberley has prior convictions for grand theft, petty theft, possession of stolen property, identity theft, and possession of narcotics.

Ventura Police Department Street Crimes Unit would like to remind everyone to keep their vehicles locked and do not leave valuables inside their cars, especially the keys to the cars.

## Residential Burglary Arrest

On May 27, at approximately 10:30pm, Ventura Police Patrol officers responded to a residential burglary that had just occurred. The victim observed the suspect outside of the victim's apartment patio. The victim confronted the suspect, who was holding the

victim's bicycle. The suspect then dropped the bicycle and fled the area. The victim then called 911. The suspect, 35 year old vagrant Jon Clift, was detained in a nearby apartment complex. At the conclusion of the investigation, officers determined Clift had reached into the victim's enclosed apartment patio and stolen the victim's bicycle. Clift was arrested for 1st Degree Residential Burglary.

A review of the Ventura County Superior Court and Ventura County Sheriff Inmate public records websites revealed Clift was arrested on May 26 for commercial burglary and was released later that evening. Clift has been arrested an additional nine times since 2015 for charges including possession of a stolen vehicle, possession of a controlled substance, possession of narcotics paraphernalia, under the influence of a controlled substance, petty theft, possession of an illegal weapon, and receiving stolen property.

## Grand Theft and Embezzlement Arrest

During the week of May 18, the Ventura Police Department Street Crimes Unit began investigating an ongoing embezzlement/theft of city property from the Ventura City Maintenance Yard by employee 57 year old Francisco Cenicerros.

Due to the investigation, Cenicerros was placed on administrative leave. On May 27, detectives served a search warrant at Cenicerros' residence. There, detectives located stolen property that had been identified as belonging to the City of Ventura.

Based on the investigation and the property located, Cenicerros was arrested and booked at the Ventura County Jail for Grand Theft (theft over \$950.00) and Embezzlement. The investigation is continuing.

The Harbor Patrol Blotter can be found on our website this time around.

**Weekly SUDOKU**

Answer

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

**King Crossword**

Answers

Solution time: 27 mins.

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



# The Pet Page



**Dedicated to Scamp**

■ SPAN Thrift Store is now open to the public and in dire need of volunteers to operate day to day. If you are interested or have questions please call (805) 641-1170 to inquire.

In addition to that, SPAN is back and providing \$10 spays and neuters for low income households with cats and dogs.

Two clinics in June are: Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036 on Friday, June 12th, and Friday, June 26th at Shiells Park, in the parking lot, located at 649 C St., Fillmore, 93015. Please call to schedule an appointment (805) 584-3823.

■ Wondering how popular your pooch really is? Now you can find out. The most popular dog breeds of 2019 were released on May 1, 2020 (also National Purebred Dog Day) based on 2019 AKC registration statistics.

It may come as no surprise that the Labrador Retriever takes the top spot for the 29th year in a row, but other big movers and shakers include the Pembroke Welsh Corgi, which broke into the top 10 this year for the first time ever. Other notable changes include the Icelandic Sheepdog, which jumped up 24 spots since last year.

So why do registration statistics matter? Registration is not only beneficial for your dog, but for dogs everywhere. The American Kennel Club and its affiliates have donated over \$38 million to canine health research and \$7 million to pet disaster relief.

Additionally, the AKC is the only purebred dog registry in the United States that maintains a systematic and sustained investigation and inspection effort. The AKC conducts thousands of inspections each year to ensure compliance with standards that support the health, safety, and welfare of dogs and the environments in which they live.

Shih Tzu's were number 20 so, obviously being adorable doesn't count for much.

■ **Working from home can be an adjustment, not just for you, but your pets too.**

**By Christopher Gavin, Boston.com Staff**

As Dr. Edward Schettino, vice president of animal welfare and veterinary services at the Animal Rescue League of Boston points out, your dog or cat may not be thrilled with no longer having the house to themselves all day.

Keeping a routine is important.

Dogs are creatures of habit, according

to Schettino. (There's a good chance your cat, however, will just keep their routine humming on their own.)

The dog park isn't really the place for social distancing, so don't underestimate the power of a good walk.

"Taking your dog on a long walk, just exhausting your dog, will keep your dog mentally and physically stimulated," Schettino said.

Mike Keiley, director of adoption centers and programs at the Massachusetts Society for the Prevention of Cruelty to Animals-Angell Animal Medical Center, agrees. "It's a good time to go out for a walk with your dog, or a hike in the woods with a dog," he said.

There aren't any cases of animals contracting COVID-19, according to Schettino. But experts believe the coronavirus can live on fur and hair.

That means washing your pup when you return home, especially after a pet from a neighbor or passerby.

It's also a good time to practice training. Keiley said the MSPCA is working on getting advice on that up on its website soon.

In the event that someone becomes sick and is unable to walk and/or take care of their pet, both Schettino and Keiley said they recommend they reach out to neighbors, family, or friends.

"If someone is sick and asking you to walk their dog, just be careful," Schettino said, pointing to the need to wash animals – and your hands – upon returning home.

According to Keiley, it's also important that pet owners have a plan in place should they get separated or need to be separated from their animal. That includes having food and pet records readily available.

And don't forget to check in on pet owners proactively.

"Obviously, we are always a backup... but given this crisis and the potential impact, we really need the whole community to support each other through this," Keiley said.

■ As states grapple with COVID-19 mitigation, questions have immediately arisen as to whether veterinary practices are considered "essential businesses." The American Veterinary Medical Association (AVMA), its 95,000 plus members, and key veterinary stakeholders urge that veterinary practices be considered "essential businesses" in cases where non-essential retail facilities are asked to close or repurpose personal protective equipment (PPE) due to COVID-19. Veterinary teams provide essential animal care, play a critical role in protecting the health of animals that enter the food supply, and serve as trusted members of the local community in

## Scamp Club

(Scampclub pets are not for adoption.)



This is Major Dude (after the steely dan song! Check out the lyrics!) an eight-month-old Lhasa Apso. Major's favorite things to do is run around on the beach and dig holes in the sand and be a general fluffy attack mop of love. He misses his doggie friends and can't wait to get to the groomer.

## Join Scamp Club

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

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disaster situations.

Last week, risk mitigation strategies to slow the spread of COVID-19 were announced by the federal government and many state and local governments. In some localities, such as San Francisco, and states, like Maryland and Pennsylvania, veterinary practices are appropriately considered "essential businesses." They recognized that the services veterinary teams provide are critical to animal and public health, and thereby specifically designated veterinary practices as "essential businesses," in line with other healthcare providers, supermarkets, and pharmacies. We urge all authorities to similarly designate veterinary practices as essential businesses, and also ensure their ability to obtain necessary medical supplies.

Veterinary practices provide the following essential services:

Frontline veterinary practitioners and staff are among the healthcare professionals who provide surveillance for diseases deemed reportable by state and federal governments, including zoonotic diseases, such as rabies, influenza and Lyme Disease. They are also responsible for issuing certificates of veterinary inspection that are required for the movement of animals between states and countries, including those entering the food supply.

Veterinarians are an integral part of

our nation's food and fiber industries. Veterinary care is critical to ensure that only healthy animals enter the food supply. While primarily housed on farms, food animals are also present in urban areas.

Veterinary practices provide medical and surgical care daily for critically ill and injured animals.

Veterinarians provide care for service and therapy animals, supporting both animal and human welfare.

Veterinarians also oversee the care of laboratory animals, which are critical to research that leads to the development of pharmaceuticals and biologics, including vaccines such as those currently being developed to combat COVID-19.

Veterinarians care for rare, threatened, and endangered animals in zoos, aquaria, wildlife rehabilitation clinics, and wildlife facilities. Even if such entities need to be closed to the public for COVID-19 mitigation, veterinarians and animal care staff must continue to care for these animals.

Veterinarians and our support staff are trusted professionals involved in disaster situations. While perhaps different from a statutory and regulatory perspective, the training, education, and experience of veterinarians and our staff in disasters are clearly transferrable skills in whatever COVID-19 risk mitigation is deemed necessary.

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*\$10 Low/No Income Spay & Neuter Friday, June 26th Shiells Park parking lot, 649 C Street Fillmore, CA 93015 Must call for appointment (805) 584-3823*

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## The Pet Page

### Forever homes wanted

Hi: I'm Tucker, an older Shih Tzu in need of a new home. I was rescued from Animal Services and I'm thankful C.A.R.L. is giving me the chance to find my forever home. I know people will pass me by because of my age, but I know my special someone is out there. I hope they come for me soon.

Since I'm blind, deaf and sleep most of the day, I'm not confrontational. I wear a cone so I don't chew on myself. I need a bath two times a week. I bark when I need to go out or come in. My foster mom carries me in and out. I'm a sweet dog who loves his belly rubbed.

Canine Adoption and Rescue League.



These sweet girls have lived together for 13 years. They are both mellow and friendly. If you like lap cats you can double the deal by adopting them both. We would love to keep them together. Ventura County Animal Services - Camarillo location - 600 Aviation Drive. Ginger A754156 and Ricki A754157

**Moving In?  
Moving Out?  
Moving Up?**

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#### Scholarships

*Continued from page 6*

incredible inspiration and hope.”

“The scholarship program’s theme of ‘Perspectives on Peace’ was chosen both because we were quite curious to learn what high schoolers today feel about the concept of peace, and because Rotary International has recently made promoting peace one of the focal purposes of the organization worldwide”, reports Staci Johnson, Rotary Club of Ventura member and co-chair of the scholarship effort. “Rotary, of course, has always been about peacebuilding but only recently started to really codify what that means both in our local communities and around the world. So, whether we’re serving local disadvantaged kids by providing a warm jacket or a backpack and school supplies – or we’re helping to support a skill-training center for vulnerable young girls in rural Zambia – we are in fact promoting peace.”

The Perspectives on Peace Scholarship received 35 entries of original artwork from high school seniors representing Buena, Foothill Tech, Ventura, and El Camino high schools. The submissions included paintings, drawings, mixed media, needlework, woodwork, photography, video and song. Ten judges reviewed each applicant’s artistic rendering of their personal perspective on peace along with their recommen-

dation from teachers, guidance counselors, or mentors. “The creativity of these young adults is truly inspiring,” said Johnson, “and the judging process was a difficult one.”

The winners of the Rotary Club of Ventura 2020 Perspectives on Peace Scholarship are:

1st prize \$5,000 scholarship: Meghan

Carter (Foothill Tech High School)

2nd prize \$2,500 scholarship: Sedrik

Dedman (Buena High School)

3rd prize \$1,500 scholarship: Audrey Abbe

(Foothill Tech High School)

Honorable mention \$500: Yalda Kotobi

(Ventura High School)

Honorable mention \$500: Lindsey

Johnston (Buena High School)

“It is deeply moving to see the talent and artistic visions of these high school seniors and to help support them on their journey to higher education – and I’m proud to say that the Rotary Club of Ventura has committed to doing this scholarship program next year as well”, reports Young. “We’ve been putting ‘Service Above Self’ right here in Ventura for over 100 years now. Today, while we recognize our Club’s past, it’s our next 100 years that we’re most excited about.”

To view and experience the Rotary Club of Ventura 2020 Perspectives on Peace Scholarship winners, please visit the full digital presentation, here: <http://perspectivesonpeace.org/2020-winners/>

## This 'n' That

### International win for Every Now and Then Theatre

Every Now and Then Theatre in Ventura has won an International Hermes Gold Award “Honoring Messengers of Traditional & Emerging Media” for their radio theatre broadcast of “Nikola Tesla: Mysterious Genius.” Co-presented with Conejo Players Theatre in Thousand Oaks, NewsTalk 1590 KVTA Radio aired the one hour commercial-free production on Halloween night 2019.

Recently the show also picked up an International AVA Digital Gold Award for “Excellence in Creativity and Support of Altruistic Efforts,” and an International Communitas Award for “Excellence in Community Service Volunteerism and Social Responsibility.” Every Now and Then Theatre participants are allowed only one rehearsal, then perform. All shows benefit foster kids. No one personally profits. Donations are raised from cast, crew and fans from a minimal requested donation of \$15 in trade for a CD copy of the broadcast. Funds will be presented this holiday season on KVTA.

Celebrity Host Rachel Reenstra joined the select cast of top local actors revealing the mysteries behind Tesla, the nearly forgotten eccentric inventor and animal lover.

Featured radio theatre actors this time were: Bob Allen, Jim Barker, Andy

Brasted, Abigail Cluster, Bob Decker, Jim Diderrich, Judy Diderrich, Olivia Heulitt, Keith Hurt, Maria Laing, Lora Marsh, Loren Marsters, Ray Mastrovito, Gloria Palma, David Parmenter, Rachel Reenstra, Robert Staback, Reesha Tuomi, Bob West, James M. Wortman, and Monty Yvon. The crew was: Celeb Host Consultant- David Mirisch; Onsite Audio Engineer- David Tuomi; Post Audio Producer- Bob Allen; Casting Coordinator and Co-Director- Jim Diderrich; Production Assistants- Yasmine Morantes and Robert Yvon; Script, Co-Director, and Producer- James M. Wortman.

Every Now and Then Theatre is California’s select troupe for radio drama broadcasts since 1990. Now beginning their 31st year, the all-volunteer Every Now and Then Theatre can be found by name on Facebook and maintain a website at [everynowandthentheatre.com](http://everynowandthentheatre.com).

### Marriage license issuance has resumed in Ventura County

On March 18, 2020, the Ventura County Government Center was closed to the public due to the COVID-19 pandemic. At that time, the Clerk-Recorder, Registrar of Voters suspended in-person services and offered eligible services remotely. All marriage services were suspended

with the building closure. Clerk-Recorder, Registrar Mark Lunn declared his office would resume issuing marriage licenses on Monday, May 4, 2020. Lunn stated, “We have strictly followed local health orders for nearly seven weeks to do our part to slow the spread of the coronavirus. We have determined we can resume issuing marriage licenses for this critical life event for Ventura County residents while safely adhering to social distancing practices.”

Requirements:

Appointment only  
Building entry limited to the two applicants

At least one applicant must be a Ventura County resident (with exceptions for active military and first responders); identification required

Application must be completed online in advance at <http://apps.countyofventura.org/ailis5/>; applicants without internet access can call (805) 654-2263 and request an application be mailed to them

Must submit to County screening to gain building entry

Must bring and wear masks and adhere to social distancing protocols during the entire visit; masks will not be provided

Marriage ceremonies will continue to be suspended. Applicants will be asked to find a private officiant for their ceremony. Under state law, marriage licenses are valid for 90 days.

For additional information, or to make an appointment for a marriage license, call (805) 654-2263.

### Island Packer Cruises opens for public transportation

Island Packers, authorized transportation concessioner to Channel Islands National Park, is pleased to announce resumption of limited public transportation to the Channel Islands effective June 1, 2020 of all landing and non-landing trips.

On June 1st, Island Packers plans resumed limited service to Santa Cruz, Santa Rosa and Anacapa Islands for both day visitors and campers from Ventura and Oxnard harbors. In addition to three-hour island wildlife trips and six-hour whale watching trips. Although this date is considered credible, and reservations are being accepted, current conditions necessitate that all transportation plans must be subject to change.

In response to legitimate health concerns, Island Packers has revised several procedural protocols designed to keep visitors to the Channel Islands safe and comfortable. These revisions to our office and vessel operations, include:

Passenger loads will be limited to under 40% capacity to better facilitate social distancing

All Island Packer employees will be health screened before every shift

Passengers will be given a health inquiry before being allowed access to

*Continued on page 17*



by Pam Baumgardner  
VenturaRocks.com

## Ventura Music Festival

It's official, the Ventura Music Festival put out a press release which postpones their 26th season scheduled for the last two weekends in July 2020 and it's been moved to July 2021. The VMF's chief executive, Susan Scott said, "when the only certainty is uncertainty, creativity and innovation come to the fore along with the necessity to be nimble. Assuming conditions permit 60 or more days' readiness, we can present 3-4 live, fully staged concerts between Fall 2020 and June 2021, with distanced seating and other measures as required."

She also said that larger events were on the drawing board that could be staged outdoors. I remember well Ozomotli on the athletic field at Ventura College. It was quite an innovative idea which was well received during the Ventura Music Festival's 2015 season. There are plenty of locations throughout Ventura County where outdoor concerts could potentially be held.

## Drive-In Concerts III

As previously reported, CBF Productions (California Beer Festival), will be presenting Concerts in your Car, a drive-in theater type setting for live music using the parking lot at the Ventura County Fairgrounds at Seaside Park. The first live show is marketed to the new grads in the area with SuperDuperKyle performing two nights on Friday, June 12, and Saturday, June 13. They have not announced other dates or artists. SuperDuperKyle who is also known as K.i.D. (Kyle is Determined), is a former Ventura High School student himself (Kyle Harvey), who has given back to his school with a sizeable donation to the theater department and who has sold out the Ventura Theater in the past. He is incredibly popular having paved his own road making a mark in the hip-hop community.

As the state relaxes a lot of their stringent guidelines, there are still many obstacles to deal with such as no bathrooms. WHAT??? Please dear God, let the portables be green-lighted! And as much as I love live music, maybe someone could also utilize the same parking lot for actual drive-in movies. I'm about ready to travel an hour or so to catch a movie up in Goleta, or visit friends up near Morro Bay where San Luis Obispo just reopened their Sunset Drive-in theater. And just a small confession, while I do love movies, it's mostly because I miss my movie theater popcorn!!

## Main Street Ventura Experiment

The closing of downtown Ventura's Main Street to through traffic is a green light as the DVP

(Downtown Ventura Partners) work with the City and restaurants and merchants to create a safe environment for people to enjoy, but mostly to help kickstart our economy.

The City Council unanimously voted in favor of the emergency ordinance on May 18, 2020, which will close Main Street from Fir to the Mission (or Figueroa Street). If you live close enough, I would encourage you to either walk, ride your bike, or use one of the many rideshare companies, which include our local taxis, Lyft or Uber.

According to the City's Economic Development Manager, Estelle Bussa,

the target date for the closure is on or around June 15th. She also told me that the Ventura Unified School District is able to do a parade graduation for the City's graduating class of 2020 which will take place on June 13 and 14 which will have an impact to the traffic in downtown.

I also had a great conversation with Julie Henszey from the DVP about the possibility of live music and we were pretty much on the same page where solo or duos could perform for a couple of hours over the weekend which would liven up downtown without encouraging amassing a large group of people dancing in the streets. She's even thinking of speakers atop buildings along Main so one act could be heard on each block.

By the way, it cracks me up when I hear talk about "repopulating" areas after the quarantine. Seriously, wouldn't it be more proper to say "reoccupying" an area? We have the people; we don't need to produce new ones, although it wouldn't surprise me if we have a baby boom early next year.

## New Music

New music released during the pandemic includes Dylan Garcia's Devil's Playground which dropped Friday, May 29, 2020; some of the music had been kept unpublished as far back as 2009. You can find Dylan's work on most social media platforms.

The band, earth immigrant has a new EP called Genrefluid where each of the four tunes features a different genre including country, punk, rockabilly and synthpop, and yes, they prefer their band's name in print to be all lowercase which is not always an easy feat what with auto-correct trying to override one's poor grammar choices.

All-a-Blur released False Flag, a highly respectable punk entry. The album was engineered, mixed and mastered by Armand John Lizzy at the Captain's Quarters here in Ventura. You know years ago, punk bands were mostly garage bands who played loud, fast, but mostly, couldn't quite play their instruments, and NO ONE CARED! These guys know how to; yes, they're loud; yes, they're fast;

at 104.1 FM. I've been producing hour-long shows for the past couple of years with 110 episodes in the can. My show highlights mostly artists out of the 805 (area code) and artists who come to the 805 to play. And while the frequency at 104.1 FM isn't all that strong (serves most of Ventura if you don't have a large object like a hill between you and their tower), you can listen online at Capsmedia.org/radio or use the MyTuner app on your smart device.

I will admit not all music I play is professionally produced music, but I believe all artists deserve a spin on the radio from time to time. It's a mixed bag of tunes ranging from punk to jazz and all points in between and airs Tuesdays and Fridays at 5 pm and Sundays at noon. Each show runs two weeks at a time. I hope you tune in sometime, and if you have music you'd like to submit for airplay, just drop me a line at Pam@VenturaRocks.com.

## Venues Reopening

A couple of venues have taken advantage of the shutdown and have been doing upgrades and remodeling. I'm looking forward to checking out both the Keynote Lounge on the eastside of town as well as Grapes and Hops downtown on Main Street in the near future. Otherwise, most bars and restaurants have been slowly opening up with all the social distancing guidelines in place, and a handful are having live music. The venues already putting out their feelers for booking music include Four Brix Winery for single or duo acoustic sets for weekend afternoons; 1901 Speakeasy in Oxnard is booking solo artists as well as duos for Friday and Saturday evenings; John from Leashless is absolutely onboard for hosting music starting with Saturday afternoons but he is getting his ducks in a row in order to extend out their patio area very soon; JR at Winchesters is holding off for when they can be back at full capacity, but is also entertaining expanding their tables into the street and/or parking lot; and the Winery Ventura has already been hosting a few combos here and there; the latter's floor plan is quite conducive for social distancing especially when they open up their back doors so people can use the adjacent parking lot where food trucks are available.

And while I don't have specific artists to report currently for my column, do keep tuned to VenturaRocks.com as I'm able to update the website daily, and my column here in the Breeze is once every two weeks. I will be updating as the information comes in. It is going to take some time before we're back to hanging out with one another, especially in crowded places like Star Lounge or Bombay's used to be. Until we have this COVID-19 totally under control, things will look different for the time being. But I'm happy to report it looks like music will continue to be an important aspect to our community. Be patient, do your part, and for God's sake, wash your hands!

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.



and with a resounding yes, they nail it!

Michael Henszey & David Standridge were inspired by the pandemic and wrote and produced a song called "Take Care of Each Other" which can be found on Bandcamp; they posted on their page, "In the spirit of this song, we are donating your download gift to the World Central Kitchen, who is distributing fresh meals in communities across the US. World Central Kitchen is active in dozens of cities partnering with local restaurants and providing 250,000 fresh meals every day. Founded in 2010 by celebrity chef, Jose Andres, the organization prepared food in Haiti following its devastating earthquake."

You might remember World Central Kitchen was on the scene here in Ventura making meals for first responders and residents displaced by the Thomas Fire. Over 500 homes burned, no telling how many occupants in each...so a lot of people benefited from this service.

Each one of the artists mentioned here have been played on the Pam Baumgardner Music Hour out of the CAPS Media center on KPPQ-LP



**Taylor Wilcox**, "Couldn't Care Less #2"  
Mixed-media



**Juan Carrillo**, "In A Fairytale" Photography

## Annual Ventura Unified Art Show goes online

The Ventura Unified School District and Museum of Ventura County are proud to announce the premiere of the 3rd Annual VUSD Student Online Art Show. In the face of the pandemic, these partners are committed to the belief that the arts will survive, and young artists will be celebrated in Ventura. The show can now be found at <https://venturamuseum.org/virtual-exhibits/3rd-annual-vusd-art-exhibit/>.

Much has changed in our world since last year's show. The pandemic has drastically changed life. It has caused cancellations and disappointment worldwide, and the 3rd Annual Ventura Unified School District Student Art Show was not

immune. Before the school closure, VUSD art teachers had selected five high school students' works for publicity posters and seventeen elementary students' art pieces for the upcoming show. Unfortunately, the jurying selection for the remaining middle and high schools' artwork was cancelled due to the school closures. This was followed by the museum closure and the show's cancellation.

These challenges solidified the partnership between Ventura Unified School District, Museum of Ventura County and Ventura's committed arts community. Together they have found a way to recognize these young artists virtually for their outstanding achievements through an online art show.

The 3rd Annual VUSD Student Online Art Show is made possible through the Ventura Arts Collaborative program, a cooperative program of Ventura Unified School District, the City of Ventura and the Ventura Education Partnership. "The

Museum of Ventura County is proud to collaborate with and support VUSD and VEP in their ongoing efforts to elevate the arts in the lives of Ventura youth. These young artists deserve to have their work displayed for all to enjoy," stated Denise Sindelar, Museum Deputy Director.

This partnership between Ventura Unified and the museum is a direct result of our community's commitment to the Arts. With the passage of Measure Q and, later, Measure R, the citizens of Ventura made it very clear that they believe in the value of arts education in our public schools. As Sabrena Rodriguez, VUSD Board President and longtime Arts Collaborative

member, stated, "We are very proud of the long history Ventura Unified, and our community has of supporting the Arts in our schools. Arts education is critical in helping all of our students be well-rounded citizens in the modern economy – one where creativity and technology interact in continually evolving ways."

Juan Carrillo is a senior at Ventura High School and has been interested in taking photographs since he was in sixth grade.

Taylor Wilcox is a mixed media artist who recently started working with acrylic paints again. Sophomore at Foothill Technology High School.



Buenaventura Art Association member **Cathy Smith**: "I have spent my time in self quarantine playing and experimenting with new materials. For fun, I have been creating mosaics out of magazine paper. The tiny paper squares are affixed with rubber cement onto 300 lb. watercolor paper. I use objects in my home for inspiration."



Over 8,000 healthy, nutritious meals have been distributed.

## Seventh week of meal distribution and delivery

Rincon Brewery Ventura joins forces with two non-profits to help feed Ventura County Foster/Resource Families, Kinship Families, Adoptive Families, and Bio-families currently working with Children and Family Services

Kids & Families Together (K&FT) is a nonprofit that has been serving

foster/resource, adoptive, kinship, and birth families throughout Ventura County since 2000. K&FT works with children who have experienced trauma, abuse, neglect, loss, and multiple placements. K&FT also works with caregivers who need specialized education, support, and strategies to help raise safe, healthy, nurtured children that thrive.

Having hosted and catered events for K&FT over the last two years, the owners of Rincon Brewery Ventura (located at 4100 Telegraph Road) are well aware of the needs of the families served by K&FT.

Word Central Kitchen (WCK) founded over 10 years ago, by Chef José Andrés, is no stranger to Ventura County.

In early April, the owners and management of Rincon Brewery reached out to WCK offering to re-open their Ventura restaurant to make a difference in the Ventura community. By mid-April the restaurant's focus shifted from feeding first responders to helping to feed members of the local community that were in need. On Thursday April 16th, Rincon Brewery presented the idea to K&FT. Within three days, staff rallied and K&FT was prepared to distribute meals.

This effort has been ongoing, six days a week since April 20th. Over one third of the K&FT staff have participated in this effort, with some putting in countless hours managing the distribution site, organizing delivery lists and loading meals into boxes for pickup. The agency has also received

help from a small army of local volunteers who have generously given their own time in this effort. Over 70 individual volunteers have worked side by side with K&FT and Rincon Brewery, some volunteers putting in multiple shifts each week!

At the start of each day both staff and volunteers circle up (making sure to remain six feet apart) for the "morning gathering" where Rincon Brewery co-owner Luisa Hyatt or, on some mornings, Chef Stroh rallies the group with words of inspiration, feedback from families receiving the meals or sharing the "love note" going out with that day's meal. K&FT's Therapy Dog, Charles is there several mornings each week ready to greet the families as they drive-thru and have the meals placed in the trunk of their car. Yamaoka Flowers, an area flower grower, donated buckets of flowers that were arranged into gorgeous bouquets and present to families in honor of Mother's Day. K&FT has distributed coloring sheets, crayons and a list of "100 Ways to Have Fun Together as a Family While Quarantined" to families picking up meals. One of the most touching moments was when a family brought Chef Stroh a "thank you book" with pictures of all the meals he has prepared for them.

To date, over 8,000 healthy, nutritious, chef-prepared meals have been distributed to families across the county, from Ventura's Westside to Oxnard and all the way out to Simi Valley. Response from families has

been extremely positive!

For those interested in volunteering at the distribution site or those willing to help 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](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>

### Island Packer Cruises opens

*Continued from page 15*

office or boats and require to wear face covering on board vessels

Office and boat crew will wear appropriate PPE when in contact with the public

Check-in lines will promote social distancing and appropriate hygiene

Vessels will be sanitized during stops and between runs

Updated cargo transport protocols limiting exposure of passenger gear

Island Packers will continue to monitor the directives from health officials and to always prioritize the safety and well-being of our customers and crew. Staff look forward to having the public on board and back in operation.

More information is available at our website, [www.islandpackers.com](http://www.islandpackers.com) or by calling Island Packers at 805-642-1393. The office will be open 9:00 a.m. to 5:00 p.m. daily for information and reservations.



# Lighter Breeze (Note: the funnies are online for this issue)



One-person boats for social distancing.

## Free summer rowing camps

Thanks to a generous grant from Ventura and Ojai kids get to row for free this summer!

Learn to Row for Beginners and Advanced camp for Racing Team

Students from outside areas welcome at a regular rate of \$150 per week.

Casitas Rowing is excited to offer this to our local families to support our community in the recovery efforts! All summer camps are free for student athletes grades 6th - 12th from Ventura and Ojai Unified School Districts.

All equipment wiped after each use  
One-person boats for social distancing  
Small class sizes with expert

coaching

Outdoor activity on the water  
Summer Camps Tentatively June - August 2020

Check website for updated schedules  
Beginners and Advanced Camps  
Limited Space so RSVP soon

To Register: Call 805-642-2288 or email Wendy@CasitasRowing.org  
www.CasitasRowing.org

## Car graduation guidance issued by Ventura County

The Public Health Department has issued guidance to Ventura County education leaders regarding high school graduation ceremonies amid the COVID-19 pandemic. The guidance, created in collaboration with the Ventura County Office of Education, was issued at the request of superintendents and other school leaders who are making extremely difficult decisions about graduation ceremonies, as the 2019-2020 school year comes to an end.

The Ventura County Public Health Department's protocol for drive through car line ceremonies takes into consideration public health concerns, social distancing recommendations and the state restrictions on social gatherings. The protocol includes the best available guidance to make sure the Class of 2020 can celebrate safely.

"Our thoughts are with the high school seniors and families in our county and others who will be missing out on the traditional graduation and promotion ceremonies that signify an important rite of passage," said Mike Powers, County Executive Officer. "Graduations will look different this year, but I know the future is very bright as these students move forward. Many of our local students have been instrumental in providing innovative personal protective equipment for medical providers when it has been needed most. As these students embark on their next chapter, we wish them the very best and appreciate the sacrifices they have

had to make during this time. We hope this public health guidance will still allow for meaningful graduations to celebrate our local students."

Gatherings remain prohibited by the state of California therefore traditional in-person graduations are not possible at this time. The protocol allows graduates to briefly exit their vehicles on a timed schedule to receive their diplomas. Diplomas may be distributed using a no-contact pick-up method, maintaining physical distancing of six feet or greater. The protocol allows school personnel to take photos of graduates outside of their vehicles. Family members will be permitted to take photos from inside their vehicles.

"With so many senior year traditions altered or canceled by the coronavirus crisis, we're grateful that our graduates will have the opportunity to receive their diplomas in person with their families looking on," said Ventura County Superintendent of Schools Stan Mantooth.

Local school communities must assess their unique needs and capacities, and many variables will impact decisions around graduation celebrations. Many schools are hosting virtual events or postponing the ceremonies, but for those who are planning an in-person event, this guidance addresses important safeguards and considerations for a drive through graduation.

Decisions around whether to host graduation ceremonies will remain at the discretion of local school boards and superintendents and must be conducted in accordance with the Public Health Car Line Celebration Protocol. As we remain in a state of emergency, planners of important events are urged to consider the fact that regulations and recommendations are subject to change, due to the dynamic nature of this situation.

Solutions on page 13

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

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

Weekly SUDOKU

by Linda Thistle

Place a number in the empty boxes in such a way that each row, each column, each 3x3 sub-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 Dallas cager, briefly
- 4 Frat party supply
- 8 Prejudice
- 12 Expert
- 13 Sicilian spouter
- 14 St. Louis landmark
- 15 Flogged
- 17 Tardy
- 18 Vigorous
- 19 Puncturing tool
- 21 Fa neighbor
- 22 Pulverized
- 26 Pitch
- 29 Irritate
- 30 Foreman opponent
- 31 Check
- 32 Calendar pgs.
- 33 Pageant winner's address
- 34 Scepter top-per
- 35 Hido's foot
- 36 Insertion mark
- 37 Ran
- 39 Scull tool
- 40 Mentalist
- 41 Eaves dropper?
- 45 Deserve
- 48 Played in water
- 50 United nations
- 51 Twistable treat

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									
50					51				52		
53					54				55		

- 52 Singer
- 8 Poolroom supply
- 29 Promise
- 32 Midwestern capital
- 33 Breaker of Ruth's record
- 35 Apiece
- 36 Chocolate sources
- 38 Intuitive feeling
- 39 Lubricated
- 42 African nation
- 43 Give temporarily
- 44 Fix manuscripts
- 45 Recede
- 46 Heady quaff
- 47 Deteriorate
- 49 Paid athlete
- 53 DiFranco
- 9 A Gershwin brother
- 10 Performance
- 11 The girl
- 16 Insurance fraud factor
- 20 Tussaud's medium
- 23 Barber's concern
- 24 Otherwise
- 25 Mi. or km
- 26 Walked hard (on)
- 27 Juno's counterpart
- 28 Barbecue entree
- 7 He loved Aida

**DOWN**

- 1 Numbers course
- 2 Liniment target
- 3 Couturier
- 4 Give
- 5 - alcohol
- 6 Compass pt.
- 7 He loved Aida

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**ARIES** (March 21 to April 19) Your Aries self-esteem level is high, as is your impatience to see more action come your way in the workplace. Good news, Lamb: It could start to happen sooner than you think.

**TAURUS** (April 20 to May 20) Changing things now could upset a lot of people. But if you feel you're acting because you believe it's the right thing to do, others will understand and even come to support you.

**GEMINI** (May 21 to June 20) A change of mind might not necessarily be a change of heart. You still want to go ahead with your plans, but you might see a better way to make them happen. So go for it.

**CANCER** (June 21 to July 22) An old business dispute could re-emerge and possibly affect upcoming negotiations. Consider opening up the situation to include suggestions from others on both sides of the issue.

**LEO** (July 23 to August 22) Some Leos and Leonas might find it somewhat difficult to get their ideas accepted or even considered. But that's only for a while. Things will soon return to the way you like them.

**VIRGO** (August 23 to September 22) The pace seems to be slowing down from the hectic on-the-job run you recently enjoyed. But be assured that you're still in the race to pick up new workplace-related goodies.

**LIBRA** (September 23 to October 22)

Seasonal changes create opportunities for busy Librans. However, be sure to balance your workload with your personal life so that you don't overdo it on one end or the other.

**SCORPIO** (October 23 to November 21) A former critic could make a surprise turnaround and become a supporter. But if your Scorpion sense suspects a questionable motive, who are the rest of us to doubt it?

**SAGITTARIUS** (November 22 to December 21) Data on a new project seems less than dependable. But it might turn out to be just the opposite. Consult with someone who knows how you might best be able to check it out.

**CAPRICORN** (December 22 to January 19) Capricorneans face many decisions this week, with the Sea Goat's kids rating high on the consideration scale, especially regarding vacations and upcoming school matters.

**AQUARIUS** (January 20 to February 18) Showing that you care is what Aquarians do so well. It's your very special skill. And this week, you'll have several chances to show off that gift for a very special person. Good luck.

**PISCES** (February 19 to March 21) That streak of Piscean wariness should serve you well this week should you be among those who come up against a slippery character offering a fishy deal with nothing to back it up.

**BORN THIS WEEK:** You have an artist's sense of how to help others see, as you do, the beautiful things about the world.

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# Showtime



Broadway's biggest and brightest stars join a new interview series.

## Rubicon offers new and expanded education programs

Live Theatre. It's an art form that, by its very nature, requires people to gather together to share an experience -- a communal fear or a common hope. When you go to a theatre and sit in the dark with a few hundred fellow patrons, you laugh together, you cry together, and it has actually been proven by the University College London that, during a live performance, audiences' hearts actually do beat as one. So what does a theatre do when the thing that defines them is taken away?

As COVID-19 sweeps the world, Rubicon Theatre Company, Ventura County's professional theatre company, has been looking for answers to that question. Just like many other theatres from Broadway to Boise, Rubicon's goal has always been to bring people together and build a sense of community.

Priority one for Rubicon at this time of year is the Summer Youth Program. For 21 summers, the board and staff of Rubicon has created a tradition of opening the company's doors to the young theatre artists of our area. In that time, more than 2,600 students between the ages of five and twenty-five have crossed the threshold to spend their summers in the worlds of make-believe, musical theatre, technical theatre and classical Shakespeare. This year, due to Coronavirus, that threshold is barred. Yet Rubicon remains committed to making it another memorable summer. With help from friends far and wide, the company is not only keeping the program going this year, but expanding the curriculum to engage students on a more personal level.

For 2020, Rubicon has made the inevitable decision to move the program entirely online. "It's a challenging proposition," says Kirby Ward, director of the program. "Not being able to have a normal rehearsal with the cast all in one place is going to feel unusual for the kids. So much of what makes the summer great for them is that sense of being part of a team - part of something bigger than themselves. When you work successfully on a play or musical you create the feeling of a close-knit family. The bonds that form during these shows can last a lifetime."

In summers past, those bonds were formed during an intensive six-day-a-week schedule, with rehearsals lasting eight hours a day for up to four weeks. The kids put training into action on one of four fully produced plays, including three musicals and a Shakespearean piece.

After weeks of discussion among the staff and board, the Rubicon organization decided that the summer program would move forward in spite of the challenges presented by quarantine.

"Even if a final live performance isn't possible, we feel we can still provide valuable training and an effective emotional outlet for young people that working on a show allows," says Ward.

This year's list of shows includes Annie, Journey of the Noble Gnarble and Shakespeare's Macbeth. But there's a wrinkle to the theatre's plan; a bonus, if you will.

"Since we'll be on the web," says Ward, anyone from anywhere in the world can log in and be involved." A full listing of artists and classes may be found at [www.rubicontheatre.org](http://www.rubicontheatre.org).

Students also have personal weekly training sessions with voice teachers Rick Hilsabeck and Sarah Pfisterer, two past stars from the Broadway and National Tours of Hal Prince's Phantom of the Opera." The students will be rehearsing daily via Zoom and filming their scenes and songs in makeshift home studios.

In addition to the classes for young people, for the first time they have summer programs available for all ages. Adults will be able to audit the "Inside the Actor's Process" for a fee. A class is also offered for aspiring stage managers taught by Rubicon's Director of Production and Operations, Jessie Vacchiano,

Rubicon casting director Stephanie Coltrin and best-selling author Judy Kerr will be teaching classes in Audition Technique, both for stage and for film and television.

Full details and registration information for the summer programs is now open at [www.rubicontheatre.org](http://www.rubicontheatre.org). For more information, call Kirby Ward at 805.667.2912, ext. 232, or contact him at [kward@rubicontheatre.org](mailto:kward@rubicontheatre.org).

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## Hollywood

by Tony Rizzo

Time doesn't go backward, it only goes forward. The movie industry will take a long time to recover from the effects of our pandemic, and it will never be the same again.

Movie studios and producers hate giving up half their profits to movie theaters to show their films. So when theaters closed, by government decree, it gave the studios a chance to test the waters. The first film made for theaters that premiered on-demand was "Trolls World Tour," which brought in a big bounty. Then the new \$65 million Chris Hemsworth film "Extraction," which was to premiere in theaters April 24, instead made its debut on Netflix and was viewed by 90 million households in the first four weeks.

That's not to say films made in 3D or IMAX can be streamed first, since their charm is big screens and special effects. Which is why the fourth G.I. Joe epic was instead pushed to Oct. 23 in theaters. This reboot is called "G.I. Joe: Snakes Eyes," with "Crazy Rich Asians" star Henry Golding in the title role. You probably remember that Channing Tatum starred in the original (which grossed \$302 million) and Dwayne Johnson in the sequel, "G.I. Joe: Retaliation" (which grossed \$678 million). Naturally there's already a fourth film being prepped, "G.I. Joe: Ever Vigilant," though no star

has been announced for this one.

Four-time Oscar nominee Saoirse Ronan stars in director Wes Anderson's new film "The French Dispatch." She'll again be paired with Timothee Chalamet (as in "Little Women,"), as well as four Oscar-winning actors: Benicio Del Toro, Adrien Brody, Tilda Swinton and Jeffrey Wright. Chalamet, meanwhile, has a date with "Dune," the reboot of the classic Frank Herbert science-fiction novel, premiering Dec. 18.

Superstar Harrison Ford, now 77, recently had his third flying close call (that we know of). In 2015, he crash-landed a vintage World War II plane on a golf course in Los Angeles. He was lucky he was only "battered but OK." Then in 2017, he landed on a taxi runway after he flew over a jet and again was unharmed. Most people were under the impression Ford was going to stop flying. Yet here we are today, hearing Harrison is "under investigation by the Federal Aviation Administration over an incident that happened at a Southern California airport." He apparently was piloting his light plane and crossed a runway where another aircraft was landing. Ford acknowledged the mistake and apologized by saying, "I misheard an instruction from air traffic control."

Ford is a true superstar, and in an era where we have so few, we need him healthy and in one piece so he can be beaten to a pulp in the new Indiana Jones epic!

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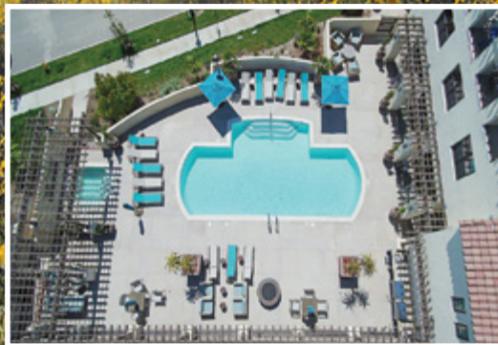
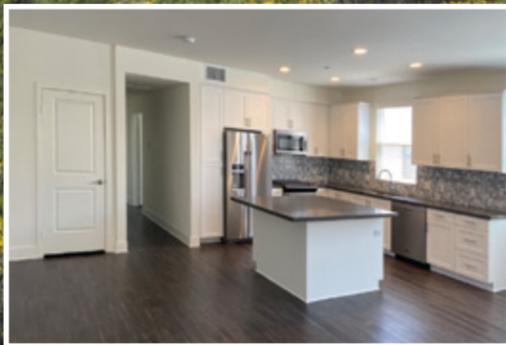
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## This 'n' That

### Local students shift gears to help restart our economy

As our economy reopens, business owners and their employees are going back to work and need to protect themselves from exposure to coronavirus. STEMbassadors, a student-run nonprofit organization in Ventura, wants to help. STEMbassadors has been 3D-printing and assembling face shields to help their local medical community since quarantine began. To date, STEMbassadors has provided 3500 face shields to medical workers and first responders. The STEMbassadors Face Shield Project has been so successful that STEMbassadors will now pivot to focus on helping small business owners and their employees.

STEMbassadors is working with community members to increase their production to make a total of 10,000 -12,000 face shields. Half of these will be available to small business owners and their employees. Ventura County business owners and employees who are interested in obtaining face shields should email their request through the STEMbassadors website: [www.stembassadors.net](http://www.stembassadors.net). The remaining face shields will be sent overseas as part of STEMbassadors' exciting new international endeavor. STEMbassadors' student members were so inspired and encouraged by the incredible community support they received over the past two months, that they will now expand the impact of the project to an international level. "It gives me a sense of pride and accomplishment to see our skills

as STEMbassadors having real impact in helping reopen local businesses and helping people worldwide", said Pascal Hayward, a 9th grade STEMbassadors member.

STEMbassadors has connected with international charitable organizations with a presence in twenty economically disadvantaged countries around the world which are suffering from a severe lack of PPE. STEMbassadors will help the medical workers in these countries by providing them with protective face shields to help avoid illness, allowing them to treat Covid-19 infected patients. STEMbassadors is a student-managed, California 501(c)(3) corporation formed in 2017 in Ventura, comprised of 14 motivated middle and high school students with highly developed STEM "maker" skills. Their "maker" skills consist of the knowledge and ability to use CNC routers, computer aided design (CAD) and, of course, 3D printers. STEMbassadors is mentored by STEM educator, Alex Wulff.

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