

VENTURA BREEZE

Your Hometown Paper

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"Sustainability is a major initiative at Ventura Harbor."

Ventura Harbor increases sustainability with new EV charging stations

The Ventura Port District has installed five new SemaConnect charging stations for Ventura Harbor visitors. The new Series 6 charging stations replace a pair of charging stations previously installed at Island Packers and are open to all plug-in EV drivers that visit the harbor.

The five new SemaConnect stations are installed at Ventura Harbor Village and Harbor Cove Beach parking, 1691 Spinnaker Dr. and 1860 Spinnaker Dr. respectively. The durable Series 6 charging stations are designed for the outdoors and replace old equipment previously installed outside Island Packers. With interactive LED lights, smart card authentication, and network connectivity, the new ENERGY STAR-certified stations help reduce emissions in Ventura. Using the SemaConnect Network, station administrators can view station usage, energy consumption, and carbon-offset reports – perfect for the Port District's year-end sustainability reporting.

"Sustainability is a major initiative at Ventura Harbor," said Brian Pendleton, general manager at Ventura Harbor. "We've seen an increase in visitors with electric vehicles in the last few years, and

Continued on page 20

Celebrate the 100th anniversary of Women's Right to Vote

Vision 2020 has an inspiring vision for the nation's future.

August 26, 2020 marks the 100th anniversary of the 19th Amendment to the U.S. Constitution acknowledging women's right to vote. Vision 2020 Ventura County invites community members to celebrate, participate and learn about the centennial at a family-friendly, non-partisan virtual event on National Women's Equality Day, August 26 from 4pm to 6pm. The free event will include performances by the passion players, presentations, videos and the Museum of Ventura County's virtual tour of its new curated exhibit "The 19th: Votes for Women". For event details and to register, visit www.facebook.com/Vision2020VC

Vision 2020 Ventura County is affiliated with Vision 2020, a non-partisan National Women's Equality Initiative headquartered at Drexel University's Institute for Women's Health and Leadership in Philadelphia. Dawn Dyer, Chair of the Vision 2020 Ventura County committee also serves as a California Delegate for Vision 2020 National.

Dyer explains why she helped organize Vision 2020 Ventura County, "I felt it was particularly important to empower young women to claim their seat at the table. By honoring the sacrifices of the suffragists, we can help shape the future for the next generations of women. I encourage all women not to take their rights for granted. Use Your Voice! Use Your Vote!"

Toast to Tenacity endeavors to engage and inform attendees of all ages about the history of women's rights and



the importance of being actively engaged in our democracy. Though the 19th Amendment did not discriminate in its language, many women of color were denied the right to vote and continued to fight until the Voting Rights Act was passed in 1965. Register online here to attend the virtual event.

Vision 2020 has an inspiring vision for the nation's future, based on four pillars of action: Shared Leadership among women and men; Economic Parity for women by closing the gender gap in pay and retirement income; Youth Education that inspires girls to identify as leaders; and Civic Engagement, encouraging women to run for office and to vote in record numbers.

Toast to Tenacity is made possible through the support of host sponsor California State University Channel Islands, and collaborators including the AAUW, League of Women Voters of Ventura County, Museum of Ventura County, NAWBO VC, Ventura County Professional Women's Network, Women's Economic Ventures (WEV) as well as local educators, and individuals.

Vision 2020 Ventura County is affiliated with Vision 2020, a non-partisan National Women's Equality Initiative headquartered at Drexel University's Institute for Women's Health and Leadership in Philadelphia -- working together to achieve economic, political and social equality for all women. Vision 2020 Ventura County is operating as an independent entity under the fiscal spon

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James Dillard has worked for the Ventura Police Department for the past 5 years.

Ventura Police officer receives MADD honor

Prior to his employment with VPD, James Dillard served as a Probation Officer for the Ventura County and studied Criminal Justice at Cal State Los Angeles. James always comes to work with a positive attitude and a passion to serve his community. James quickly established himself as one of the top officers at VPD when it came to impaired driving enforcement efforts. His dedication to the community fueled his desire to seek additional training in the detection of impaired drivers and James attended multiple prerequisite classes to earn him a coveted spot in the Drug Abuse Recognition Expert Course (DRE). Becoming a DRE, James has continued to keep our community safe by actively searching for impaired drivers. In 2018, James was recognized as the top officer at VPD for DUI arrests and he continued his efforts into 2019 where he arrested 41 drivers for impaired driving and was awarded, a second time, as VPD's Top DUI Enforcement Officer by Mother's Against Drunk Driving (MADD).

James commented on this award by saying, "It is an honor to receive this award. I am pleased to be able to protect the citizens of Ventura by getting impaired drivers off the road."

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

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

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City News

Upcoming capital improvement projects

This summer, the City of Ventura's Public Works department is gearing up for a series of capital improvement projects designed to improve and maintain the City's infrastructure. This includes repair and improvement efforts for City streets, sidewalks, sewers, storm drains, water, and wastewater services.

Street resurfacing projects planned throughout the City include Ralston Street from Portola Road to Victoria Avenue; Victoria Avenue from Telephone Road to Highway 126; Walker Street and Moon Drive from Dowell Drive to Victoria Avenue; Johnson Drive from Bristol Road to Telephone Road; and Telephone Road from Victoria Avenue to Kimball Road. For a map of recent and upcoming projects, visit the City's website.

All street and sidewalk repair projects will include accessibility enhancements, focusing on sidewalk replacements in the City's eastside communities, and continuing with the second phase of pedestrian improvements from the westside to midtown in the City's downtown and wellness districts.

Upcoming planned water and drainage projects consist of waterline replacements in the Pierpont community, completion of two water well installations near Ventura Boulevard and Hill Road, and drainage improvements near Hall Canyon.

"The City is committed to delivering high-quality infrastructure services and programs that promote active and

healthy communities," said City Public Works Director Phil Nelson. "The City can maintain local streets and complete repair projects more quickly thanks to additional funding provided by SB-1 and Measure O; and without these voter-driven initiatives, this would not be possible."

The City of Ventura thanks community members in advance for their patience and cooperation during the completion of these projects. Due to the nature of various construction work and to ensure public safety, lane closures will be in effect around the project areas. Message boards will be posted in each direction to inform motorists and residents of upcoming lane closures. Residents are asked to reduce their speed in construction zones.

The City's Public Works Department conducts a citywide effort to identify the most critical infrastructure priorities over the next six years and establishes a two-year work plan that is updated annually. This strategic planning framework is approved by the Ventura City Council each year by April 1.

For more information, please visit www.cityofventura.ca.gov/construction.

Cheryl Heitmann won't seek re-election

"For the past 9 years it has been my honor to serve as a member of the Ventura City Council, including 2 years as Mayor. These 9 years have been filled with good times, joyful times, frustrating

Continued on page 12

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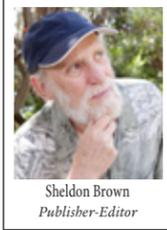
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Opinion/Editorial



Sheldon Brown
Publisher-Editor

■ Current, and some former, Ventura residents have sued the City over the removal of the statue of **Junipero Serra** from in front of City Hall. The Coalition for Historical Integrity filed its suit in Ventura County Superior Court two days prior to the statue being removed and put in storage with the hope of moving it to the Mission San Buenaventura. Ventura council members had predicted that the city would be sued either way whether they decided to remove the statue or keep it at the location in front of City Hall.

■ Oxnard Development Director **Jeff Lambert** has surprisingly left his position with Oxnard. A reason was not given. Lambert took the position in 2019 when leaving Ventura, where he held a similar position. He told the Breeze that he is going to start a consulting business to help builders get through permitting in Ventura County. I wish him luck.

■ In an effort to improve testing capacity for the COVID-19 pandemic, the Ventura County fairgrounds will become the county's newest drive-through **testing site**. The fairgrounds site will be able to collect up to 1,500 samples per day. Hopefully, it won't take 7-10 days to get results – as it takes now, which makes the process somewhat useless.

■ As an Indiana school district welcomed students to the 2020-21 academic year, one of their students tested positive for Covid-19 on the first day of class. This also happened on the first day in Georgia. This is why many parents are reluctant to send their **kids back to school**.

■ Millions of dollars of American taxpayer money went to **China** from the Paycheck Protection Program because the economic relief legislation allowed American subsidiaries of foreign firms to receive the loans. According to a review by the strategy consulting firm Horizon Advisory, \$192 million to \$419 million has gone to more than 125 companies that Chinese entities own or invest in.

Many of the loans were quite sizable; at least 32 Chinese companies received loans worth more than \$1 million.

■ Five individuals were charged in an indictment with fraudulently obtaining more than **\$4 million** in Paycheck Protection Program (PPP) loans and using those funds, in part, to purchase luxury



Jeff Lambert departs Oxnard.

vehicles. Authorities have seized a Range Rover worth approximately \$125,000, jewelry, over \$120,000 in cash, and over \$3 million from 10 bank accounts at the time of arrest.

■ A Houston doctor who praises hydroxychloroquine and says that face masks aren't necessary to stop transmission of the highly contagious coronavirus has become a star of the right-wing internet. Donald Trump Jr. declared the video of Stella Immanuel a "must watch," while Donald Trump himself retweeted the video.

Other claims that she has made should also be considered. Immanuel, a pediatrician, and a religious minister, has a history of making bizarre claims about medical topics and other issues. She has often claimed that gynecological problems like cysts and endometriosis are in fact caused by people having sex in their dreams with **demons and witches**.

She alleges alien DNA is currently used in medical treatments, and that scientists are cooking up a vaccine to

prevent people from being religious. And, despite appearing in Washington, D.C. to lobby Congress on Monday, she has said that the government is run in part not by humans but by "reptilians" and other aliens (this I can agree with).

■ It was not unusual for Garrett Foster to be at a protest against police brutality. And it was not out of character for him to be armed. Foster was carrying an **AK-47** rifle as he joined a Black Lives Matter demonstration in Austin, Texas. Gun-rights supporters on both the left and the right often carry rifles at protests in Texas, a state whose liberal gun laws allow it. Later that night, Mr. Foster was fatally shot, but not by the police. The authorities said he was killed by a motorist who had threatened protesters with his car. In Texas, it is lawful to carry rifles, shotguns and other so-called long guns on the street without a permit, as long as the weapons are not brandished in a threatening manner. To me carrying these types of guns always projects a threatening manner.

■ **Boris Johnson** has admitted the government did not understand coronavirus during the "first few weeks and months" of the UK outbreak. The British PM told BBC political editor Laura Kuenssberg there were "very open questions" about whether the lockdown had started too late. Mr. Johnson also spoke of "lessons to be learned" and said ministers could have done some things "differently". How nice to have a leader willing to admit when he makes mistakes.

■ More than 40 people were infected with the coronavirus after attending a multiday revival event at an Alabama **Baptist church**, according to the pastor. "The whole church has got it, just about," pastor Daryl Ross of Warrior Creek Missionary Baptist Church stated. The pastor said the churchgoers, including himself, tested positive after the congregation held a series of religious services featuring a guest pastor over several days.

■ A new poll released by NBC News shows who is more likely to say they **wear a mask** when leaving home. The NBC News/SurveyMonkey Weekly Tracking Poll found 97% of Democrats or people that lean Democratic say they wear a mask at least most of the time when they leave their homes and might be in contact with others. Republicans and those who lean Republican were at 70%. Who could have ever imagined that wearing masks and saving lives would be political?

■ In an abrupt reversal, President Donald Trump now is encouraging voters in the critical swing state of Florida to vote by mail after months of criticizing the practice, and only days after threatening to sue Nevada over a new vote-by-mail law. I'm sure this decision isn't meant to favor his voting base.

■ A Senate GOP leader raised concerns on Wednesday over President Donald Trump's unsubstantiated claims that mail-in-voting leads to mass fraud, arguing that Republicans should instead be encouraging voters to use the method in order to compete in a consequential election that will determine control of Congress and the White House. "Mail-in voting has been used in a lot of places for a long time (5-states only use mail-in voting)," Senate Majority Whip John Thune, the No. 2 Senate Republican, said in the Capitol.

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

Mailbox

Sheldon:

Thank you for bringing our community such fantastic local and national coverage, and editorials. I always look forward to each Breeze being published.

Robert Aronson

Editor,

Now that the controversial statue of Father Junipero Serra has been removed, I would like to suggest that we replace it with someone who is not controversial, who worked in the arts, and whose most famous creation was "born" here in Ventura. I would like to see a statue of Erle Stanley Gardner standing in front of City Hall where he used to practice law when it was the county courthouse.

Many people, even long time Ventura residents, do not know who he is or that Mr. Gardner was a member of the firm of Sheridan, Orr, Drapeau, and Gardner in Ventura from 1921 to 1933. During that time he became increasingly disenchanted with the practice of law and started writing pulp fiction for crime magazines around the country. He did well at this but his greatest success came when he started writing novels, 82 in all, about a hard-driving attorney by the name of

Perry Mason.

The first Perry Mason novel, "The Case of the Velvet Claws", used the Pierpont Inn as the backdrop to the story.

A television show based on Mason ran for nine years and many more special made-for-television movies followed after its cancellation. Gardner himself appeared in the last episode of the series. Recently, HBO launched a mini-series based on Gardner's work.

At the time of his death in 1970, Gardner was the best-selling writer of the 20th Century.

All of this success, which started here in Ventura, should be celebrated by all of us.

Regards,
John Darling

Mr. Brown --

In response to opinions expressed in the July 29, 2020 edition of the Ventura Breeze criticizing the words and actions of our president, I ask that you please consider them from a different perspective:

Ever the optimist and with endless vistas of free time I believe that I have figured out how the dots connect so that

Continued on page 15

There is so much apathy in the world today....but who cares?

– Steven J. Paul



Social Justice

by M. Scott

23andMe Paper on Transatlantic Slave Trade Published

Published in The American Journal of Human Genetics, a paper by 23andMe researchers leveraged genetic data from close to 50,000 people to detail one of the most comprehensive investigations of the transatlantic slave trade ever done.

The study confirms genetic links between regions in the Americas with areas along the Atlantic coast of Africa that align with routes of known slave voyages documented in shipping records.

The researchers were able to date the arrival of specific African populations to different parts of the Americas and the representation of specific African communities in those regions of America.

“Last year marked 400 years since the arrival of the first enslaved Africans in what was to become the United States of America,” said lead author Steven Micheletti, Ph.D., and a 23andMe population geneticist.

“It’s important that we understand the rich history and contributions of African people and their descendants, to the culture and history not only of the United States but also to all the Americas. In looking at the genetic landscape that resulted from this forced migration, one gets a deep and profound sense of the continuous hardships people of African descent have endured.”

<https://blog.23andme.com/23andme-research/transatlantic-slave-trade-paper/>

[transatlantic-slave-trade-paper/](https://blog.23andme.com/23andme-research/transatlantic-slave-trade-paper/)

Virginia Mayor Urged to Resign

A Virginia mayor has been urged to resign after he allegedly wrote that “Joe Biden has just announced Aunt Jemima as his VP pick,” on his Facebook page. Barry Presgraves, the mayor of Luray, Virginia. The post came as presumptive Democratic nominee for the 2020 presidential election, Joe Biden, is reportedly finalizing his choice for his running mate, with several black women identified as contenders. In the post, Presgraves said “I posted a picture on 8-1-20, I am sorry if I hurt anyone’s feelings lesson learned. It was not my intent to hurt anyone. I took it to be humorous. Sorry!”

Black Cartoonist Loses Syndication

Bianca Xunise, the second Black woman in comics history to be nationally syndicated and the first Black woman in the collective used her July 28 contribution to broach the biggest issues of the day. She depicted two women at the grocery store: one is Black, wearing a mask and a shirt that says, “I can’t breathe,” while the one standing beside her is white with blue eyes and without a mask. She says to the Black woman, “If you can’t breathe, then take that silly mask off!”

Some newspaper readers who saw artist Bianca Xunise’s comic commenting on both the Black Lives Matter movement and the coronavirus pandemic found it so offensive that they complained. As a result, some of the more than 120 publications around the U.S. that carry Six Chix, the strip that Xunise co-authors, decided to drop it altogether.

“...Ok now to explain this comic because everyone has been getting it wrong. It’s easy to assume that the white woman talking to me is a racist, that may or may not be true but that is not the point. The point is how white people see issues that affect black peoples as trivial.”

Xunise said she doesn’t regret her art. “I am not apologizing for this comic and this censorship,” she told NBC. “I am being silenced over white feelings from a gag comic. This is a complete step back in the wrong direction.”

Cori Bush Is Set to Be the First Black Lives Matter Leader in Congress

Bush shocked the country with an upset primary election win, unseating Rep. William Lacy Clay, the Democrat who has represented Missouri’s 1st Congressional District since 2001.

Bush won her race for an overwhelmingly Democratic St. Louis-area seat and is all but assured of victory in the general election. Bush’s ascent comes as the country, in the wake of the police killing of George Floyd, undergoes a long-overdue reckoning on policing and racial justice. The work of Ferguson movement veterans such as Bush laid the foundation of the broader racial justice movement.

Missouri state Rep. Rasheen Aldridge (D), a young Ferguson activist who became one of the first protesters to carve a path from activism to government service, said Bush’s experience on the front lines will help the Black Lives Matter movement gain a voice in federal politics. He was there last month when Bush jumped into nurse mode to aid demonstrators after police used tear gas and batons on a protest group in Florissant, and he remembers being pepper-sprayed with Bush during a 2017 protest in downtown St. Louis.

John Brown

John Brown was a leading figure in the abolitionist movement in the pre-Civil War United States. Unlike many anti-slavery activists, he was not a pacifist and believed in aggressive action against slaveholders and any government officials who enabled them. Brown became involved in the abolitionist movement following the brutal murder of Presbyterian minister and anti-slavery activist Elijah P. Lovejoy in 1837. He

By early 1859, Brown was leading raids to free slaves in areas where forced labor was still in practice, primarily in the present-day Midwest. At this time, he also met Harriet Tubman and Frederick Douglass, activists and abolitionists both, and they became important people in Brown’s life, reinforcing much of his ideology.

John Brown’s Raid: The operation began on October 16, 1859, with the planned capture of Colonel Lewis Washington, a descendent of George Washington, at the former’s estate. The Washington family continued to own slaves. A group of men, led by Owen Brown, was able to kidnap Washington, while the rest of the men, with John Brown at the lead, began a raid on Harpers Ferry to seize both weapons and pro-slavery leaders in the town. Key to the raid’s success was accomplishing the objective – namely the seizure of the armory – before officials in Washington, D.C., could be informed and send in reinforcements.

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Brown’s men were able to capture several local slave owners but, by the end of the day on the 16, local townspeople began to fight back. Early the next morning, they raised a local militia, which captured a bridge crossing the Potomac River, effectively cutting off an important escape route for Brown and his compatriots.

Although Brown and his men were able to take the Harpers Ferry armory during the morning of the 17, the local militia soon had the facility surrounded, and the two sides traded gunfire.

On October 17, 1859, President James Buchanan ordered a company of Marines under the command of Brevet Colonel (and future Confederate General) Robert E. Lee to march into Harpers Ferry.

The next morning, Lee attempted to get Brown to surrender, but the latter refused. Ordering the Marines under his command to attack, the military men stormed John Brown’s Fort, taking all of the abolitionist fighters and their captives alive.

Before his execution, he handed his guard a slip of paper that read, “I, John Brown, am now quite certain that the crimes of this guilty land will never be purged away but with blood.” It was a prophetic statement. Although the raid failed, it inflamed sectional tensions and raised the

stakes for the 1860 presidential election. Brown’s raid helped make any further accommodation between North and South nearly impossible and thus became an important impetus of the Civil War.

Celebrate the 100th anniversary

Continued from page 1

sorship of the League of Women Voters of Ventura County, a 501(3)(c) organization.

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

Since 1991, WEV has provided business training and consulting to more than 17,500 women and men throughout Santa Barbara and Ventura counties. WEV has made over \$5 million in business loans, and helped more than 4,500 local businesses start or expand. WEV-supported businesses have created nearly 9,000 jobs. WEV is a U.S. Small Business Administration’s Women’s Business Center, and a certified Community Development Financial Institution (CDFI).

Voices in History



“Here, before God, in the presence of these witnesses, from this time, I consecrate my life to the destruction of slavery!”
– John Brown



News & Notes



The League of Women Voters continues its mission of civic engagement.

Celebrating 100 years of the League of Women Voters

by Betsy Patterson

President, League of Women Voters of Ventura County

The League of Women Voters is celebrating its 100th anniversary, having been founded after the passage of the 19th amendment to the US Constitution, granting women their right to vote. Tennessee was the last state to ratify the amendment on August 18, 1920 due to the tie-breaking vote of one Harry T. Burn, acting on the advice of his mother. It was officially adopted on August 26, 1920, and the work of the League of Women Voters began in educating voters about the process of voting and about the candidates and issues.

Due to the COVID-19 pandemic, our celebration will not be all that we intended. However, we must take time to recognize the historic significance of these women who pushed for their right to vote, even during their own 1918 influenza pandemic.

We have seen many changes over the past 100 years. Few women had access to higher education; now over 50% of college graduates are women. When women married, they took their husband's name; but they lost their right to own property, manage business, and could not have their own bank account or, later, a credit card without the signature of their husbands. The Equal Credit Opportunity Act passed in 1974.

During wartime, women ran the farms, worked in industry and continued to manage the household and raise the children. Post-World War II, many women were expected to return to their previous roles of home-maker and mother and not work outside the home. It took a 2nd wave of feminism to break down some of these social barriers.

Women entered politics. Jeannette Rankin was the first woman to serve in Congress, elected in 1917 from Montana,

serving only one term. Nellie Tayloe Ross was the first female governor, serving from 1925-1927 in Wyoming. Shirley Chisholm was the first Black woman elected to Congress in 1968 and served until 1983. Today women currently hold 25% of the Senate seats and 23% of the House of Representative seats. Women make up 50.9% of the US population, as of 2019.

Locally, Susan K. Lacey and Maggie Erickson Kildee were the first women elected to the Ventura County Board of Supervisors, both in 1980. Today the Board of Supervisors and all ten city councils in Ventura County have one or more elected women serving.

The League of Women Voters is a non-partisan and non-profit organization with over 500,000 members and supporters today, including men since 1974. Our local League began in 1960 with 22 members under the leadership of Mrs. John (Carol) Quinn. Today we have 125 members. Our members come from a wide array of fields, including education, environmental studies, corporate and small business, law, agriculture, arts, medicine, science, and politics.

So, as we celebrate our 100 years, the League of Women Voters continues its mission of civic engagement, encouraging voters to become informed about the candidates and issues and to vote. In the coming months we will be helping the VC Elections Office (venturavote.org) to educate voters and answer questions about the upcoming November election.

Check our website: <http://www.lwvventuracounty.org> and follow us on Facebook <https://www.facebook.com/LWVVenturaCo/>, Twitter <https://twitter.com/LwvVentura> and Instagram <https://www.instagram.com/lwvofventura/>

East Ventura Community Council meeting

East Venturans have an important opportunity to weigh in on how their city grows at the next East Ventura Community Council meeting on August 20.

The consultant firm which is working on the city's General Plan update, Raimi Associates, has asked to speak to residents about the process and will be soliciting input. Joining the meeting will be Simran Malhotra, AICP, AAIA.

Also attending the meeting will be Derek Poultney, the executive director of the Ventura Land Trust. East Ventura is fortunate to be home to Harmon Canyon, Ventura's first large-scale nature preserve. The 2,100-acre area is now open to hiking, biking, running and exploring. Visitors enjoy hills and canyons that feature oak groves, stream crossings, and breathtaking views of Southern California mountain ranges, coastlines, and Channel Islands National Park.

The meeting will be held online via the Zoom application. Go here to view: <https://us02web.zoom.us/j/82636698280>

You will first need to download the Zoom app on your computer or smart phone. You do not need an account. If you miss the meeting, you can always view later on the website, www.eastventura.org. The July meeting can be viewed there now.

The Zoom meeting will start promptly at 7 p.m.

For more information, contact EVCC Chair Marie Lakin at eastventuracc@gmail.com.

Ventura County votes to update antiquated laws around oil permitting

The Ventura County Planning Commission voted 4-1 to update the Zoning Ordinance for oil and gas wells operating under antiquated permits. Thousands of oil wells in Ventura County operate under "antiquated permits" that were issued up to 75 years ago—before environmental and human health impacts were known, and long before many bedrock environmental laws existed. Many of these wells are located within or adjacent to the Los Padres National Forest. Others are dangerously close to communities like Ventura, Oxnard and Fillmore. Community members and environmental and climate justice organizations gave public comment asking for updated oil permitting to better protect the health and safety of the community, the climate, and public lands.

Rebecca August, Director of Advocacy with Los Padres Forest Watch stated, "Oil companies should not be allowed to drill an unlimited number of wells, for an unlimited amount of time, and without thorough evaluation of potential impacts to public health and the environment. All new wells in Ventura County should abide by the same modern environmental standards that other businesses in Ventura County must follow."

Last fall, the Ventura County Board of

Supervisors directed County staff to update the County's oil drilling ordinances so that any new wells under these antiquated permits will be subject to greater transparency and environmental review.

Under current rules, an oil company only needs to submit a short application along with a \$330 permit fee to receive a "zoning clearance" to drill or frack a well in Ventura County. A zoning clearance process is considered ministerial, in that if the applicant checks all the boxes and pays the fee, the county must approve it, no discretion allowed. Other ministerial actions include marriage licenses and backyard gazebos.

Most antiquated permits have no limit on the number of wells that can be drilled, have no expiration date, and do not stipulate what drilling techniques can be used. Also, under antiquated permits, new wells are approved without public notice or hearing and have never undergone environmental review.

In response to the vote Tomás Rebecchi, Central Coast Organizing Manager with Food & Water Action said, "This is a huge victory for communities living near oil and gas production. Before this update, oil companies could avoid all current environmental laws and reviews by checking a few boxes and paying a small fee."

"Now the true cost to public health and our resources will be evaluated when approving oil wells. Any new analysis will show that we should not drill any new wells given what we now know about climate change and the health impacts on the communities near these wells," said Rebecchi.

This update will only apply to new wells, despite comments from many in favor of the oil industry claiming it will shut the industry down. Commissioner King mentioned in his final remarks that "I don't see any evidence that this will be capping existing wells."

It will now go to the Ventura County Board of Supervisors for a final vote in the coming months.

Face coverings to be worn on public transit

The Ventura County Transportation Commission (VCTC), has promptly adhered to recent state requirements released by Governor Gavin Newsom. The mandate requires face coverings to be worn state-wide in public settings, including public transportation. If a VCTC Intercity bus rider doesn't have a mask, one will be provided.

"VCTC is committed to keeping both our riders and drivers safe," said Darren Kettle, VCTC executive director. "Thankfully, we had already seen compliance with the CDC's recommendation to wear face coverings, so we do not foresee an issue with this update."

For more information on the state of California's requirement, visit cdph.ca.gov.

To read about VCTC's response to COVID-19 and to stay updated on Intercity bus service, riders can:

Call: 1.800.438.1112 (7 a.m. – 6 p.m.)

Check goventura.org and/or GOVCbus app

Sign up for our email alerts here

Email questions to ridercomments@goventura.org

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The Ventura County Transportation Commission is the regional transportation planning agency committed to keeping Ventura County moving. Program information is available at goventura.org.



News & Notes



Leaving plenty of room on a wave at C Street in Ventura.

Etiquette on the Waves--Preserving the Vibe

by Amy Brown

Years ago in the Bay Area I remember just learning to surf, paddling back out to the lineup with an ice cream headache and what little strength I had left after yet another humiliating wipeout, when a surfer rode a wave straight towards me. I didn't know what to do to get out of the way, so I froze. I had a vague plan that combined hoping that the oncoming surfer would steer around me, with some ambiguous idea that if I remained motionless, maybe they wouldn't be able to see me being so stupid, like in Jurassic Park. I was wrong. It is the responsibility of the paddler to get out of the way, and in doing so, avoid going right in front of someone riding towards you—you go behind them, or speed up and get out of the way to avoid being run over.

Surfing is an incredible way to experience the ocean—gliding down the face of a wave, feeling the combined peace and power of the ocean propelling you—it's no wonder that surfers have a reputation for being laid back. However, the fastest way to see just the opposite from the lineup is to paddle out without knowing and following surfing etiquette. This code of conduct is for everyone's safety and enjoyment, and if you are out there without adhering to it, you are in danger of hurting someone, or at the very least drawing the ire of the entire group.

All surfers started out as beginners, so there is some tolerance for the learning curve, but it is the beginner's responsibility to learn the basic tenets and avoid being a kook—a pejorative term for someone who is either disrespectful or seriously (and often dangerously) ignorant. So whether that's waxing the underside of your board or having fins the wrong direction, or—infinitely worse—taking off on waves that aren't yours, learn how to avoid this label and you'll have a better time, and so will everyone else. Check out Kook of The Day on Instagram for some cautionary tales. Thankfully Instagram didn't yet exist while I was trying to teach myself to surf, otherwise I could have been featured on that site with shocking regularity.

Right of way and wave priority are the touchstones of surfing etiquette rules. The surfer with the closest proximity to the wave peak has the right of way. If they pass on the wave, or miss it, the right of way goes to the next in line. And speaking of priority—don't snake, or cut the lineup

by paddling around someone waiting to position yourself in a priority position. And for the love of all things holy, don't drop in—if someone has the right of way or is already riding a wave, do not take off in front of them. This is incredibly dangerous and incredibly rude.

Another safety mandate: don't ditch your board. You risk cutting off a surfer riding towards you, or hitting others paddling out and causing injuries. You are responsible for having your board under your control. Now, this doesn't mean if you catch a wave and wipeout that you have to grab your board midair—ditching refers primarily to abandoning it when paddling. So, if you see a giant wave breaking as you're sitting on your board or paddling—resist the urge to ditch your board and dive down to escape the impact zone—grab the rails as tight as you can and roll over (turtle) or duck dive if you are using a shortboard.

Acknowledging a mistake will go a long way towards restoring the vibe after you make the wrong call, and if you're new, that's bound to happen. Take a lesson, there's plenty of local pros to help you learn. And don't forget to respect others, and respect the ocean and beach that provides all this amazing surfing—and leave it cleaner than when you arrived.

Residents asked to turn in seed shipments from China to Agricultural Commissioner's Office

Residents across the country have been receiving unsolicited and mysterious seeds shipped from China. The seeds are arriving in small mailer envelopes labeled with descriptions such as “stud earrings”, “jewelry”, “handmade flowers”, and “wire connectors”. Since it is illegal to ship seeds unless they meet the import requirements of the United States – including proper labeling with the name of the shipper, the type of seed, and

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certification where required – the small packets are sent mislabeled in order to pass through Customs undetected.

“There is concern that these seeds may be invasive species or can carry plant diseases,” said Ed Williams, Agricultural Commissioner. “We have already been contacted by a number of residents who have turned in the seeds they received to our office. We want to work with the community to ensure that none of these seeds present a problem for our native plants and agriculture and we thank everyone in advance for their cooperation.”

Any Ventura County residents who may have received packets such as these are asked to hold on to them and contact the Ventura County Agricultural Commissioner's Office at (805) 388-4222 in Camarillo, or (805) 933-2926 in Santa Paula. Residents should not dispose of the seeds in the trash due to the risk of the seeds sprouting in the landfill. Staff with the Agricultural Commissioner's Office will arrange for the seeds to either be picked up or will provide drop-off instructions.

For community members who may have already planted the seeds they received, the Agricultural Commissioner is also asking that they contact the office. Arrangements can be made to remove the seeds that were planted.

Air District seeks candidates for hearing board

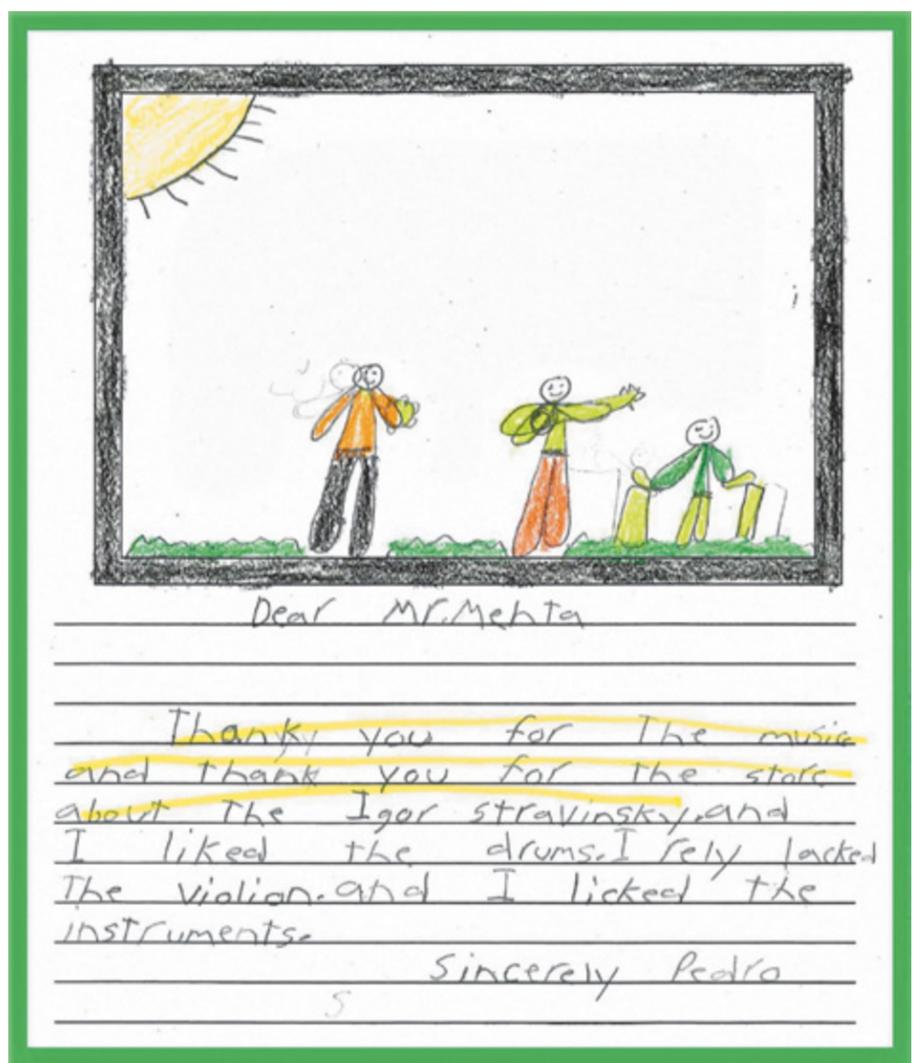
The Ventura County Air Pollution Control District is seeking individuals interested in serving on the APCD's

Hearing Board in the attorney member position and Medical professional position. The attorney position must be an active member of the State Bar of California. The medical professional position must be a medical professional with specialized skills, training or interests in environmental, community or occupational/toxicological medicine. Candidates for these positions must be a resident of Ventura County.

The Hearing Board is a quasi-judicial body that acts upon petitions submitted by operators of air pollution emission sources, APCD staff and the public. It conducts public hearings and makes various decisions regarding air pollution sources in Ventura County. Typical decisions made by the Hearing Board include whether temporary relief from APCD Rules should be issued; whether the APCD's denial, suspension or conditional granting of a Permit was warranted, and; determining whether a Permit to Operate should be revoked.

The Hearing Board meets Monday evenings, as needed, at 5:30 PM. Meetings last from one to two hours and typically occur several times throughout the year. Hearing Board members are paid \$75 per meeting. The Air Pollution Control District's Governing Board makes appointments to the Hearing Board. New members should be willing to attend a two-day training class conducted by the California Air Resources Board.

Interested individuals should contact APCD's Keith Macias by phone at 805/645-1494 or by email at keith@vcapcd.org.





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News & Notes



CAPS crews facilitated an informative countywide community forum.

CAPS Media collaborates with county on community forum

The CAPS Media crews are staying very busy and socially distanced during the current COVID-19 crisis producing educational and information videos for the City and County. As one example, CAPS crews facilitated an informative countywide community forum with government, law enforcement and agency officials with the topic "The intersection of race and law enforcement in our community."

Days before the event, CAPS crews collaborated side-by-side with county staff to set up the logistics for the elaborate livestreamed, zoom meeting. The night of the meeting, CAPS covered the event with a four camera set-up, and documented the online forum which was livestreamed via social media on the County's Facebook and Spanish pages.

The socially-distanced discussion took place in a conference room at the county government center for online viewers and included questions and comments from the "virtual" audience. The engaging and extremely topical and vital roundtable discussion was open to all members of the public who were invited to submit questions to the panelists that included Bill Ayub, Ventura County Sheriff; Claudia Bautista, Assistant Ventura County Public Defender; Regina Hatcher-Crawford, President, Ventura County NAACP; Sevet Johnson, Director, Ventura County Behavioral Health; Marcus Mitchell, Director, Ventura County Department of Child Support Services; Mike Powers, Ventura County Executive Officer; Greg Totten, Ventura County District Attorney; and Roslynn Wilfert, Representative, Black Lawyers of Ventura County. The forum was moderated by Monique Nowlin, County of Ventura Diversity and Inclusion Task Force representative and Deputy Director of the Ventura County Area Agency on Aging.

The community wide forum on race and law enforcement was the final production of the day for the tireless CAPS Media crews that started with an early morning production in the CAPS Media studio with Ventura Mayor Matt LaVere and Heather Sumagaysay, the City's Public Information Officer (PIO), then the production day continued with CAPS crews covering the midday weekly COVID-19 County update staged at the Foodshare Center in Oxnard with numerous county officials including coverage, documentation and live streaming of the press conferences by the County, and editing including Spanish language translations of the messages found at vcemergency.com.

The day continued with production returning to the CAPS studio for a special message by city councilmember Erik Nasarenko, while at the same time, the CAPS staff covered back-to-back meetings of the Historic Preservation and Design Review committees at City Hall.

The one day activity was only a segment of production activity for the week that included a morning studio recording with Ventura County Fire Chief Mark Lorenzen, evening coverage of the Ventura city council meeting on Monday night, and on Tuesday, a full day of production with colorful and engaging docents acting out historic reenactments, in period wardrobe, at the Olivas Adobe. Plus, hours of post-production editing by the CAPS crews.

All the City and County informational videos are distributed on multiple platforms including City and County websites, CAPS Media outlets; television, streaming, radio, and social media. Rest assured; CAPS Crew members are taking every precaution to stay safe during these productions.

Due to the COVID-19 emergency the CAPS Media Center is closed to Members and the public until further notice. CAPS Member/Producers can submit programming via the online portal at capsmedia.org for broadcast and streaming on CAPS public access television Channel 6 and on CAPS Radio KPPQ 104.1FM. All of us at CAPS Media hope everyone is Staying Safe and Healthy during this challenging time.



Michael Farrell

Roy Schneider

CMHF welcomes new board members

The Community Memorial Healthcare Foundation is proud to announce two new members elected to the Board of Directors in 2020.

Roy Schneider, of Schneider & Associates, LLP, was elected to serve on the Board of Directors in January 2020 and will share his expertise in estate planning, intellectual property, and real estate,

Continued on page 12



Senior Living



“You can’t take my money!”

Recognize and prevent elder financial abuse

by Jayson Cohen
American Legacy Solutions

In June we celebrated World Elder Abuse Awareness Day. There can be many ways the elderly are abused by family or those close to them. Let’s look at abuse from a financial aspect.

Financial abuse can be a complicated subject, but at its most basic level it involves taking advantage of an older adult through manipulation or intimidation to steal their money or property.

Elderly adults are some of the most vulnerable to financial abuse. Some of the biggest risk factors for older adults include:

Isolation - Isolation can cause extreme loneliness in seniors, leaving them desperate for any sort of social connection. Many abusers target elder adults for this reason.

Lack of knowledge of financial matters - Elder adults who don’t pay much attention to or don’t understand financial issues can be tricked into giving over secure information.

Disability - Whether the older adult has a physical or mental disability, they are dependent on others to take care of themselves. This leaves them vulnerable to manipulation and intimidation by caregivers. Disability can also make an elder adult seem less likely to take action against the abuser.

Who is most likely to abuse?

Unfortunately, abusers are rarely

unknown to the abused. In fact, those who are most likely to abuse are the ones who are closest to the elder individual or someone that he or she trusts. The most common financial abusers include:

Family members - Family members can have different motivations for committing financial abuse. They may feel entitled to their relative’s money or property, especially if they are due to inherit from the elder or are in a caretaking position.

Caretakers - A caretaker can be a family member or someone who is paid to provide care to an older adult in the elder’s own home. As such, a caretaker is the person who has the most access to the elder.

Professionals in whom the elder trusts - Professionals are people in whom the elder adult depends on to take care of the things he or she is not capable of handling alone anymore. These services can range from attorneys to someone your relative hires to take care of the lawn. Abusers can take advantage of older adults by overcharging for services or manipulating them into signing documents that they don’t understand.

Scammers and con artists - Some predators prey specifically on elder adults, counting on their social isolation and lack of knowledge about financial matters to be able to gain access to their victim and their financial assets.



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Proposed Medicare payment cuts could restrict needed therapy services for millions of beneficiaries

Millions of America’s seniors could face disruptions to audiology and speech-language pathology therapy services vital to their health and quality of life unless Congress and the Centers for Medicare & Medicaid Services (CMS) act to protect them, the American Speech-Language-Hearing Association (ASHA) have warned

At issue is CMS’s 2021 proposed Medicare Physician Fee Schedule rule, released on August 3, in which the agency recommends significant payment reductions to more than three dozen health care provider groups, including audiologists and speech-language pathologists. This is an effort to offset increasing payments for office/outpatient evaluation and management (E/M) codes typically used by primary care physicians.

Audiologists are facing a 7% cut to Medicare reimbursement, and speech-language pathologists are facing a 9% cut—which would translate into significant reductions in therapy services for a range of communication, cognition, and swallowing problems common in seniors. These problems are often a result

of conditions including stroke, brain injury, Alzheimer’s disease, Parkinson’s disease, and head and neck cancers, along with hearing loss—one of the most common health conditions that seniors experience.

“The services provided by audiologists and speech-language pathologists are absolutely essential to our seniors as they recover from serious medical events and live with chronic conditions such as neurological disorders and hearing loss,” said Theresa H. Rodgers, MA, CCC-SLP, ASHA 2020 President. “Medicare cuts are most unfortunate, and especially ill-advised, given the treatable nature of many of these conditions—and the tremendous improvements that our members witness every day when patients have appropriate access to needed diagnostic and rehabilitative services. Our seniors deserve better.”

The proposed cuts are the product of a Medicare statutory requirement known as budget neutrality, which requires that any increase in costs to the Medicare program (in 2021, higher spending on E/M codes) must result in decreased spending elsewhere under Medicare. The cuts will go into effect in 2021, unless Congress and CMS act to waive the budget neutrality requirement.

ASHA, along with the American Occupational Therapy Association (AOTA), the American Physical Therapy Association (APTA), and many other physician and nonphysician provider groups, has engaged in vigorous advocacy efforts over the past several months aimed at Congress, CMS, the Department of Health and Human Services, and the Office of Management and Budget to curtail these cuts and stress the serious impact

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Senior Living



How does aging impact vestibular function?

The balancing act of aging: Research and funding for better balance in older adults

by Matt Sutterer

Health Specialist, Division of Neuroscience (DN)

The ability to stand or sit without falling seems simple enough, but it actually involves a complex orchestration behind the scenes of our visual, positional, and vestibular systems. Aging can affect all three of these sensory systems, resulting in balance disorders such as dizziness or vertigo and increased risk for falls. According to the Centers for Disease Control and Prevention, one in four Americans aged 65 or older reports falling each year, and 20% to 30% of those who fall suffer moderate to severe injuries.

Robust research has helped us understand how vision contributes to balance in older adults. However, there has been significantly less research conducted on how balance is affected by the aging vestibular system — the organs of the inner ear that help us sense movement and orientation in space. How these systems interact in the brain, both in healthy aging and in older adults with neurodegenerative diseases and conditions such as Alzheimer's disease and related dementias and Parkinson's disease, is not well understood.

Seeking a steadier research landscape

In April 2019, NIA, in partnership with the National Institute on Deafness and Other Communication Disorders (NIDCD), hosted a two-day workshop,

“Central and Peripheral Control of Balance in Older Adults.” Workshop co-chairs Coryse St. Hillaire-Clarke (Program Director, Division of Neuroscience) and Lyndon Joseph (Program Director, Division of Geriatrics and Clinical Gerontology) led the effort that featured presentations from an array of researchers and clinicians across diverse fields, including gerontology, geriatrics, neurology, neuroscience, movement science, and rehabilitation. A white paper was recently published highlighting the workshop's outcomes.

The discussion focused on three key questions:

How does aging impact vestibular function?

We lack a good understanding of aging's impact on vestibular organs and the brain areas to which they connect and how these changes relate to clinical symptoms.

How do we tease apart the different contributions of age-related sensory and motor changes in an older adult with balance problems?

Common symptoms like dizziness, disequilibrium, unsteady walking, and increased falls can result from age-related changes in the vestibular system, other sensory systems, and even musculature or cognition. Determining the effects of each is vital for identifying treatments for

balance disorders.

How can we develop a better classification system of balance problems in older adults?

The field currently lacks a widely accepted model of balance that reflects its multimodal nature. This is needed to guide the development of clinical outcome measures and to translate balance interventions into clinical or community settings.

NIA is interested in helping to answer the question of how aging affects the vestibular system and how these changes interact with other factors that lead to balance impairment. Given the multidisciplinary and multisystem nature of balance, a team science approach will be critical to this effort.

Funding available — let's hear your ideas!

If you are interested in tackling these and other questions about the vestibular system and balance in aging, please apply for the funding opportunity announcement released earlier this year in collaboration with NIDCD by October 2, 2020. Contact Dr. Joseph or Dr. St. Hillaire-Clarke for more details. We would love to hear your questions or comments!

Detecting Alzheimer's disease

An experimental blood test was highly accurate in detecting Alzheimer's disease, scientists have reported. A promising breakthrough that could make diagnosis simple, affordable and widely available.

The test was able to determine whether people with dementia had Alzheimer's instead of another condition, the New York Times reported. It also identified signs of Alzheimer's 20 years before memory and thinking problems were expected in people with a genetic mutation that causes the degenerative, deadly disease, the outlet said.

“This blood test very, very accurately predicts who's got Alzheimer's disease in their brain, including people who seem to be normal,” Dr. Michael Weiner, an Alzheimer's disease researcher at the University of California, San Francisco, told The Times.

The research was published in JAMA Network Open and presented at the Alzheimer's Association International Conference.

The blood test — which performed as

accurately as more invasive methods such as MRI brain scans, PET scans and spinal taps — provides a much simpler and more affordable way to diagnose whether people with cognitive problems were experiencing Alzheimer's, as opposed to another type of dementia.

Such a blood test also may eventually be used to predict whether someone without symptoms would develop the disease, according to The Times.

“It's not a cure, it's not a treatment, but you can't treat the disease without being able to diagnose it. And accurate, low-cost diagnosis is really exciting, so it's a breakthrough,” said Weiner, who was not involved in the study.

The test could be available for clinical use in as little as two to three years, experts said.

VCAAA Wins National and State Awards

The Ventura County Area Agency on Aging is the recipient of two National Mature Media Awards and a California Association of Public Information Officers (CAPIO) award. Projects that received acknowledgement include LIVEWell and the Navigating Medicare Enrollment video production, both of which are being recognized among the state and nation's best marketing, communications, and educational materials produced for older adults.

LIVEWell, which won a CAPIO Award of Distinction and a Silver Award from the National Mature Media Awards, is the premier resource guide for older adults, people with disabilities, and caregivers in Ventura County. LIVEWell is published annually with content available in English and Spanish. Click here to view the 2020 issue of LIVEWell.

Navigating Medicare Enrollment received a Silver Award from the National Mature Media Awards and was produced as part of the VCAAA's Health Insurance and Advocacy Program (HICAP) with a goal to assist people who are new to, or have questions regarding, Medicare enrollment. Click here to view the video.

“The VCAAA is honored to receive this recognition and is proud of the impact our marketing and communication efforts have had on the community,” said Victoria Jump, Director of the VCAAA. “We take pride in the work we produce and strive to find new ways to strengthen



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our methods of communication so that we can continue to empower Ventura County residents to age optimally.”

For more information, visit www.vcaaa.org or call (805) 477-7300.

The Ventura County Area Agency on Aging, an agency of the County of Ventura, is the principal agency in Ventura County charged with the responsibility to promote the development and implementation of a comprehensive coordinated system of care that enables older individuals, caregivers, and individuals with disabilities to live in a community-based setting and to advocate for the needs of those 60 years of age and older in the county, providing leadership and promoting citizen involvement in the planning process as well as in the delivery of services.

Grant will remove barriers to accessing the federal food safety net

Over the next two years, the National Council on Aging (NCOA) will connect 1.15 million eligible older adults to the Supplemental Nutrition Assistance Program (SNAP), thanks to a \$4.35 million grant from the Walmart Foundation.

Even before the COVID-19 pandemic, over 9.8 million older adults experienced food insecurity, meaning they lack consistent access to adequate, nutritious food. Today, those numbers are quickly rising. SNAP is the nation’s most effective and widest-reaching anti-hunger program. Research by the Center for Budget and Policy Priorities shows that participation in SNAP reduces food insecurity overall by 30%, yet the U.S. Department of Agriculture estimates that only 48% of eligible older adults aged 60+ participate in the program.

During the coronavirus pandemic, older adults have been turning to NCOA for resources related to SNAP, food, and nutrition as they struggle to access and pay for food while being homebound. In the first week of the pandemic, more than 30,000 individuals downloaded a SNAP application on NCOA’s BenefitsCheckUp®, a free and confidential screening tool that connects eligible older adults to benefits.

“We’ve heard from older adults and our local partners that accessing and paying for food is a critical need right now,” said Josh Hodges, NCOA Chief Customer Officer. “Food, on average, is the second highest household expenditure for people aged 60+, and too often they have to stretch their food budget in order to make ends meet. That’s where SNAP can help.”

“Now more than ever, older adults need support accessing the resources that help them put nutritious food on the table,” said Eileen Hyde, director of sustainable food systems and food access for Walmart.org. “This new grant builds upon the innovative work on benefits access that NCOA has championed for several years.”

Over the past 7 years, with support from the Walmart Foundation, NCOA has helped 3.6 million older adults access their SNAP applications, resulting in 1.14 million enrollments.

The new grant will support both in-person and online SNAP outreach and enrollment. NCOA will fund 40 community-based organizations that provide trusted, in-person benefits counseling in communities across the country. The grant also will be used to find and connect eligible older adults to their SNAP applications using the virtual tool BenefitsCheckUp, which is accessible to anyone with an internet connection. Funding will target vulnerable and difficult-to-reach populations, including African Americans, Hispanic/Latinx, women, and rural Americans, many of whom have been severely impacted by the COVID-19 pandemic. Older adults can find out right now if they’re eligible for SNAP by visiting www.BenefitsCheckUp.org/SNAP.

The National Council on Aging (NCOA) is a trusted national leader working to ensure that every person can age well. Since 1950, our mission has not changed: Improve the lives of millions of older adults, especially those who are struggling. NCOA empowers people with the best solutions to improve their own health and economic security—and we strengthen government programs that we all depend on as we age. Every year, millions of people use our signature programs BenefitsCheckUp®, My Medicare Matters®, and the Aging Mastery Program® to age well. By offering online tools and collaborating with a nationwide network of partners, NCOA is working to improve the lives of 40 million older adults by 2030. Learn more at ncoa.org and @NCOAging.

Pharmacy coupons end when patients need them most

by Peter J. Pitts

Former FDA associate commissioner, is president of the Center for Medicine in the Public Interest

For chronically ill Americans, the economic damage from COVID-19 could be nearly as life-threatening as the virus itself. More than 40 million workers have filed for unemployment since the beginning of the outbreak. For many, the financial challenges of joblessness have made it harder than ever to afford their insurance companies’ medication copays.

That’s why a new decision from the Trump administration couldn’t have come at a worse time. The rule, which was finalized in May, enables insurers to artificially inflate patients’ out-of-pocket drug costs. In so doing, it creates unnecessary challenges for Americans who are already struggling to stay healthy.

For many patients, high pharmacy bills were a heavy burden even before COVID-19. A November Kaiser Family Foundation survey found that half of patients in poor health had difficulty paying for their medications. Three in ten reported skipping doses for financial reasons.

This “non-adherence” causes 125,000 deaths each year and as many as a quarter of hospitalizations. It also inflates U.S. healthcare spending by up to \$289 billion annually.



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Now that coronavirus lockdowns have sent our economy into a tailspin, drug adherence rates are likely to plummet further as Americans look for new ways to make ends meet.

Consider that a quarter of the country has dipped into savings in recent weeks, while 14 percent have borrowed money from friends or family, per Northwestern Mutual. It’s only a matter of time before large numbers of Americans stop filling the prescription medicines they need.

In times like these, helping the hardest-hit patients take their medications ought to be a top priority. Yet the Trump administration has done precisely the opposite. The new rule from the Centers for Medicare and Medicaid Services (CMS) would help insurance companies nullify the prescription drug coupons that make medicines affordable for millions of Americans.

In many health plans, patients pay for their own drugs up to a certain limit, known as a deductible, after which they are responsible for a smaller copay. The patient remains on the hook for those copays until he or she reaches the federally mandated out-of-pocket limit, which in 2020 was \$16,300 for families.

To help defray out-of-pocket costs, drug firms usually offer generous coupons on brand-name medications.

For cash-strapped patients, these discounts can be life-changing. About a fifth of commercially insured patients use coupons to lower their pharmacy costs. These coupons cut out-of-pocket drug spending by \$13 billion in 2018. Just as important, drug coupons have been shown to increase adherence for everything from cholesterol medication to anti-inflammatory drugs.

These coupons only benefit patients if they count towards the out-of-pocket limit. Otherwise, patients would still be on the hook for huge pharmacy bills.

Unfortunately, the new CMS rule allows insurers to stop counting coupons towards the out-of-pocket cap. That means insurance giants will extract more money out of struggling Americans’ pockets.

Officials in states like Virginia, West Virginia, Illinois, and Arizona have already banned this practice. Unless other states follow suit -- or Congress intervenes and passes legislation nullifying the rule -- millions of Americans could face higher pharmacy bills while battling the worst financial crisis since the Great Depression.

Barring intervention, America could face a pandemic of non-adherence that puts millions of lives at risk. Unlike COVID-19, this new public health emergency won’t be caused by a wily virus, but by the callousness of Washington policymakers.

How to prevent memory loss in elderly adults

by Angelike Gaunt

Can’t find your keys? Not sure where you put your glasses? Most people have been there -- occasional memory lapses are normal. But memory loss that affects

your senior loved one’s quality of life and their ability to live independently may be a sign of a serious medical condition.

Age, genetics, and other factors can increase someone’s risk for dementia and Alzheimer’s disease. But research shows that certain steps can help lower the risk of memory loss associated with these cognitive conditions

About 10% of people who have a stroke and nearly one-third of those who have a second stroke develop dementia. Heart disease and fat buildup in the arteries also contribute to cognitive decline and dementia.

Other causes of temporary memory loss in elderly adults may include medications, infections, vitamin B-12 deficiency, depression, and excessive alcohol consumption.

Occasional forgetfulness can be a normal part of aging. Examples of memory loss that comes with age include forgetting to pay a bill one month or not remembering what day it is. However, memory loss that affects your ability to do everyday activities can be a sign of a serious problem.

Signs of memory problems in elderly adults that warrant a visit to the doctor may include:

- Asking repetitive questions
 - Getting lost in places you know well
 - Having trouble following directions or learning new things
 - Being confused about people, time, and places
 - Having difficulty following a conversation
- Staying mentally, physically, and socially active may lower the risk of memory loss, according to the National Institute on Aging.

Exercise helps lower your risk of heart disease, diabetes, high blood pressure, and stroke -- all risk factors for cognitive and memory disorders. Encourage your parent to try low-impact exercises such as yoga, tai chi, or even a walk around the block to help improve blood flow to the brain and keep their mind sharp.

Proposed Medicare payment cuts

Continued from page 7

that such cuts would have on seniors.

While recognizing the importance of funding the services provided by primary care physicians, ASHA notes the equally important value of its members’ diagnostic and rehabilitative services—calling for a holistic reimbursement approach. In a joint statement issued August 4, ASHA, AOTA, and APTA noted: “Our organizations call on Congress and CMS to advance well-reasoned fee schedule payment policies and waive budget neutrality.”

Further reinforcing this approach, ASHA joined with a broad coalition of organizations representing more than 330,000 physicians and 884,000 nonphysician providers. In a collective statement, those groups specified: “Our groups are calling on Congress and CMS to collaborate on developing a solution that will allow the changes to the E/M services to proceed, while at the same time preventing cuts to our health care professionals.”

For more information, visit www.asha.org.



This 'n' That



Badges are designed to help girls practice ambitious leadership in new fields.

24 new badges prepare girl scouts to be ambitious and decisive leaders

Girl Scouts of California's Central Coast and Girl Scouts of the USA (GSUSA) have announced 24 new badges designed to help girls practice ambitious leadership in the crucial areas of automotive engineering, STEM career exploration, entrepreneurship, and civics, many of which remain male-dominated. In a year of unprecedented global change, our country's need for strong, broad-minded, and decisive leadership has never been greater. Through new and existing programming, Girl Scouts equips the next generation of female change-makers with the breadth of knowledge, skills, and experiences they need to take charge and do good for the world, both now and in the future.

Steady leadership is essential during a crisis such as COVID-19, from fostering trust and showing compassion, to managing challenges with agility, to evaluating outcomes of decisions. The Girl Scout program is proven to develop strong and effective leaders—among many positive outcomes, Girl Scouts are much likelier than non-Girl Scouts to take an active role in decision making (80% vs. 51%), which is a critical aspect of leadership.

"Now more than ever, it's critical that we have strong leaders who can make informed decisions that make the world a better, safer place," said GSUSA CEO Sylvia Acevedo. "During our current health crisis, the world leaders who have been among the most decisive and effective in addressing the pandemic have been women. With these new badge experiences in STEM, entrepreneurship, and the critically important subject of civics,

Girl Scouts is continuing to build the transformational female leaders of today and the future and showing girls the power they have to truly change the world."

Girl Scouts has made free self-guided activities from select new and existing programming available digitally to the public through Girl Scouts at Home™, keeping families engaged and connected to their communities. Girls can further engage with the badges and topics through online videos, activities, or special live virtual events. Members can access a suite of Girl Scouts' programming digitally through the Volunteer Toolkit, including troop meeting plans and other resources to help girls earn badges and awards. Girls currently waiting to be placed in a troop can join a Virtual Friendship Troop, where they will make new friends and participate in Girl Scout activities from the comfort of their home. Find a variety of additional activities hosted by Girl Scouts of California's Central Coast, including at-home programs and live virtual events, by visiting our At-Home Programs page.

In addition, beginning this summer, all councils will also have the opportunity to host their own Girl Scout Cyber Challenge sponsored by Raytheon Technologies, enabling middle and high school girls to learn crucial cybersecurity skills as they compete in challenges such as running traceroutes and identifying phishing schemes. The Cyber Challenge prepares girls to pursue careers in computer science and cybersecurity.

To join or volunteer, visit www.girlscouts.org/join.



Take a virtual visit.

New ways to visit Channel Islands

Channel Islands National Park has developed a new digital app to enhance the visitor experience in the park that can also be used to take a

virtual visit. The new mobile app is free and available at the App Store or on Google Play.

Features in the app include exploring the islands through stories, sites, self-guided tours, and interactive maps, or finding favorite places, trails, and topics of interest. Visitors can use the app to create a collage of the images from your visit or to track a calendar of current conditions, events, or ranger programs. The app is fully accessible with audio description and alternative text for images. To learn more go to NPS Channel Islands App.

Visitors to Santa Rosa Island will discover a new coastal trail on the marine terrace that boasts stunning views of Carrington and Skunk Points, Water Canyon Beach, and the

Torrey pine forest. This short route from the pier to the campground provides a welcome glimpse of the magnificent marine and terrestrial resources visitors will encounter during their stay.

Island Packers, the park's boat transportation concessioner, has expanded options for day and overnight trips to each of the islands. Popular trips this summer include non-landing whale watch excursions in search of blue and humpback whales and multi-island same day landings at both Prisoners Harbor on Santa Cruz Island and Anacapa Island. Marine wildlife sightings this past week included 14 blue whales, several humpback whales, and thousands of common dolphins.

Kayak concessioner Santa Barbara Adventure Company is providing kayak tours out of Prisoners Harbor on Santa Cruz Island. They will resume snorkel and kayak tours at Scorpion Anchorage on Santa Cruz Island when the new pier construction is completed in the fall.

The National Park Service has more than 20,000 National Park Service employees who care for America's 419 national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities.

Learn more at www.nps.gov.

Big Brothers Big Sisters of Ventura County

Big Brothers Big Sisters of Ventura County (BBSVC) is celebrating 50 years of service through youth mentoring in 2020! The organization serves all of Ventura County and because of that there are nearly 100 youth waiting for a mentor. BBSVC is asking the community to imagine the impact they can make as a friend and role model.

Even now during the COVID-19 shelter-at-home restrictions, BBSVC is still making and supporting matches virtually. With so many youth feeling isolated at home, now is the perfect time for positive role models to come forward. When a "Big" is matched with a mentee, it's not about changing their schedule, it's about sharing who they are; But mentors usually find that their life – and the life of their "Little" – is also changed for the better along the way.

BBSVC is looking for volunteers who are interested in getting started as a Big and continuing as a mentor for at least one year. "I finally decided that if I wanted to really make a difference, I needed to just take the leap and do it," says Greg, a Big/mentor with BBSVC, in describing his decision to volunteer.

All of the youth who are waiting to be matched with a mentor are primarily from single-parent homes, foster or kinship care, or a home that lacks two positive role models. Over 70% of the youth on the BBSVC waitlist identify as boys. Mentors of all ages, races, genders, and life experiences are needed to step up and be the kind of role model who made a positive impact in their own lives when they were young. All of the children on the BBSVC waitlist have the need for a mentor to step in as a friend and role model at this time in their lives, and are looking forward to being a part of the program. BBSVC invites all role models in Ventura County who want to make a difference in 2020 (and beyond) to apply to be a BIG today!

Anyone interested in learning more

or who is ready to become a mentor may visit www.BBSVC.org, or may contact Catherine Hoefflin at choefflin@bbsvc.org or 805.484.2282 ext 113.

Big Brothers Big Sisters of Ventura County (BBSVC) has been connecting Bigs and Littles in professionally-supported, one-to-one mentoring relationships in Ventura County and neighboring communities since 1970. Facilitating more than 1,500 mentoring matches annually between community or school-based volunteers and youth ages 6-21 years old, BBSVC is committed to bringing their life-changing program to every child in Ventura County who needs it. BBSVC is an independent 501(c)3 nonprofit organization that depends on private donors for 75% of its funding.

Cheryl Heitmann won't seek re-election

Continued from page 3

times and memorable times. These past few months of a forced slower pace have given me more time for reflection and soul searching and I have decided not to seek re-election. Ventura is a beautiful city with a rich history, incredible residents and strong sense of community."

"As many of you know, I also served for 8 years as a trustee on the Ventura County Community College Board so I have had the privilege of serving in public office for 17 years. I have learned so much and have always tried my best to govern for the greater good. During the next few months I will continue to represent you with the same energy and commitment that has guided my public service. I sincerely appreciate all of you who have supported and counseled me during these 17 years and I know that we will continue to work together in the future. These years of public service have been some of the best years of my life. What a journey!" Cheryl Heitmann

CMHF welcomes new board members

Continued from page 8

family and non-profit law.

Michael Farrell, of Decker, Farrell & McCoy, LLP, was elected to serve on the Board of Directors in June 2020. Farrell is a local CPA in Camarillo and lives in Oxnard with his family.

The Community Memorial Healthcare Foundation, chaired by Foundation President Lydia Hopps, is a charitable, nonprofit organization that helps elevate the quality of healthcare in the community by supporting and fundraising for Community Memorial Hospital (CMH) to offer state-of-the-art healthcare facilities, industry-leading programs and equipment, and comprehensive, accessible health services.

The Foundation is led by a member-elected Board of Directors that includes dedicated, hardworking people from throughout the Ventura County area. The board members volunteer their time because they are passionate about supporting healthcare in the community, and they receive no compensation for their services. Each member contributes a unique blend of knowledge, skills and resources, and together their diverse capabilities and strengths position the Board to achieve its goals now, and in the future.

The CMH Foundation looks forward to working with both Schneider and Farrell and congratulates them on their election to the Board.

To support the Community Memorial Healthcare Foundation and its efforts to aid Community Memorial Hospital during this health crisis, please visit www.cmhfventura.org/donate/.



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.

Attempt Grand Theft, Felony Vandalism, Vehicle Tampering, Possession of Stolen Property, and Conspiracy Arrests.

On July 28 at 3:30 am, the Ventura Police Department Command Center received a call about two suspects tampering with a car in the 1000 block of Santa Clara St. The suspects fled in a vehicle before finishing stealing the catalytic converter, leaving the victim's car damaged. Ventura Police Patrol officers located the suspect vehicle and pulled it over. Inside officers contacted the three suspects, 32 year old Los Angeles resident Sergio Casteneda, 35 year old Los Angeles resident Erik Gomez-Diaz and 41 year old Los Angeles resident Luis Ramirez-Nunez, who had four stolen catalytic converters with them.

Ventura Police Street Crimes (SCU) detectives responded to assist in the investigation. Detectives were able to identify two additional victims in Ventura. One catalytic converter was stolen from Howard St and one from Evergreen Dr. The three suspects had tools, a cordless saw, and a car jack with them. There has been a dramatic increase in Ventura County in this type of theft over the last six months. Though this type of crime is hard to protect against, there are mechanics that can modify your vehicle with aftermarket products that make it more difficult for criminals to steal car parts.

All three suspects are from the Los Angeles area. They were arrested and transported to the Ventura County Jail, where they were booked for attempted grand theft, felony vandalism, vehicle tampering, possession of stolen property, and conspiracy.

This is an ongoing investigation. If anyone has information or was the victim of catalytic converter theft from July 27 – July 28, please contact the Ventura Police Department Street Crimes Unit.

Drug Sales Arrest

During several months of investigation, detectives from the Ventura Police Department Street Crimes Unit identified William Clay as a subject selling illegal drugs in Ventura. On July 28, at 3:00 pm, detectives located and detained Clay and served a search warrant at his residence. During the search warrant, SCU detectives found a large quantity of methamphetamine and a large amount of currency inside Clay's home.

As a result of the investigation, 63 year old Ventura resident William Clay was arrested for possession of a controlled substance for sale. Clay was transported and booked at the Ventura County Jail.

A search of the Ventura County Superior Court shows that William Clay has prior convictions for possession of a controlled substance, under the influence of a controlled substance, and possession of drug paraphernalia.

Prowling Arrest

On July 31, at approximately 10:00 am, a resident in the 2700 block of Channel Drive observed an unknown subject (later identified as 38 year old vagrant Daniel Freitas) in her backyard. As the resident was watching Freitas, he walked up on to the rear patio. The resident called 911 and Freitas exited the side yard and began running westbound

on Channel Dr.

Patrol officers were on-scene quickly and detained Freitas. Freitas was positively identified by witnesses and arrested for prowling and an outstanding felony warrant. No one was injured as a result of this incident.

A review of the Ventura County Superior Court website revealed Freitas has been arrested numerous times since 2016. His most recent charges include possession of narcotics, burglary, and under the influence of a controlled substance. Additionally, Freitas is currently on PROS (Post Release Offender Supervision).

Stabbing with Arrest

On August 3, at approximately 9:45 am, a concerned resident living in the 200 block of Salinas Walk, called 911 due to hearing a female subject yelling for help. Patrol officers arrived on-scene quickly and determined the victim was near a vagrant encampment in the barranca area west of Wells Rd, north of Citrus Dr.

The investigation revealed the victim and suspect (32 year old vagrant Kristy Hernandez) knew each other and got into an argument. Hernandez stabbed the victim one time in her right arm with an unknown sharp object. After the stabbing, Hernandez immediately fled the scene on foot. A detective driving an unmarked police vehicle saw Hernandez on Wells Rd., and assisted patrol officers with taking her into custody. Hernandez was arrested for felony assault with a deadly weapon. The victim was transported to a local hospital for non-life-threatening injuries.

A review of the Ventura County Superior Court website revealed Hernandez has prior convictions for vehicle theft, under the influence of a controlled substance, vandalism, petty theft and resisting arrest.

Willfully Discharge of a Firearm, Resisting Arrest, Vandalism, and Arson Arrest

On July 30, at approximately 3:45 am, officers responded to a call of possible gunshots in the area of Sherwin Ave and Ventura Blvd. While officers were responding to the scene, a resident on Sherwin Ave called Ventura Police Command Center to report a subject who appeared to be armed with a sword running through the business complex on Sherwin. Officers arrived and detained 39 year old Ventura resident Brenton Edward Cherrie, who matched the description of the suspect. The officers located an empty handgun magazine on Cherrie as well as an empty shell casing. Cherrie began to physically resist officers and was taken into custody.

Based on the investigation, Cherrie was arrested for felony discharging a firearm and resisting arrest and was transported and booked at the Ventura County Jail. No one was injured as a result of the arrest or the shooting.

Based on the incident, Ventura Police Special Enforcement Team (SET), along with the Street Crimes Unit (SCU), served a search warrant at Cherrie's business in the 2800 block of Sherwin Ave. During the service of the warrant, detectives located and seized multiple firearms and ammunition. Cherrie was served with paperwork revoking his right to own and possess firearms.

On August 3, at approximately 8:30 pm, Cherrie was released from VCJ. On 8/3/20, at approximately 2340 hours, Ventura Police Department Command Center received a 911 call about a subject lighting a fire in the 2800 block

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of Sherwin Ave. When officers arrived, they located a medium-sized fire near the business and detained Cherrie. During the investigation, it was determined Cherrie had lit the fire near the business, which had endangered the building and people inside it. Cherrie had also damaged the business' doors and broke a vehicle's window parked in the area. No one was injured as a result of the arson or vandalism.

Cherrie was arrested for arson and vandalism and booked at the Ventura County Jail.

Harbor Patrol Blotter

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

7-25 2:45pm, received a report of an argument in the dry storage area. Officers responded found the two engaged in a heated argument over cleaning up their respective spaces. The two were separated and asked to avoid in the future.

7:50pm, received a report of a suicidal subject on a vessel in the Ventura Harbor Marina. Officers responded with VFD & VPD. No medical, PD assisted subject

7-27 11:33pm, received a request for mutual aid from Calif Fish and Wildlife. Assisting with night vision and investigation of illegal fishing.

7-30 1:35pm, received a report of a stingray strike at Harbor Cove from State Parks lifeguards. Officers responded with Hot water to help treat the injury. The patient was treated and released at the scene to self-transport to hospital.

7-31 9:05am, dispatched to an unconscious person at Ventura Marina Community. Officers responded and assisted VFD/AMR with a 90-year-old

male. The individual had low blood pressure, felt weak & was transported to local hospital.

6:30pm, received reports of three large RV's parked in the Dolphin lot at VIM. Officers responded and found the RV's and contacted the RO's to inquire about their intentions. After a long debate, the group relocated to the street.

8-01 2:55am, while on patrol in the vehicle, officers observed a male transient with a large laceration on his arm. The individual was bandaged and given a blanket.

12:41pm, received complaint about a large group disturbing the peace at VIM J-dock. Officers responded, found the group, issued warnings for the violations.

4:25pm, dispatched to a medical, allergic reaction at Surfers Knoll from State Parks lifeguards. Officers responded and assisted a 7-year-old with an asthma attack. The parents signed an AMA releasing the child at the scene.

8-02 12:23am, dispatched to a medical VWM G-dock of a 100-year-old female complaining of nausea and disorientation. Officers responded and assisted VFD/AMR with the call. The patient was transported to hospital by AMR.

2:55am, monitored a mayday call, two men overboard. Officers responded to ensure the call was outside Hueneme Harbor, not Ventura. It was 1-mile S of CI.

10:50pm, received a report of an overdue vessel, a 13ft Boston Whaler. Officers began a search, but the vessel and vehicle were not discovered, the vessel was possibly at Channel Islands harbor, contact numbers provided.

8-03 5:45am, dispatched to a 78-year-old female complaining of difficulty breathing. Officers responded and assisted VFD/AMR with the call. Patient transported.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

OCT	MYRA	HAUL	GRE
SUIC	ACON	OGRE	
LAX	SWFFT	AIK	
OPTIC	WED		
	COOP	NOTED	
SWEET	PEA	GOHE	
PAR	SURGE	FOB	
ISIS	SOURPUSS		
THETA	TEAR		
	ERA	SOUND	
SOURC	HAM	NAY	
PILE	MENU	DIE	
ALTO	SKIS	OLD	



The Pet Page



Dedicated to Scamp

SPAN Thrift Store is now open to the public and in 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 August are: Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036 on Friday, August 14th, and another one on Friday, August 21st at Shiells Park, in the parking lot, located at 649 C St., Fillmore, 93015. Please call to schedule an appointment (805) 584-3823.

■ Ventura couple launches CBD Dog Treats

It's extremely common for pets to suffer from anxiety, such as trembling uncontrollably at the sound of loud noises, acting fearful around strangers, or panicking at the vet's office.

A new family-owned company, Shelter CBD, strives to help dog owners manage their pets' anxious behaviors. Founded by Ventura couple Ryan and Emily Miller, the firm offers CBD dog treats designed to calm the nerves

appropriate for animals. A third-party laboratory tests the treats to ensure they contain the correct potency of CBD, as well as no trace of THC or harmful pesticides. It's one of the only products of its kind on the market.

"These are good tasting treats that dogs actually want to eat," said co-founder Ryan Miller. "We have customers seeking it out for when they have to leave their dogs at home for an extended period, when they're traveling with their dogs by car or plane, and by people who have a reactive dog."

Other pet owners use the treats to help their dogs build strong joints, improve longevity, and manage pain. Repeat customers get reduced pricing through a Shelter CBD subscription program.

As part of their mission to improve the lives of dogs, the Millers are donating 5% of the profits, as a starting point; from each sale to local animal shelters. The donations are central to Shelter CBD's business model, and inspired the company's name.

"There are just so many dogs in shelters needing a home," explained Emily Miller. "We just want to do our part by helping dog owners and industry professionals realize the power of CBD. In helping dogs we will consider our company successful."

<https://sheltercbd.com> or call (805) 203-3311

■ As if there were no end to their talents, dogs have proved to be remarkably effective at detecting Covid-19 with their super-sensitive sniffing.

Researchers led by the University of Veterinary Medicine Hannover in Germany trained eight sniffer dogs from the German military to identify scents associated with SARS-CoV-2, the virus responsible for Covid-19, in samples of human saliva and phlegm. After a week of training, they were able to differentiate between samples from infected patients and non-infected peoples with 96 percent accuracy. This boiled down to 1,157 correct indications of positive, 792 correct rejections of negative, and around 63 incorrect indications or rejections.

The research is considered a small pilot study, but the promising findings suggest that sniffer dogs could play some role in the detection and management of Covid-19 infections in the future. The study was published last week in the journal BMC Infectious Diseases.

"These preliminary findings indicating that pre-trained scent detection dogs can discriminate reliably, accurately and rapidly between samples from SARS-CoV-2 infected patients and negative controls is truly exciting. We have built a solid foundation for future studies to explore what the dogs do scent and if they can be used to discriminate also between different disease timepoints or clinical phenotypes," Professor Holger A Volk, department chair of small animal medicine



Molly handles stressful situations much better with CBD dog treats.

of stressed-out canines and provide dogs with access to the many other medicinal benefits attributed to cannabidiol (CBD).

The Millers launched Shelter CBD after struggling to find a dog-friendly cannabidiol product for their family pet, a Black Labrador named Buddha. The adorable pooch had battled anxiety since being hospitalized with a gastrointestinal illness as a puppy. Familiar with CBD as a treatment for anxiety in humans, Millers wanted Buddha to enjoy the same type of non-toxic, medicinal support.

Working with a veterinarian and animal nutritionist, the couple developed a beef-flavored dog treat that contains CBD and other phytonutrients derived from the hemp plant. Unlike many CBD products for humans, Shelter CBD treats contain zero THC compounds; the chemical that creates the "high" associated with cannabis and is not

Scamp Club

(Scampclub pets are not for adoption.)



I'm Buddy, a 12-year-old shih tzu. I love to eat with the whole family and love to cuddle.

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and surgery at the University of Veterinary Medicine Hannover, said in a statement.

■ As summer comes (eventually in Ventura) consider the following

The temperatures inside a parked car, the bed of a pickup truck and even the sidewalk can be significantly higher than the ambient temperature and can seriously injure or even be fatal to pets.

Here are some things to remember, from the Humane Society of Ventura County:

Walk your dogs in the early morning and evening hours and, before taking them out, check the temperature of asphalt or sidewalks. "Place your hand on the surface for seven seconds," said Senior Humane Officer T. Vail of the HSVC. "If you can bear it, then it's safe."

Avoid traveling with your dogs in the exposed backs of pickup trucks, which can be 20 to 40 degrees hotter than ambient temperature and unsafe for transport during the heat.

Never leave a dog in a parked car in the heat; even with the windows ajar, the temps inside the car can quickly soar to dangerous levels.

At home, if your pets are outdoors or contained in a hot space, it is crucial to have a proper setup for them. Be sure to provide plenty of fresh water (in the shade) in a nontip, light-colored plastic container and ensure they have access to proper shelter. In addition, HSVC Humane Officer K. King said, "If you live in a particularly hot area, it's important to have proper ventilation at all times."

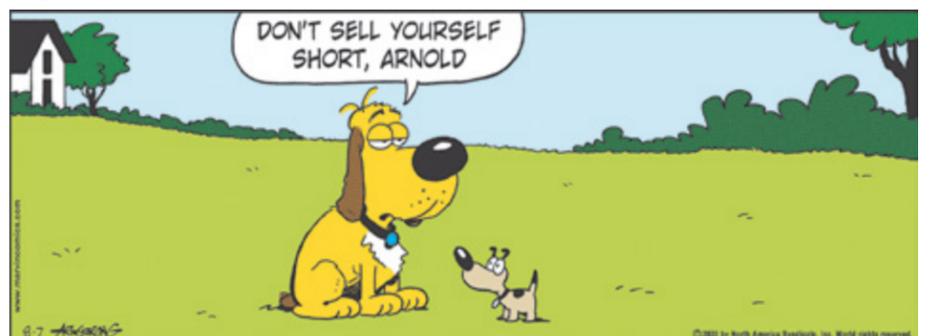
If your pets show any sign of heat distress, remove them from the situation immediately, give them a limited amount of water, douse them in cool (not cold) water, and seek medical attention as quickly as possible. Signs of heatstroke (hyperthermia) and other heat distress in dogs can include panting, drooling, salivating, agitation, a bright red tongue, very red or pale gums, an increased heartrate, breathing distress, vomiting and diarrhea.

To avoid the danger in the first place, keep your pets indoors during the hottest part of the day. If it's too hot for you, it's too hot for them. Take them outside only when the ambient temperatures are mild.

Buckles



Marvin



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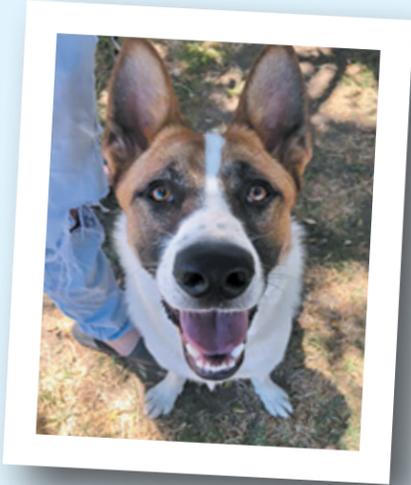
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The Pet Page

Forever homes wanted

Hi: I'm Morgan, a beautiful 7-month-old German Shepherd mix who is in need of a new home as my owners are moving and I can't go along too. I'm a very energetic guy who loves to play. I'll need an active family that can keep up with me. I love my people and I have a bouncy playful energy with other dogs. Although I'm good with children, since I'm still a puppy, children in the home must be 6 years or older. I'm house trained, know how to use a doggie door and will even let you know if I have to go outside. I hope my forever family comes to adopt me soon. Canine Adoption and Rescue League C.A.R.L.



Suga is a four-year-old Japanese Bobtail. He is shy, but quite the talker. Suga lived with another cat and a dog. He is neutered and ready to start his new life today. Ventura County Animal Services - Camarillo location - 600 Aviation Drive
Suga A754819

This 'n' That

Cabrillo Economic Development Corporation receives grant funds

Cabrillo Economic Development Corporation has received grants totaling \$117,143 to support residents during the Covid-19 pandemic.

Grants include the following:
Wells Fargo, \$50,000 in funds for rent and utility assistance, non-food essentials, educational laptops, and children's activity bags for residents
Bank of America, \$20,000 in funds for rent and utility assistance and non-food essentials for residents
Neighborworks America, \$22,143 in funds for two unrestricted grants.
National Association of Latino Community Asset Builders, \$15,000 in funds for rent and utility assistance and non-food essentials for residents.
City National Bank, \$5,000 in funds for rent and utility assistance and non-food essentials for residents.
Ventura County Community Foundation, \$5,000 in funds for rent and utility assistance and non-food essentials for residents.

"The majority of the funds we received will be used toward rent and

utility assistance for residents as well as non-food essentials that include paper goods, cleaning products," said Denise Bickerstaff, Director of Business Development and Administration at Cabrillo. "The funds will be deployed along with donations we've received to our Emergency Assistance Fund to help our residents.

Cabrillo houses nearly 4,000 residents in affordable housing units throughout Ventura County, including low-income individuals and families, farmworkers, seniors, veterans, and individuals with disabilities.

"There's a lot of exciting work going on at Cabrillo right now. Essential work that will help our residents who are most in need and provide services to get them through this pandemic and perhaps turn it into something positive, so families can enjoy the extra time with their families without all the worries. That isn't something we could do on our own without the support of the community and these grantors," Bickerstaff said.

Mailbox

Continued from page 4
much human suffering will end and very soon at that.

I never thought I would have anything good to say about the man, but from what I observe President Donald Trump is succeeding in "draining the swamp". His actions are exposing the weaknesses in various systems and are providing the impetus for people the world over to look into the abuses perpetrated by many in authority and their associates whether by

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design, incompetence, or a policy of "see no evil, hear no evil".

At one point in my career I worked for the District Attorney's Office and learned that pedophiles and those that similarly prey on the vulnerable do not do well in prison. That thought cheers me. Imagine the fear running through the veins of the super elite, the friends, associates, and clients of billionaire child sex trafficker the now deceased Jeffrey Epstein and others in similar trade. These people face the very real threat of public exposé (black mail is like that), and I seriously doubt that Mr. Epstein's secrets died with him. When exposed, the corrupt will lose their positions of authority hopefully to be replaced by those more fit for command.

Finally, I feel there is a connection between mask wearing and the missing part of "see no evil, hear no evil", which

is "speak no evil." To quote Ralph Smart, "Speak the truth even if your voice shakes."

Julie Schaab, Ventura

I WOULD NEVER LEAVE YOU TO DIE WHY DO IT TO ME?

HOT CARS KILL DOGS

don't leave your dog even for a minute



Concerts in Your Car

Just so you know, the Concerts in Your Car season won't last forever, probably as long as the good weather lasts, oh, and the pandemic. But I am happy to hear they'll also offer shows in Arizona without packing up and leaving Ventura. By the way, did I call it or what in my last column? Yes, they did add a couple more dates with Grammy winning alt rock band, Switchfoot, on Saturday, August 15 and certified double-platinum country music singer/songwriter, Tracy Lawrence, on Friday, August 21, as well as a comedy show, two performances on Friday, August 28, featuring none other than David Spade & Rob Schneider.

I did notice the Rubicon's Jimmy Messina & Friends was no longer posted on the website so I asked my sources and then confirmed with Karl Hunter, sax player for Big Bad Voodoo Daddy that they would be replacing those dates, and it's true! So, you can catch Ventura's own Big Bad Voodoo Daddy August 17, 18 and 19 from the safety of your own car.

Looking ahead to next month, the Ventura Music Festival will host a show with the Grammy and Emmy winning Gordon Goodwin's Little Phat Band on Thursday, September 24. You can expect a high energy program from swing to funk to Latin to pop with Vangie Gunn on vocals.

For the FAQ and ticket information as well as other dates for movies and such, go to the official website ConcertsinYourCar.com.

Q&A with Crooked Eye Tommy's Tommy Marsh

Crooked Eye Tommy will have their official CD release party down at the Oxnard Performing Arts Center where they are holding their own version of a drive-in style concert. The party is scheduled for Friday, August 21, with Joey Delgado from the Delgado Brothers, Guy Martin, Jon English and Jim Gustin & Truth Jones. According to the online invite, each car will have two parking spaces, one for your car and the other to set up camp in, and unlike the Ventura drive-in style concerts, food and beverages will be available along with restrooms. Tickets are available via Eventbrite.

I can't say enough about this CD; the sophomore release from Crooked Eye Tommy really captures the band's talent both as musicians and as singer/songwriters. Tommy has a winner on his hands.

Pam: What's behind the title of *Hot Coffee and Pain*?

Tommy Marsh: The title came about one morning when I woke up with bad back pain. I had been working in the yard the day before and apparently overdid it. I sat down with my morning coffee and under my breath mumbled "Hot coffee and pain." The words sort of rang in my head and a song started.

Why did your sophomore release take longer than *Butterflies and Snakes*?

Tommy: We started it in late 2017 and recorded some of the base tracks (I think you were there for some of it). Anyway,

as things happen when recording at a bad-ass studio and, to be frank, I ran out of money. Over the next couple years many things happened. The Thomas fire, the mudslide, etc, etc, etc. They were very emotional times. It seemed like waiting was the right thing to do. We again worked on it last year and finally we got it done early this year. Life happens!



Big Bad Voodoo Daddy

Tell me about the musicians on this one.

Tommy: I produced this one with Tammy (life partner) and the help of Charlie McClure an old friend and drummer on *Hot Coffee and Pain*. Paddy Marsh on Guitars & Vocals, Craig Williams on Sax, Samuel Correa on Bass. And me of course (Guitar & Vocals). Teresa James is a guest

Though they were bad times for me the redemption story of "Time it Takes" is a very real and personal reminder that I defeated that enemy and prevailed.

Time waits for no man
Wheel turns in the sky
Let us live while we can
Gotta take the time
The time it takes to live

I know you have a CD release party here locally "drive-in-theater" style at the Oxnard Performing Arts Center; but what else are you doing to get the word out during this unexpected pandemic?

Tommy: We were signed to Blue Heart Records from Pennsylvania earlier this year which has been amazing. They have been very helpful in getting the word out. Sallie Bengton is an absolutely, unbelievable life force. So grateful for this partnership.

We have also contracted the Blind Raccoon Agency in Memphis as our PR

firm for this release. They work with lots of amazing artists. Betsie Brown is truly an industry leader and we are honored that she has chosen to work with us this cycle.

Much like everyone else we are in the wait-and-see mode as far as what we will be able to do as far as live performances goes but I think it is too early to tell how



Crooked Eye Tommy

on the song "Baby Where you Been," a duet I wrote. She sings and plays amazing piano on that track. Jimmy Calire is also on this album playing saxophone and organ.

Who gets writing credits?

Tommy: Paddy and I both wrote 3 songs each for this album and we chose 3 covers for the album.

*Do you have a favorite song on *Hot Coffee and Pain*?*

Tommy: My favorite song on the album is an old song, and it's not one that I wrote, it's Paddy's song, "The Time it Takes to Live." It has significant meaning to me because some of it was directed at me at a time when I was deep in the throes of addiction. This fact did not come to my attention until years later after I was free of the drugs and it is a strong reminder of those times.

the California music scene will fare post COVID.

You're getting airplay/spins?

Tommy: The afore mentioned Blind Raccoon agency has done a fantastic job getting the recording out to radio outlets who have been kind enough to play it. The Roots Music is the world's largest independent radio airplay charting organization; they receive airplay charts from thousands of terrestrial & internet radio stations. They have a wide range of airplay charts from rock to blues, country to bluegrass, and as of this morning *Hot Coffee & Pain* is #9 on the Blues Chart. We post airplay on our Facebook page for those interested. The record has been played on every continent on earth already and it hasn't even been released to the public yet! We

are pretty stoked to say the least.

Hot Coffee and Pain is your best work hands down. How are the critics responding?

Tommy: Well so far, we have had some very positive reviews from a few blues music magazines and websites. Lots of very kind words; we are so grateful for each of them.

My thanks to Tommy for taking the time to answer these questions. You can find out more about the band at www.CrookedEyeTommy.com and via all the social media outlets.

The Pam Baumgardner Music Hour

I'm always looking for more music to share, new or old, and if you have something you'd like to have played on FM radio (and worldwide as we're on the internet), just drop me at line at Pam@VenturaRocks.com. I like to thank Kelly Zirbes, Jay Allred and Chris Rowlands for always keeping me in mind and sending me their singles as they knock 'em out; Kelly sent me Kelly's Lot's latest single, "Butterfly," Allred sent "Nika" from Last Rock Empire and Rowland a homage for all the waitresses and bartenders around the world called "Barmaid" from Professional Americans. You can hear all these tunes and more on The Pam Baumgardner Music Hour which airs at 104.1 FM in Ventura. Each show runs for two weeks debuting on a Tuesday at 5 pm, with rebroadcasts on Friday at 5 and Sundays at noon.

A Little This and That

The Ventura Music Festival continues to share a video weekly highlighting artist in a series they call VMF's Music Connects digital festival. They are accepting submissions and all genres are accepted from classical, to pop to roots, to jazz and everything in between. The most recent video featured an amazing cover from Django Allstars and their brand of swing jazz. All previous videos are available for viewing as well and all absolutely free at www.VenturaMusicFestival.org.

I'm not embarrassed to admit it at all, because I'm still a little giddy that Bernie Dresel took the time to post a Happy Birthday wish on my Facebook page last month. We had a quick back and forth about his gigs here in Ventura; I told him I was hoping he'd make it back when the Grape opens their jazz club. Bernie is most notable for performing and recording with the Brian Setzer Orchestra and Gordon Goodwin's Big Phat Band (yes, the band playing Concerts in Your Car on September 24).

And finally, for the powers that be, music lovers here in town are looking forward to getting out and seeing our local artists play once again, albeit in a safe environment and hopefully while the weather is still great. Let's get real, if an artist, duo or small ensemble while playing outdoors, with social distancing in place and where everyone who is not eating, drinking or singing on stage is wearing a mask, places everyone at no greater risk than if they weren't playing at all. Music is healing; music can bring us up when we've all been down and stressed. And please don't ever forget that a vibrant music scene is one of the defining aspects of this town and surrounding areas. We're nowhere near vibrant, our music scene is hanging on by a thread.

Do you have any music-related news or upcoming shows (online or live) 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.



Colorful travels with safety in mind

Members of Buena Ventura Art Association are brightening lives and outlooks during the COVID-19 pandemic with safe, socially distant shows at two Ventura locations, Bell Arts Factory on Ventura Avenue and Ventura Harbor Village.

Face masks are required and operating hours have changed at both galleries.

At Buena Ventura Gallery in Bell Arts, solo exhibitions by featured artists Kathy Bodycombe and Lorna Amundson are on display through Sept. 19, concurrent with a Members' Choice group show of 2D and 3D works. Paintings by a previous Outstanding Merit Award winner, Louisa Wallace Jacobs, have a central spot on the gallery's Triangle Showcase.

At Harbor Village Gallery & Gifts, a new Members' Show is on view and available for purchase through Sept. 14, along with the art and artisan crafts by the venue's 10 resident artists.

Solo show artists Amundson and Bodycombe, longtime BAA members, use different media to explore the natural world in paintings. Amundson, a watercolorist, has been painting for about 30 years; Bodycombe works in oils on canvas and has been doing so for 20 years.

"My favorite part of creating art is capturing the feeling of a place or activity," said Amundson, who has 13



Egret at Dusk, watercolor, Lorna Amundson



Acadia National Park, oil on canvas, Kathy Bodycombe

paintings in her Bell Arts show, plus many original pieces and more than 100 greeting cards for sale at Harbor Village Gallery. Watercolor landscapes are frequent subjects and "Most work focuses on the natural world, some of which is done on site plein air, but increasingly is including work from photographs and imagination."

Before coronavirus limits, she often found her inspiration on trips to the Yosemite Valley, where some of her paintings are available at Yosemite National Park's Ansel Adams Gallery.

Bodycombe has seven paintings in her solo show, plus two in the members' show. Her specialty is coastal landscapes, mostly from California travels (plus one example from Maine), although she also is relying more these days on photos she's taken previously, she said.

She describes them as "a simplified impressionistic style, capturing the shapes as well as the light along the coastal landscapes. I enjoy taking what I see and creating an image that captures the view, perspective, light, mood and ambiance of a particular place in nature."

Buena Ventura Gallery, in Studio 30 at Bell Arts Factory, 432 N. Ventura Ave., Ventura, is open noon-4 p.m. Fridays and Saturdays and by appointment by calling 805-648-1235. The Ventura Harbor Village location, at 1559 Spinnaker Drive, unit 106, is open 11 a.m. to 6 p.m. Fridays through Mondays.

For more about the 66-year-old nonprofit artists' cooperative and its programs, visit buenaventuraartassociation.org or call during gallery hours.

This 'n' That



Later in her life Candalaria Valenzula was still helping people.

Candalaria; a Statue for Ventura?

by Richard Senate

Will the removal of Fr. Junipero Serra from the pedestal in front of City Hall the debate is now who or what should replace him. It should be someone with links to our city, someone who deserves

the recognition of a statue. I would like to suggest a Native American woman, a leader of her people. Her name was Candalaria Valenzula. No one knows exactly when she was born,

it is estimated it was sometime around 1838 in the Sespi district of Ventura County. We know she spent much of her life in and around the village of Saticoy, just east of Ventura. She was a mission neophyte and a life-long Roman Catholic, like many of her people. She lived, in her long life to see California pass from Imperial Spain to Mexico and then become part of the United States.

Her grave was believed lost but rediscovered and is now marked, a simple plaque that proclaims her as a Chumash Native American. Candalaria is perhaps the best known of all of the Chumash People. She was a major informant to Smithsonian ethnographer John Harrington with her accounts of Chumash life and beliefs. Much of what we know about the tribe and its customs comes from her interviews.

She was born in the Sespe region of Ventura County and grew up at the Mission San Buenaventura. She was part of the household of Chumash leader Captain Luis Francisco who operated a restaurant/saloon in Saticoy. He did all he could to keep alive Native American traditions and customs. She was known for her fine baskets, and her knowledge of herbs. Candalaria was, by all accounts, a very beautiful woman in her youth.

She was married three times. She was married to Jose del Rios and this union produced a son named Teen. By the 1870s she was working as a cook at the home of the Olivas Family and here she had a long term relationship with Jose Delores Olivas that produced

two children. When Jose married a "respectable" woman she left the rancho and left behind the two children who were recognized as members of the Olivas Family. They were taken in and given a good education.

After the family lost their wealth in the 1890s, Candalaria returned to help the Olivas Family. She took care of the sick and elderly mother Teodora and helped to raise Rebecca Olivas DeLa Riva's children. Years afterward the children remembered her making dolls for them out of scraps and her huge tortillas so large they filled the whole top of the wood stove. She only moved on after the death of Teodora Olivas, and the family sold the two-story adobe home. She then married Jose Valenzuela of Sonora, Mexico.

She was working as a cook on a ranch where Lake Casitas is today. In 1917 she was badly burned when a gasoline stove she was using exploded. She died of her injuries in Ventura. She was, it is believed, 81 years old. She witnessed many changes in her long life from the days of the Missions to Ventura becoming a modern city.

She should be honored for all she did with a statue in Ventura. Before her death she told Mr. Harrington about the beliefs of her people and even recorded her voice singing the ancient songs in the Chumash Language onto wax cylinders. These crude recording still exist and are preserved and transferred to modern recording systems. Her voice is a time machine back to the days when the Chumash. She would be a perfect statue to represent Ventura.



Lighter Breeze

Tiger



Beetle Bailey



Blondie



Dustin



Hi and Lois



Moose and Molly



Solutions on page 13

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

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

Weekly SUDOKU
by Linda Thistle

Place a number in the empty boxes in such a way that each row, each column, each 3x3 square and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

Solutions on page 13

King Crossword

ACROSS

- 1 Autumn mo.
- 4 "— Breckinridge"
- 8 Drag along
- 12 That girl
- 13 Quite some time
- 14 Shrek is one
- 15 Remiss
- 16 Flattery
- 18 Eye-related
- 20 Marry
- 21 Hen pen
- 24 Famous
- 28 Flowering vine
- 32 Clinton veep
- 33 Standard
- 34 Billow
- 36 Watch chain
- 37 Sister of Osiris
- 39 Grump
- 41 Eighth Greek letter
- 43 Rip
- 44 Historic period
- 46 Healthy
- 50 Dairy item
- 55 Aye opponent
- 56 Heap
- 57 Carte
- 58 Conk out
- 59 Choir member
- 60 Vail gear
- 61 On in years

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			
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37				38		39				40			
41				42		43							
				44		45			46		47	48	49
50	51	52				53	54				55		
56						57					58		
59						60					61		

DOWN

- 1 Norway's capital
- 19 Lemieux milieu

- 2 Fellow
- 3 Libretto
- 4 Team animals?
- 5 Evergreen type
- 6 Caviar, really
- 7 From the start
- 8 Frank
- 9 — Khan
- 10 Web address
- 11 Albanian money
- 17 Coffee break hour
- 19 Lemieux milieu
- 22 Piece of work
- 23 1992 presidential candidate
- 25 Bean curd
- 26 Cupid's alias
- 27 Society newbies
- 28 Skewer
- 29 Launder
- 30 One of HOMES
- 31 Chills and fever
- 35 Dutch Renaissance scholar
- 38 Audiophile's setup
- 40 Expert
- 42 Joan of —
- 45 Weaponry
- 47 Loosen
- 48 Catch red-handed
- 49 Changed the color
- 50 Hot tub
- 51 Painter's medium
- 52 Last (Abbr.)
- 53 "A mouse!"
- 54 Blackbird

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brighten any dark period, and your laughter can dispel those gray clouds swirling around you. The weekend presents a surprising but welcome change.

SCORPIO (October 23 to November 21) Be careful about the words you use, especially in touchy situations. The old Chinese saying that the spoken word is silver, but the unspoken gold could well apply here.

SAGITTARIUS (November 22 to December 21) Some facts could emerge to shed light on unresolved past problems. What you learn also might help explain why a once-warm relationship suddenly cooled down.

CAPRICORN (December 22 to January 19) Don't let your pride get in the way of checking into what could be a great new opportunity. Get the facts first, and worry about procedure and protocol later.

AQUARIUS (January 20 to February 18) A health problem in the family might have other relatives assuming that, as before, you'll take over the health-care duties. Surprise them and insist they share in the caretaking.

PISCES (February 19 to March 20) A series of changes can be unsettling, but in the long run, it can pay off with new perspectives on what you plan to do. Keep your mind open to the possibilities that might well lie ahead.

BORN THIS WEEK: You might be under a "royal" sign, but you have a wonderful way of embracing everyone as an equal.

TAURUS (April 20 to May 20) It's a good time for romance for unattached Bovines, and a good time for reinforcing the bonds between partners. Children's needs are important during the latter part of the week.

GEMINI (May 21 to June 20) A compliment from a surprising source sends you wafting way up into the clouds, where -- sorry to say -- your view of what's going on is obscured. Come down and face some reality.

CANCER (June 21 to July 22) Even a family-loving person like you sometimes can feel you're at the end of the line with contentious kinfolk. But things can work out. Remember that it's better to talk than walk.

LEO (July 23 to August 22) A job-related move might hold more positive surprises than you'd expected. Go into it with confidence, and look for all the advantages it offers. Then decide what you'll do with what you find.

VIRGO (August 23 to September 22) Driving yourself too hard to get something done on a deadline you set up can backfire. Ease into a more realistic finish date, and add more breaks to your work schedule.

LIBRA (September 23 to October 22) Your sense of humor can

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Showtime

Streaming Spotlight by Cindy Summers

The Umbrella Academy

Netflix Original Series



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

On October 1, 1989, 43 children were inexplicably born around the world to mothers who had not been pregnant that morning. An eccentric billionaire named Reginald Hargreeves sought out these special children and adopted seven, which later revealed had special powers to save the world and made a superhero squad called “The Umbrella Academy”. In their teen years, various issues arose and the team disbanded. Years later as they reached their 30’s, Hargreeves’ passed brings the surviving six of them back together to work through their shared challenging experiences from their childhood and to save the world from a rapidly approaching apocalypse.

Number 1 “Luther” (Tom Hopper) had superhuman powers derived from a near death experience when Hargreeves brought him back to life and was an astronaut living on the moon. Number 2 “Diego” (David Castaneda) was super skilled with knives and blades and spent his time listening to the police scanner to help victims. Number 3 “Allison” (Emmy Raver-Lampman) could plant thoughts in people’s minds. Number 4 “Klaus” (Robert Sheehan) could see entities that had crossed over into the Afterlife, though struggled with drug addiction to deal with his gift. Number 5 (Aidan Gallagher) had disappeared when he was 13 years old, his gift being able to move invisibly through space. Number 6 “Ben” had giant tentacles that would appear when he was forced to fight that passed away in his teens, though became a constant spirit companion of Klaus. Number 7 “Vanya” (Ellen Page) was a talented violinist who was always taught that she was not special and had no powers, taking medication to control her nerves. She wrote a book about being Number 7 that exposed many family secrets and was shunned by many of her siblings.

Though they called him father, Reginald Hargreeves was cold and distant, using the children primarily for experiments while controlling the use of their powers and formally named them “The Umbrella Academy”, publicly wearing school uniforms with masks. As teenagers, he they would be sent on fighting crime missions to thwart things like bank robberies using their individual special skills, except for number 7, who was constantly told that she just wasn’t special. The grew up with a nurturing cyborg mom and Pogo, a humanized chimpanzee that was somewhat of a caring father figure to them, though was loyal to their father.

On the day they all return for their father’s funeral, a vortex appeared and out fell 13 year old Number 5, who had traveled through time to warn them that there was an impending apocalypse happening in 8 days that they had to prevent. Number 5 had learned to travel through time and was 58 in his mind, but

appeared back into a 13 year old body. His father warned him that jumping through time was extremely challenging and forbid Number 5 from trying it, though of course that’s exactly what Number 5 did. Unfortunately, he traveled to a time just after the apocalypse and got trapped there for 17 years family time, though 45 years in time travel.

Number 5 had one clue, a prosthetic eye, and determined that there was a single person that needed to be taken out in order to avoid the apocalypse whose name was Harold Jenkins. Harold Jenkins was actually the past identity of Leonard Peabody (John Magaro), Number 7’s new boyfriend who unbeknownst to her had found their father’s journal and was grooming her powers that she was unaware she even had since her father hid them from her. The group decided that regardless of the issues between them, they needed to work together to find a way to stop the apocalypse, along the way finding out many unknown truths about their past with their father.

Along with some intriguing superhero creation stories, The Umbrella Academy is filled with relatable family dynamics, dark humor and unpredictable plot twists interestingly revealed.

Rated: TV-14

10 Episodes – 60 min each



Butler will also be responsible for new play development.

Chris Butler appointed new Associate Artistic Director at Rubicon

The Board of Directors of Rubicon Theatre of Ventura has appointed Ovation, NAACP and Garland Award Winner Chris Butler as the company’s new Associate Artistic Director.

Butler returns to Rubicon having previously received acclaim for his portrayals of Caesar Wilkes in August Wilson’s Gem of the Ocean and Randle P. McMurphy in Dale Wasserman’s adaptation of One Flew Over the Cuckoo’s Nest. Most recently, he helped narrate and performed in the company’s livestream presentation of “Voices of America: Songs and Stories of Conflict, Crisis, Hope and Healing.”

Born and raised in Charlotte, North Carolina, Butler received his B.A. in Dramatic Arts from The University of North Carolina at Chapel Hill and his

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M.F.A. in Acting from the University of California, San Diego.

Upon graduation, Butler move to Los Angeles where he began working as an actor in television, film and theatre. He has appeared in nearly 50 films and television series. He had a recurring role on all seven seasons of CBS’s “The Good Wife” as well as its spin off “The Good Fight,” “Designated Survivor,” “True Blood,” “Major Crimes” and “24.” He has also been a series regular on TNT’s “King and Maxwell” and several pilots. Butler has guest-starred recently on “Law & Order SVU,” “NCIS Los Angeles” and “Modern Family.”

On Broadway, Butler played Noah in the Tony nominated production of 110 in the Shade starring Audra McDonald. He won Ovation, NAACP and Garland Awards in Los Angeles for his work in Yellowman at The Fountain Theatre and Stick Fly at the Matrix Theatre. Butler spent four seasons with the Oregon Shakespeare Festival where he played the title role in Othello and Walter Lee in A Raisin in the Sun, among many others.

In addition to Associate Artistic Director duties in the areas of play selection, casting, production oversight, acting, directing and community relations, Butler will also be responsible for new play development and guiding the company’s renewed and expanded commitment to equity, diversity and inclusion.

Says Butler, “Over the years I have admired Rubicon’s dedication to sharing diverse stories and making thought-provoking program choices. And I have experienced, first-hand, the company’s expansive casting practices.”

According to Producing Artistic Director Karyl Lynn Burns, “Our very first statement of vision and goals more than 20 years ago expressed the founding board’s commitment to artists of different cultures, backgrounds, beliefs and abilities; and to producing works by underrepresented playwrights. The intent was conveyed through re-invented, reimagined productions of classics that address current issues; 20th century plays such as Gem of the Ocean, Driving Miss Daisy and Master Harold... and the Boys;” and premieres like The Baby Dance: Mixed, La Razón Blindada, eXtras, and Women Beyond Borders.”

“We know these productions have engendered meaningful dialogue and have helped create greater understanding and compassion in our region,” continues Burns. “But in these troubled and tumultuous times, we know, too, that we can and must do more – to actively fight racism and to inspire change – in ourselves, our community, and our world.”

“Change starts with leadership,” says Burns, “and Chris is a person of great strength and integrity. We are incredibly fortunate to have him at the helm of this effort.”

Says Butler, “I look forward to interfacing between artists, audiences, donors and board members to build and implement a plan and hope to take the organization to new and exciting places.”

Chancellor of Human Resources appointed

Ventura County Community College District (VCCCD) Chancellor Greg Gillespie has announced the appointment of Laura Lizaola Barroso as Vice Chancellor of Human Resources. Barroso has more than 28 years of experience in California within higher education and public agency. Since joining VCCCD in 2018, she has served as the Director of Human Resources Operations and as Associate Vice Chancellor of Human Resources.

In her new role, Barroso will provide collaborative senior administrative leadership across all functional areas within the District Office and Moorpark, Oxnard and Ventura colleges. She will have direct oversight of District recruitment, human resources operations, benefits, employee professional development and labor negotiations.

Prior to her tenure with VCCCD, Barroso held the position of Human Resources Manager with the County of Ventura from 2013-2018; and Personnel Services and Training Manager; Career Services Supervisor; and Career Services Specialist from 1992-2013. Barroso, who earned an associate degree from Oxnard College, earned a bachelor’s degree in sociology from California State University, Northridge and master’s degree in psychology from Antioch University in Santa Barbara. She also holds a Society of Human Resources Management Senior Certified Professional credential and an International Public Management Association for Human Resources Senior Certified Professional credential.

“I am pleased that Laura Barroso has accepted the position of Vice Chancellor of Human Resources for the Ventura County Community College District,” said Chancellor Gillespie. “In addition to her professional qualifications and credentials, she demonstrates a personal commitment to developing strategic relationships and effecting collaboration with internal and external business partners and colleagues. She will be a strong leader in support of the District’s mission in serving students and supporting the District and its employees.”

“I am so pleased that Ms. Barroso, an Oxnard College graduate and resident of Oxnard, will lead the organization’s human resources department. She serves as a role model and demonstrates a keen ability in providing dynamic leadership as the District continues to prepare for uncertain times ahead,” said Board of Trustees Chair Bernardo M. Perez.

Barroso is a lifelong resident of Ventura County. She believes the organization’s greatest assets are the dedicated faculty and classified professionals. By building strong relationships and developing a culture where collaboration and mutual respect are fostered and continuous improvement is embraced, the District will better serve employees, students and the community.

“I look forward to continuing my work with the Ventura County Community College District and working with our stakeholders to navigate through the challenges ahead.”



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

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Ventura Harbor increases sustainability

Continued from page 1

we're excited about the addition of our new SemaConnect stations. We wanted to make sure that our new equipment could withstand sea air and charge all present and future EVs that visit the harbor. We've already seen some EV drivers charging at our new charging stations, and we look forward to welcoming Californians back to Ventura Harbor."

"SemaConnect is honored to be the Ventura Port District's choice for electric vehicle charging stations," said Georgette Cardona, national sales director at SemaConnect. "With fewer people driving this summer, many commercial properties and public agencies nationwide are updating their infrastructure and installing new smart EV charging stations. The Ventura Port District is setting an example for other marinas, retailers, and harbors with their new SemaConnect smart stations. We look forward to supporting EV drivers at Ventura Harbor."

At Ventura Harbor's new SemaConnect charging stations, drivers have the most options for starting a charge. In addition to a smart card, drivers can start a charge using the SemaConnect app, online portal, 1-800 automated phone system, or Pay With Plugshare. The stations have a \$1 plug-in fee plus a \$0.17 per kWh energy fee. After four hours, drivers are charged an additional \$1 per hour. Live station status, locations, and pricing details can be found on the SemaConnect or PlugShare mobile applications.