



# VENTURA BREEZE

Your Hometown Paper

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Estelle will appear in the bright lights.

## Ventura resident to be featured in National Down Syndrome Society video

Estelle Collinge of Ventura, will appear in the bright lights of Broadway on Saturday, September 12, as part of the National Down Syndrome Society's annual Times Square Video presentation. The featured photographs highlight children, teens, and adults with Down syndrome, reminding the world in a very big way about the contributions and milestones of people with Down syndrome. These collective images promote the value, acceptance, and inclusion of people with Down syndrome.

"This video is a terrific way to showcase some of the incredible individuals with Down syndrome living in our communities across the country," says NDSS President & CEO Kandi Pickard. "It is something the community looks forward to every year."

The Times Square Video presentation kicks off Down Syndrome Awareness Month in October. The video presentation will be followed by the New York City Buddy Walk, which will take place virtually due to COVID-19. Buddy Walk events will be held virtually in more than

*Continued on page 3*



## MERITO Foundation launches the new Marine Science After School Beach Camps

MERITO Foundation's students learn about wetland habitat restoration at the Kalorama Wetland.

We now know the risk of contracting coronavirus diminishes when masked gatherings occur outside (The New York Times). We also know children learn more science, care more for their environment,

and are happier when learning outdoors. We are launching the Marine Science After School Beach Camps to increase the opportunities for local youth to participate in meaningful learning outdoor

experiences that won't be available to them through distance learning.

The MERITO Foundation has instructed over 18,000 students during the last five years in our region's coastal environments, such as local watersheds, beaches, and estuaries. Our bilingual and knowledgeable staff will provide your child with a fun and memorable experience while they explore our coast.

The Marine Science After School Beach Camp is a weeklong program for 9 to 12 years olds. Your child will be engaged in hands-on science and stewardship activities while allowing for social distance. They will learn about habitat restoration, wetland ecology, ocean science, animal classification, and have fun with ocean-themed games and art. Children will explore the coast through field-based activities such as habitat restoration, scientific monitoring of sand crabs, shorebirds, beach topography, and stewardship activities such as beach

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Brandishing homemade signs they asked passers-by to honk their horns in support. Photo by Richard Lieberman.

## Victims tried to raise public awareness of the plight of their loved ones

by Richard Lieberman

Relatives of unsolved murder cases in Ventura held a demonstration and vigil on the lawn of Ventura Government Center. Among the demonstrators

unsolved cases one dates to 1974. Brandishing homemade signs asking passers-by to honk their horns in support.

*Continued on page 6*



Local Girl Scout Troop 65060 wanted to give back to the community, so they decided to brighten up a corner they passed every day on their way to school. The artistically painted utility box the troop calls "Diversity" which they funded and designed themselves through the City of Ventura's think outside the box program is a beacon of color on the busy corner of Stanley Road and Ventura Avenue. To find out more about the City of Ventura Public Art opportunities go to [www.cityofventura.ca.gov/artopps](http://www.cityofventura.ca.gov/artopps).

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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](http://www.venturabreeze.com), where you will find a **Donate** link at the top of the page and use the PayPal button to make a donation, which allows you to pay by credit card or with your PayPal account. If you would rather pay by check or have the Breeze staff process your donation, you can use the form below and mail in your check or credit card information. You may also contribute by going to [www.gofundme.com/f/support-the-ventura-breeze](http://www.gofundme.com/f/support-the-ventura-breeze).

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# News & Notes

## MERITO Foundation

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cleanups. The program will run Monday through Friday from 2:30 pm to 5:00 pm, starting on August 31, 2020. Please check [meritofoundation.org/afterschoolbeachcamp](http://meritofoundation.org/afterschoolbeachcamp) for available dates and to enroll online.

This is a fully outdoor program that will take place at Buenaventura State Beach by the Kalorama Wetland, south of the Ventura pier. Registration costs \$190 per week per child, and parents get 10% discount when they enroll siblings. A limited number of scholarships are available based on economic needs. Each instructor will work with a maximum of 8 students, and children will stay in the same groups throughout the week to reduce the chance of virus transmission.

All our Beach Camps have strict COVID-19 prevention rules and protocols in place to keep youth and instructors safe. You can find out more about our COVID-19 prevention measures on the program's webpage.

The MERITO Foundation is also launching a full-day Marine Science Fall Beach Camp that will take place during the week of October 26 - 30, 2020. Registrations are now open for both programs.

This program could result in a myriad of academic, social, and health benefits for participants, especially during distance learning. Environmental education programs in informal settings increase knowledge and understanding of how human actions contribute to environmental issues. Youth also demonstrate better attention and longer retention of skills when learning takes place in outdoor environments. Exposure

to nature through these programs enhances learners' cognitive functioning, self-discipline, and character development. In addition, there are numerous physical and mental health benefits from spending time in the outdoors. Learn more and enroll your child at [www.meritofoundation.org/afterschoolbeachcamp](http://www.meritofoundation.org/afterschoolbeachcamp)

This program was organized in partnership with California State Parks-Channel Coast District and California Coastal Conservancy.

## National Down Syndrome Society video

*Continued from page 1*

150 cities across the country, as well as select international locations, this fall with over 325,000 people participating around the globe. For information about the NDSS Buddy Walk Program, visit [www.buddywalk.org](http://www.buddywalk.org) or call 800-221-4602.

The National Down Syndrome Society (NDSS) is the leading human rights organization for all individuals with Down syndrome. NDSS programming includes the National Advocacy & Policy Center, which seeks to create systemic change through engaged advocacy; the National Buddy Walk® Program, which honors and celebrates individuals with Down syndrome in local communities across the world, and other programs that provide support, informational resources and community engagement opportunities for individuals with Down syndrome and those who love and support for them. Visit [www.ndss.org](http://www.ndss.org) for more information about NDSS programs and resources.

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Member, Ventura Chamber of Commerce

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

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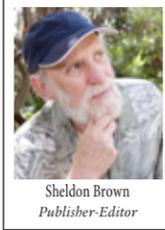
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## Opinion/Editorial



Sheldon Brown  
Publisher-Editor

■ In June, **Downtown Ventura** closed its streets to expand outdoor dining and shopping as part of its Main Street Moves launch. This has saved many restaurants from having to close.

The closure will continue at least until September 14.

■ A new free COVID-19 **walk-in test site**, open to all county residents, is now open at the County Fairgrounds. No appointment is required. The test center is located in San Miguel Hall, and entry is through Gate 2 off Shoreline Drive. The center is operated by Ventura County's Health Care Agency and is open from 9 a.m. to 6 p.m., Monday through Friday.

■ The Ventura Unified School District is reviewing its school resource **officer program**. Ventura Superintendent Roger Rice said the district planned to put together a committee to address community members' concerns over the program that puts officers on school campuses. The district has a contract with the Ventura Police Department to provide three officers, who split their time among the district's elementary, middle and high schools. I think that an impartial committee to review this situation is called for before any decisions are made.

■ In November, some of us will be voting for a **city council member** depending upon where you live. On September 6, 2017 the City received a letter from Robert Rubin, Esq., of San Francisco demanding that the City Council elections transition from the current "at-large" method to by-district" in order to conform to the California Voting Rights Act (CVRA). Mr. Rubin asserted that the City of Ventura is in violation of the California Voting Rights Act of 2001 because "racially polarized voting" occurs in the city. Based upon this, and possible lawsuits, the city adopted city council districts.

These are the candidates for the districts. We will have more information closer to the elections.

### District 2

Doug Halter, business owner  
Dougie Michie, financial advisor/ lawyer  
Christy Weir, city councilmember

### District 3

Barbara Brown, professor/business owner  
William Cornell, small business owner  
Aaron Gaston, business owner/ realtor  
Mike Johnson, teacher

### District 7

Heather May Ellinger, real estate agent  
Michael James Nolan, realtor/

telecommunications manager  
Nancy Pedersen, business owner/ executive

Joel Schroeder, retired financial CEO

■ The City of Ventura and Santa Barbara Channelkeeper, a local environmental group, have announced an amendment to their settlement agreement in the **lawsuit** regarding the pumping and diversion of water from the Ventura River Watershed. Both Channelkeeper and the City remain committed to ensuring the protection of this local water source and the species that rely on it. The ongoing collaboration enables dialogue toward a locally developed solution to continue moving forward.

Under the modified terms, the City will continue the Pilot Program it implemented in 2019 to reduce its pumping and diversion of water from the Ventura River when flows drop during dry times, in order to help protect wildlife that depend on the river.

Additionally, the City and Channelkeeper have agreed to keep a dialogue open to identify additional ways to work collaboratively on other Watershed and habitat-related public relations efforts.

■ I'm still bothered by **Supreme Court** decisions that are made with a simple majority vote of 5-4. These are major, major decisions that greatly affect how this country is run and should not be based on just one vote. I also think that Supreme Court justices should have fixed terms and not be appointed for life. Most Supreme Court nominations by presidents are made simply for political reasons with Republican appointees voting one way and Democratic opponents the other way (except on rare occasions). I don't know what term limits should be, but I certainly think there should be one.

■ Scientists from Leeds and Edinburgh Universities and University College London analyzed satellite surveys of glaciers, mountains, and ice sheets between 1994 and 2017 to identify the impact of **global warming**. Describing the ice loss as "staggering," the group found that melting glaciers and ice sheets could cause sea levels to rise dramatically, possibly reaching 3-feet by the end of the century. The dramatic loss of ice could have other severe consequences, including major disruption to the biological health of Arctic and Antarctic waters and reducing the planet's ability to reflect solar radiation back into space.

■ NFL Commissioner Roger Goodell says he should have "listened earlier" to free agent quarterback Colin Kaepernick about the reasons behind his **kneeling**

**protests** against police brutality and racial injustice.

Goodell admitted the league was "wrong" for not listening to players who were protesting during the national anthem. "I wished we had listened earlier to Kaep, to what you were kneeling about and what you were trying to bring attention to," Goodell stated in a video released last week.

Kaepernick, a former quarterback for the San Francisco 49ers, started kneeling during the national anthem in 2016 to draw attention to police brutality and racial inequality. Other players embraced his form of protest, but it also gained critics such as President Trump, who decried it a sign of disrespect to the American flag.

Goodell now says he understands the protests were not about the flag and defended players who participated. "These are not people who are unpatriotic," Goodell said. "They're not disloyal. They're not against our military. In fact, many of those guys were in the military, and they're a military family. And what they were trying to do is exercise their right to bring attention to something that needs to get fixed. And that misrepresentation of who they were and what they were doing was the thing that really gnawed at me."

Breeze:

I believe that President Trump has been (and will continue to be) a great president. He has made very important changes to the way government is run and had reversed many of Obama's terrible programs and taxes. I know that some countries don't care for him but that is because he has put America first instead of catering to the wishes of other countries that don't do much to help us financially.

Before the China virus hit us our economy was at the highest that is has ever been in our history and will return to that when the virus is licked. His insistence that companies rapidly come up with a vaccine has made them proceed very rapidly with a vaccine and a cure.

He has helped states with everything that they need to combat the virus even though some sates (to embarrass him and make him look bad) have refused his help. Shame on them

Some of his relatives have criticized him but are, obviously very jealous of his success as being our president and with his very successful business ventures. He has handled their criticism in a very professional and dignified manner.

The promises that he made in his acceptance speech for his next term are wonderful and will put millions of Americans back to work.

Thank you for the opportunity to express my thoughts  
Mervin Wheeler

Sheldon,

Who would have ever thought we could don a face mask, walk into a bank, walk up to the teller and demand money. Then walk out unmolested?

Michael Gordon

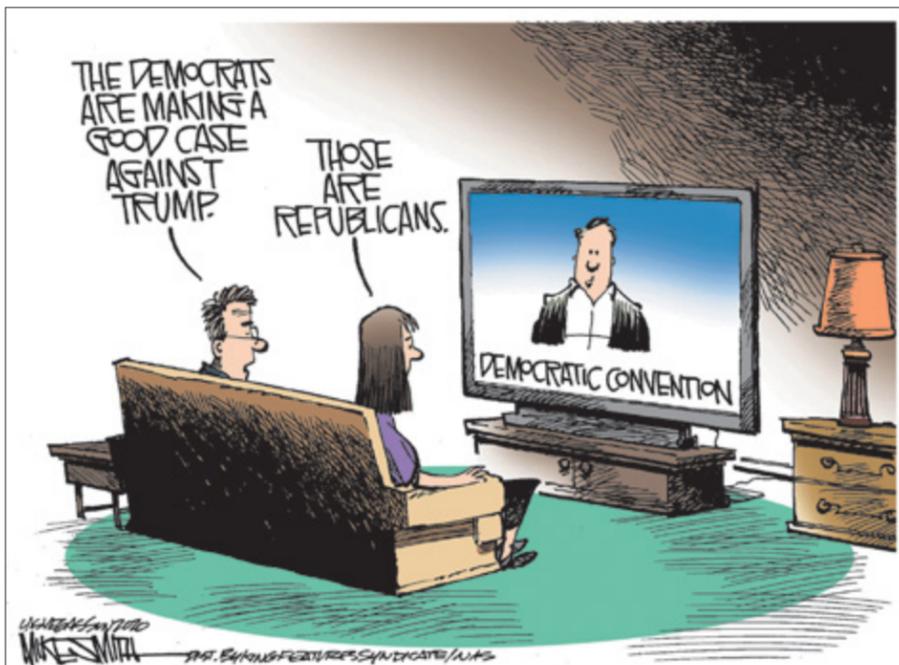
Michael:

Just the wonderful times that we are living in.

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

All labor that uplifts humanity has dignity and importance and should be taken with painstaking excellence.

– Martin Luther King Jr.





## Social Justice

### New President Named of Nashville Superspeedway

by M. Scott

Erik Moses has been named president of Nashville Superspeedway, becoming the first Black man to hold that title at any NASCAR track. Moses said he was welcomed to the industry this week by NASCAR President Steve Phelps and takes control in a year where the series has been swept up in the reckoning of the nation's racial issues. "Any time that you have the distinction of being the first at anything professionally, it is a humbling kind of honor," Moses told The Associated Press. "That said, I'm not naive enough to believe that I'm the first person of color qualified enough to run a NASCAR track. I'm going to focus on the job. I got hired to do a job, not because of what color I am."

#### Black Americans are bearing the brunt of coronavirus recession

Extracted from article in *TheConversation.com*

As the COVID-19 pandemic worsened in April, many Americans were shocked by the extent that black Americans were being disproportionately impacted: higher infection rates, more deaths and greater job loss. But many black Americans were not surprised.

Economic history repeating itself. Prior to this pandemic, the worst economic downturns in post-World War II America were the 1981-82 recession and the Great Recession that followed the 2007-2008 financial crisis. During those downturns, the jobless rate of black Americans peaked at 20.2% and 14.8% respectively. From each downturn's onset, it took 16 and 18 months to hit those levels.

This pandemic has eclipsed those figures in just one month. My estimate – based on the historic link between the unemployment rate and initial claims, and April's data – has the black American unemployment rate already exceeding 20%, compared to a white unemployment rate of 13%.

Black Americans have higher likelihoods of losing their jobs because those jobs are concentrated in the hardest-hit sectors of the economy, such as hotels, restaurants, bars and other food services, and department stores.

Many who have kept their jobs face higher risks of infection because they work in "high touch" jobs such as transit workers and grocery clerks.

Further, because they tend to live in more densely populated communities, they also have a harder time practicing physical distancing. This, along with the long-standing chronic health challenges of many black Americans, puts them at greater risks of infection, illness and death.

#### Black infants die two to three times more often than white infants.

A pediatrician explains. Extracted from article by Patricia Temple Gabbe, M.D.

From Boston to Indianapolis racism has been declared a public health crisis in a growing number of cities and counties across the nation. In Ohio, state lawmakers are considering a resolution that would make the state the first to do the same.

As a pediatrician, I know racism is a significant public health crisis in Ohio because I see racism every day. I see it in the disparities in infant deaths in our neighborhoods, in our cities and in our state. We measure the quality of our public's health by the infant mortality rates – the death of a live born infant in its first year of life. In our major Ohio cities and in our state, we woefully fail to meet standards. Black infants die two to three times more often than white infants.

It's been this way for generations.

Why disparities in infant deaths? Today, Black babies bear the burden of generations of stress and unequal treatment. They're too often born very early in their mom's pregnancy. They struggle to breathe in our hospital neonatal intensive care units, to survive those early days, weeks and months of life. They start life at a disadvantage. They live in poorer neighborhoods, more often in a homeless shelter, and go to poorer schools, with disabilities from prematurity. They grow up with the same chronic conditions as their parents, living with more asthma, hypertension, diabetes, severe anemia, anxiety and depression from life's circumstances, through no fault of their own.

From our moms and dads, we learn the hard reality of why disparities exist. We see repeated evictions that uproot families and prevent children from sleeping and learning in a safe environment. We hear about the impact of hunger and lack of access to good, healthy food while pregnant. We hear how losing a job while pregnant without maternity benefits leads directly to an eviction and the homeless shelter. We hear how taking two hours on public transportation can make you late for a job or for an appointment and cause you to lose your job.

We see Black fathers in our Dads2B program who are struggling to find work that will pay the utilities and the rent and put food on the table. Yes, this does happen in white families, too. But for black families, there's been structural discrimination for generations. There have been real estate covenants, bank red-lining and freeways built through once vibrant neighborhoods. All of these stressful, local events directly affect the health of our black families.

#### Toronto Raptors' President Masai Ujiri countersues; video shows officer initiated shoving in 2019 NBA Finals aftermath

From ESPN

A countersuit filed by Toronto Raptors president of basketball operations Masai Ujiri includes new video footage that shows the San Francisco Bay Area sheriff's deputy with whom he had an altercation in the moments after the Raptors won Game 6 of the 2019 NBA Finals was the aggressor.

The footage shows the deputy - Alan Strickland - grabbed Ujiri by the suit jacket and shoved him, telling him to "back the f--- up" as Ujiri was attempting to show his team credential. Ujiri was trying to reach the Oracle Arena floor to celebrate with the Raptors in the wake of Toronto winning the first NBA championship in franchise history against the Golden State Warriors.

Strickland's suit, which was filed in February, alleged that Ujiri assaulted him in the moments after Toronto's victory and that as a result of the incident, he "suffered injury to his body, health, strength, activity and person, all of which have caused and continue to cause Plaintiff great mental, emotional, psychological, physical, and nervous pain and suffering."

Alameda County Sheriff Greg Ahern initially requested Ujiri be charged with battery of a peace officer after the incident took place, claiming Ujiri struck Strickland's jaw and shoulder. Eventually, however, the Alameda County District Attorney's Office declined to press any charges after a month's long investigation ended with a meeting between the office, Ujiri and his lawyers in October.

Doug Smith, the Raptors beat reporter wrote a piece in the Toronto Star highlighting the fact that Ujiri got treated the way he did because he is Black. And Adante Pointer, a civil rights attorney in Oakland, who represents many Black men who have been killed by police, agreed: "This would have never happened if Ujiri was a white man in a suit."

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Many vehicles driving by were honking in agreement. Photo by Julio Hernandez.

## BLM protest held in Ventura

by Shakti Dutt

On the 14th of August at 3:00 pm, about 30 locals gathered in front of the Ventura City Hall.

Under the hot sun, they were holding signs that read "Black genocide 1619 - 2020", "Are we dark enough to be shot", "No freedom till we're free", etc.

A young woman of color named Gabrielle Rogers was holding up a sign that read "Honk for Black Lives". Some vehicles passing by were slowing down and honking. However, there were also some people who displayed their disagreement by showing a thumbs down or middle finger. Rogers joined the movement to stand up with her black community and about "three weeks ago her cousin got shot by the police and they didn't put it up on the news". This led her to wonder how many other people who experience that are not put up on the news.

At 4:00 pm, all protesters, led by Rogers started marching on Main Street while chanting "These streets are our streets."

The bystanders seemed to be recording videos of the march on their

phones and some even exclaimed in agreement and some in disagreement.

A left turn was taken on Figueroa Street and then another left turn on Thompson Blvd. All eyes were on the protesters.

At this time, the protesters were chanting "Black lives matter." Many vehicles driving by were honking in agreement.

Another left turn was taken on California Street.

On the California/Main street intersection, all protesters kneeled down, followed by five minutes of silence. The silence symbolized half the amount of time that George Floyd was on the ground, unable to breathe.

"This is what democracy looks like" Rogers exclaimed, and the protesters followed. And the march back to City Hall began.

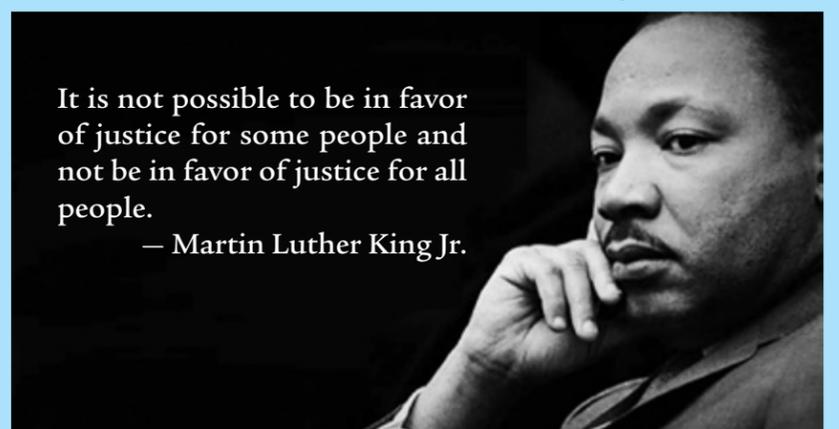
Because it was still very hot, the protesters took a three-minute break in order to get a drink of water before continuing their march. At this time, some participants had left.

*Continued on page 19*

## Black Voices in History

It is not possible to be in favor of justice for some people and not be in favor of justice for all people.

— Martin Luther King Jr.





## News & Notes

### Grant awarded for Ventura County Medical Center Pediatric Unit

The Ventura County Medical Center (VCMC) has been selected to receive a \$15 million grant from the California Health Facilities Authority for the construction and operating equipment of a Pediatric Unit.

“We are grateful for this funding opportunity. It allows us to undertake a project that is directly aligned with work we are doing across the agency to build our pediatric system to help the most vulnerable in our region,” said Ventura County Medical Center and Santa Paula Hospital CEO Doctor John Fankhauser. “We believe all children should have access to the very best services available. Children are cared for at VCMC without regard to their family’s ability to pay by a facility that has been recognized for excellence in care, including being honored as the number one Family Medicine Residency Program in the nation.”

Recent growth in pediatric services includes the reopening of the Pediatric Intensive Care Unit, the addition of pediatric plastic surgery and continued development of pediatric cancer care, pediatric surgery, pediatric orthopedics and the neonatal intensive care unit. The County also has a partnership with the Ronald McDonald House Charities which will culminate in the construction of a Ronald McDonald

Family Room and Quiet Room. These rooms will be special places for families facing very difficult times.

“This is an incredible opportunity. It validates and strengthens the comprehensive pediatric program that has been developed in our County health care system, as well as the high quality of our talented and dedicated pediatric providers. The Pediatric Unit and expansive subspecialty services are vital, truly lifesaving. Having local access to these services takes the burden from families so they do not have to travel far to get the care their children need,” said Ventura County Executive Officer Mike Powers.

The completion of the 20-bed pediatric unit is planned for March 2022. The entire project also includes 18 definitive observation unit beds and 22 medical and surgical beds as well as modifications to the helicopter pad required to accommodate larger Firehawk helicopters.

“We’re very proud of our high-quality pediatric services at VCMC which address a significant need in our County. This project will provide state-of-the-art facilities to allow us to grow our pediatric program in partnership with our superb physicians and staff,” said Ventura County Health Care Agency Director Bill Foley.

In November 2018, California voters approved Proposition 4, the Children’s Hospital Bond Act of 2018, enabling California to issue \$1.5 billion in general obligation bonds to fund the Program. “The purpose of the Program is to improve the health and welfare of California’s critically ill children by providing a stable and ready source of funds for capital improvement projects,” said

California Health Facilities Financing Authority Executive Director Frank Moore. “California’s network of regional children’s hospitals provide vital health care services to children in need over one million times a year. Many of the children that are seen at these hospitals have complex and life-threatening illnesses because these hospitals have the most specialized pediatric specialists capable of addressing these illnesses.”

California Health Facilities Financing Authority offered grants of up to \$15 million through California’s Proposition 4 funding which allows for a total of \$150 million to be provided to general hospitals for construction of pediatric programs within their hospitals.

### Bringing laughs to the Ventura County Fairgrounds

All summer long, CBF Productions have brought stellar musical (and more) entertainment to the seaside Ventura County Fairgrounds, where audiences watch comfortably (and safely) from their parked cars. Since June, the Concerts in Your Car calendar has ranged from stellar live concerts to drive-in movies to the circus and back again, and now comedy is on the docket as well. This August, veterans of comedy David Spade and Rob Schneider will be teaming up to ring in September the best way possible – with lots of laughs.

David Spade and Rob Schneider are no strangers to the spotlight – dating back to their Saturday Night Live roots, the two longtime comedy staples have both enjoyed fruitful careers as actors and comedians, with their paths often crossing along the way. Most recently, however, Spade debuted his new late-night series, “Lights Out with David Spade” on Comedy Central, and Schneider launched his new podcast “See What Happens”, available on streaming platforms. The duo will be performing on Friday, August 28th at the scenic Ventura County Fairgrounds. The show will begin at 8:00 PM, with the first cars allowed in at 6:30.

“Even with social distancing, we wanted to give people a way to get out, celebrate and have some fun!” said Vincenzo Giammanco, owner of CBF Productions.

Each event will offer room for 700 cars per show and are designed to comply with all official restrictions. The combination of an extra high, theatre-in-the-round and five oversized screens will ensure that every seat is the best seat in the house. Sound will be distributed via FM radio. Tickets are sold in advance and online only and are priced starting at \$99 per car. Each ticket is valid for one car, and the number of passengers must not exceed the number of safety belts/seats in the vehicle. For safety reasons, sound at the show is only transmitted through FM radio to discourage audience members from leaving their vehicles.

While no food is available for purchase at the concert, attendees

will be provided with a comprehensive list of downtown Ventura restaurants that feature curbside pickup.

The comedy show is just one facet of the ongoing schedule with CBF Productions. Other evenings presented at the fairgrounds include both live and recorded concerts, movie nights, and other themes to keep greater L.A.’s concertgoers and families safely entertained this year.

#### Victims tried to raise public awareness

*Continued from page 1*

Mothers, fathers, brothers, sisters and children of murder victims tried to raise public awareness of the plight of their loved ones.

Sheila Kamara, the spokesperson for the group, said “We are protesting to get unsolved murders solved. We are trying to get the city to hire more detectives who can focus on unsolved murders.” Her son Arnold Kamara was murdered March 16, 2016 by unknown assailants, Arnold was at home on that fateful Sunday evening and there was an argument and he was shot, they shot him in the leg and the bullet hit an artery and killed him, there has been little progress in the case. Kamara also added “They know who it did, but they need more information, so they need to get those resources out here to work on these cases.”

Asked about the support of other organizations on the plight of parents of murdered children, she said “Parents of Murdered Children group, I attend those meetings and I guess that is what gives me support and they support us and that is what gives me hope.”

She sees the hiring of additional detectives as imperative to the solving of these yet unsolved cases. She thinks new detectives will bring more light to the cases, “They are going to take information and they are all going to go about in their own way, and I think they could solve all of them if they just worked on them and got out onto the streets and make people kind of talk,” she said. “The police are doing okay, they just don’t have the resources to focus on these cases,” she added.

Kamara does call the police from time to time to get progress reports on her son’s case, but police sources have consistently denied her requests for information. “I don’t call much anymore because they can’t give me the information, so it just kind of brings me down,” Kamara added. “I just feel like I don’t want to bother them right now because of the Corona Virus,” added kamala

Asked about what she thought the police should do to make more progress on the cases, she replied “I think the police are doing a great job, they just need help, and more resources. Maybe they could get retired cops and district attorneys to come in and help with this.”

Kamara did present her son’s case to the city council, but no action has been contemplated or taken. She still writes and emails council members in hopes of getting some response.

“I want them to get out there (the police) and do undercover work, because these murderers are still walking around,” she added. “I also am offering a \$25,000 reward for information on the killing,” she said.

Three weeks ago, the group demonstrated in front of Ventura City Hall and intends to do so again, they also intend to demonstrate at government center again.



On August 17, 18 and 19 the Rubicon Theatre Company presented Ventura’s own Big Bad Voodoo Daddy at the Ventura Fairgrounds at a live drive-in concert. The 9-member band had the audience blowing their horn in appreciation of the great music that they heard from their cars. Some attendees put chairs in front of their vehicles to listen and trucks backed into their spots and people sat in the trunk beds.

The high energy music ranged from jazz to blues and included a song about the fact that this was their first concert in over 5-months. By the great sounds they have spent the 5-months still rehearsing. At the end of the concert they played an encore because the beeping wouldn’t stop.



# News & Notes



Brian Miller, Office of Ventura County Supervisor Kelly Long, Chief of Staff; John Marquez, Santa Paula Chamber of Commerce, Executive Director; Maria Ventura, Public Affairs Manager; Monica White President & CEO of Food Share of Ventura County and Manuel Minjares, Office of Ventura County Supervisor, District Representative attend the drive-thru distribution.

## Food Share partners with Gas Co.

Food Share, Ventura County's largest hunger-relief organization, has partnered with Southern California Gas Co. (SoCalGas) to bring the "Fueling Our Communities" program to Ventura County with drive-thru meal distribution events in Santa Paula and El Rio community in Oxnard. The events, which were funded in part by the utility, provided more than 26,000 free meals to individuals and families struggling with food insecurity in the wake of the COVID-19 pandemic.

In addition to contributing to food purchasing for the drive-thru distributions, SoCalGas' program is helping to stimulate Ventura County's economy by enabling Food Share to partner with local restaurants whose sales have been impacted due to COVID-19 restaurant guidelines.

"In partnership with SoCalGas, Food Share has been able to distribute 800 gift cards to local restaurants during our drive-through food distributions. Those in need receive a free, delicious meal and in turn we're happy to support our local food economy," explained Monica White, Food Share's President & CEO. "It's really been a win-win for everyone."

Food Share is one of five non-profit organizations that SoCalGas is collaborating with on the "Fueling Our Communities" program, to provide close to 140,000 meals to 40,000 individuals from underserved communities in Ventura, Tulare, Kern, San Bernardino, Riverside, and Imperial counties. Funded by a \$500,000 donation from SoCalGas, the program will span over the summer season in 44 cities and will feed seniors, students, families, and migrant farm workers while supporting local small businesses.

"We are proud to continue to support families facing financial hardship due to the COVID-19 pandemic through the Fueling Our Communities program," said Maria Ventura, public affairs manager at SoCalGas. "So many people in Ventura County are struggling to put food on their table right now and SoCalGas wants to help however we can."

In addition to these two events in partnership with SoCalGas' "Fueling Our Communities" program, Food Share has provided food for just over half a million people since April through 123 drive-thru distribution events across the county.

## CMH's commitment to quality stroke care recognized

Community Memorial Hospital once again has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award. The award recognizes CMH's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

"CMH is dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association's Get With The Guidelines-Stroke initiative. The tools and resources provided help us track and measure our success

in meeting evidenced-based clinical guidelines developed to improve patient outcomes," said Stephanie Lara-Jenkins, RN V, Stroke Coordinator for CMH.

CMH earned the award for another year by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluating the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines, with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, get a follow-up visit scheduled, and other care transition interventions.

CMH also received the Association's Target: Stroke Elite Honor Roll and Target: Type 2 Diabetes Honor Roll awards. To qualify for the Target: Stroke Elite Honor Roll recognition, hospitals must meet quality measures developed

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

Due to the Labor Day holiday on Monday, Sept. 7, trash and recyclables or green waste will be collected one day later than usual the entire week of Sept. 6-12 in the Cities of Ventura and Ojai.

**Thank you and Happy Holiday**  
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to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or t-PA. This medication treats ischemic stroke, which is caused when a vessel supplying blood to the brain is blocked. To qualify for the Target: Type 2 Honor Roll award, CMH had to meet quality measures developed with more than 90 percent of compliance for 12 consecutive months for the "Overall Diabetes Cardiovascular Initiative Composite Score."

The association says stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. Nearly 795,000 people suffer a new or recurrent stroke each year. Get With The Guidelines® is the American Heart Association/American Stroke Association's hospital-based quality improvement program that gives hospitals tools and resources to help them adhere to the latest research-based guidelines.

Community Memorial Health System is a not-for-profit health system, which is comprised of Community Memorial Hospital, Ojai Valley Community Hospital, the Centers for Family Health, and various outpatient centers serving communities located within Ventura County, California.

## Ventura County Public Health school waivers allows for in-person instruction when approved

Ventura County Public Health has announced today that public and private elementary schools in Ventura County can submit school waiver applications to allow in-person instruction at their campuses. The waivers cover Tk through 6th grades.

In accordance with state guidelines, waivers may be granted "when requested by a local superintendent (or equivalent for charter or private schools), in consultation with labor, parent and community organizations. Local health officers must review local community epidemiological data, consider other public health interventions, and consult with the California Department of Public Health when con-

*Continued on page 15*



# The Care You Need Shouldn't Wait



## We're Always Here For You

For over 100 years, Community Memorial Health System has been taking care of this community. Now more than ever, we want you to know it's **SAFE** to rely on the care you've always counted on.

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Our emergency departments at Community Memorial Hospital (CMH) in Ventura and Ojai Valley Community Hospital (OVCH) are OPEN, safe and ready to care for ALL your needs.

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Our enhanced screening and cleanliness policies help to ensure your safety at all our hospitals and outpatient facilities.

### Surgery and a Safe Place to Recover

Advanced sterilization technology, reinforced safety protocols and specialized patient monitoring systems mean you can be confident in your safety at CMH and OVCH.

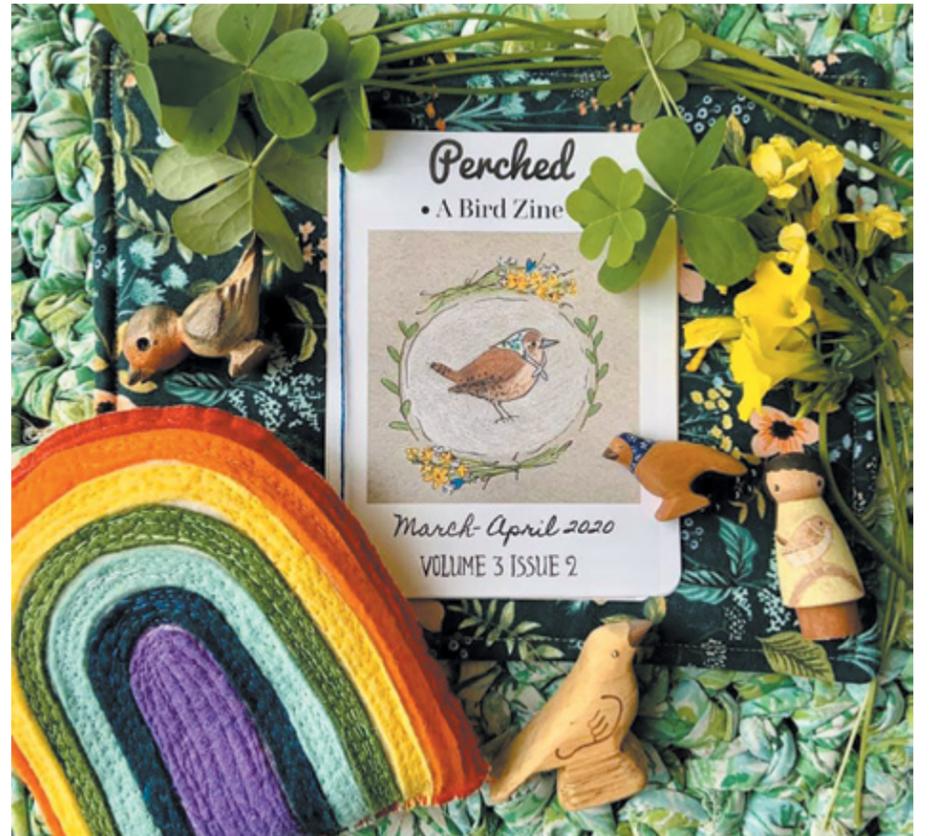
**To Learn More About Our Enhanced Safety and Cleanliness Protocols, Visit [CMHSHealth.org](https://cmhshealth.org)**



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## News & Notes



## Perched - A Little Bird Zine

by Jill Forman

Midtown resident Summer Rogers Langille loves birds. As an educator and a parent, she uses her backyard birds to teach about nature.

She also loves “zines,” a small self-published work of texts and images. Perched is her bi-monthly compilation of art, poetry and projects aimed at kids. Now in its third year of publication, it is 5 ½ X 4 inches and eight pages, just right for small hands.

Langille enjoys the physical aspect of the zine; “...I love receiving mail at home and sharing something solid that I can hold in my hands with my kids.” To share this joy with others, she sells Perched through Esty and gives it to little free libraries in her Lemon Grove neighborhood.

A recent issue has a poem by Emily Dickenson, “Hope is the Thing with Feathers,” appropriate for current times. Also, two pages of photographs featuring local kids with their bird-themed projects, drawings, and resources for further exploration of bird facts.

Not one to just have one project, Langille homeschools (and did pre-COVID,) has a Rock of the Month Club on Esty, does the drawings for Perched, and oh yes, she recently had a baby.

She has a bird-themed Facebook page called Bird of the Month Education Group. On Esty there are bird-themed and nature education materials, Perched, even kids’ t-shirts with art from the zine. All are listed on [etsy.com](https://www.etsy.com) under TheKnotholeTree.

## Ventura County Civil Grand Jury announces release of report on detention facilities

Pursuant to authority granted in California Penal Code Section 919(b), the 2019-2020 Ventura County Civil Grand Jury inquired into the conditions and management of detention facilities in Ventura County. The Grand Jury inspected the following detention centers:

Ventura County Juvenile Facilities  
Pre-Trial Detention Facility operated by the Ventura County Sheriff’s Office (VCSO)  
Todd Road Jail operated by VCSO  
East County Jail operated by VCSO  
Ventura County Sheriff’s Office Holding Facility  
All city holding facilities in Camarillo, Fillmore, Moorpark, Ojai, Oxnard, Port Hueneme, Santa Paula, Simi Valley, Thousand Oaks and Ventura  
Ventura Youth Correctional Facility

The Grand Jury concluded that, due to the participation of the Ventura

County Probation Agency in the Juvenile Detention Alternative Initiative, the Ventura County Juvenile Facilities has significant underutilized space.

The Grand Jury concluded the Pre-Trial Detention Facility and the Todd Road Jail have reduced their respective populations to within normal facility capabilities which is in excess of the State rating.

The Grand Jury concluded the County jails and city detention facilities are generally in satisfactory condition, although the detention facilities of the Santa Paula Police Department and the Oxnard Police Department were found to be in need of repair.

The Grand Jury concluded the Ventura Youth Correctional Facility operated by the State of California appeared generally safe but in need of maintenance and repairs.

The Grand Jury found there is no uniform policy at VCSO’s detention facilities with regard to recording of inmate telephone communications, including communications to attorneys, medical providers and family members. The Grand Jury encourages a uniform policy be developed for all VCSO’s detention facilities.

The public is invited to review the entire report at <https://www.ventura.org/grand-jury/fiscal-year-2019-2020/> in the Annual Reports tab in “Fiscal Year 2019-2020.”



# Senior Living



Let your family help keep the house clean from germs.

## Summer reflections on staying safe

by Dorothea Vafiadis

The situation around the novel coronavirus (COVID-19) is changing rapidly. Here is the latest advice from public health experts about the best way to protect yourself and to reduce the spread of the virus that causes COVID-19. Some of these tips will be familiar to you and some are new.

It's still true that the best way to stay safe is to limit your interactions with other people as much as possible and take precautions to prevent getting COVID-19 when you do interact with others.

**Here are 4 things to remember.**

**1. Remember the rest of your health.** Many older adults have one or more chronic conditions, such as diabetes, heart disease or hypertension. For managing these conditions, consider seeing your doctor using a telehealth. We have some great resources to prepare you for that visit here.

Many health care providers are now encouraging some patients to schedule the routine visits they may have been putting off. Speak to your doctor about whether vaccinations and other preventive services are up to date to help prevent disease.

Do not delay emergency care, especially if you are experiencing shortness of breath, chest pain, or discomfort in your arms, back, or neck. These could be symptoms of a heart attack or stroke. Acting fast can save your life.

**2. Practice physical distancing and stay at least 6 feet apart.**

The Centers for Disease Control (CDC) still suggests you wear a cloth face covering or mask when you are around people who don't live in your household. It's still best to limit your physical in-

teractions with other people as much as possible. If you decide to go out or visit with family or friends, the safest approach is staying outdoors for optimal ventilation and keeping 6 feet apart. The closer you are to other people who may be infected, the greater your risk of getting sick.

Indoor spaces are more risky than outdoor spaces where it is harder to keep people apart and there's less ventilation.

**3. Use common-sense actions to stay safe.**

Stock up on cleaning supplies. You should clean frequently-touched surfaces in your home such as light switches or doorknobs at least once per day.

Manage stress, get enough sleep, and wash your hands often (and for at least 20 seconds) with soap and water. If soap and water is not available, use hand sanitizer that contains at least 60% alcohol.

Stock up on healthful foods, have 30 days of medication on hand, and try to stay physically and socially active. Regular physical activity benefits your mind and body! Go for a walk or try chair exercises with NIH's Go4Life here.

**4. Ask for help if you need it.**

If you are at high-risk of complications from COVID-19 or are unable to get items you need, consider contacting family or friends to lend a hand.

If you're having trouble paying your bills, use our BenefitsCheckUp tool to see if you qualify for the hundreds of programs that help older adults pay for food, housing, utilities, medication, and more. Stay connected to family, friends and neighbors with phone calls, letters, e-mail, and through social media.

We hope you and your loved ones are safe and healthy during this crisis. We are



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collecting stories of people's COVID-19 experiences on our website, and you're invited to share yours, too. It's one more way to tell others about how the pandemic has changed life for older adults.



Talking to your doctor on the phone is a good choice.

## Doctor visits and getting medicines

Talk to your doctor online, by phone, or e-mail

Use telemedicine, if available, or communicate with your doctor or nurse by phone or e-mail.

Talk to your doctor about rescheduling procedures that are not urgently needed.

If you must visit in-person, protect yourself and others

If you think you have COVID-19, notify the doctor or healthcare provider before your visit and follow

their instructions.

Cover your mouth and nose with a mask when you have to go out in public.

Do not touch your eyes, nose, or mouth.

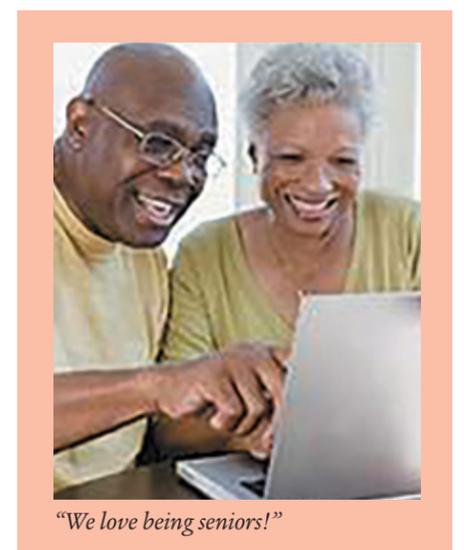
Stay at least 6 feet away from others while inside and in lines.

When paying, use touchless payment methods if possible. If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check. Wash your hands with soap and water for at least 20 seconds when you get home.

Limit in-person visits to the pharmacy. Plan to order and pick up all your prescriptions at the same time.

If possible, call prescription orders in ahead of time. Use drive-thru windows, curbside services (wait in your car until the prescription is ready), mail-order, or other delivery services. Do the same for pet medicine.

Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.



"We love being seniors!"



## Senior Living

## Ventura County Area Agency on Aging is a valuable resource in our community

by Carol Leish

The Ventura County Area on Aging (VCAA), has been/continues to be helping people over the age of 60 since 1980. “Within the past 10 years it has expanded to be able to also help people of all ages with disabilities, which includes those with low vision or who are hard of hearing or deaf, in order to enhance the quality of their lives,” according to, Jannette Jauregui, VCAA Public Information Officer. “We are proud that we’ve continued to find better and improved methods of reaching older adults and people with disabilities in better ways over time, since there are 200,000 older adults and people with disabilities living within Ventura County.”

VCAA has recently won both national and state awards. “The VCAA is the recipient of two National Mature Media Awards and a California Association of Public Information Officers (CAPIO) award,” according to, Jauregui. “Projects that received acknowledgement include, ‘LIVEWELL’ and the ‘Navigating Medicare Enrichment video production.’ Both of these have been recognized as having the state and nation’s best marketing, communications, and educational materials produced for older adults and people with disabilities.”

“LIVEWELL, which won a CAPIO Award of Distinction and a Silver Award from the National Mature Media Awards, in the premier resource guide for; older adults; people with disabilities of all ages; and, caregivers within Ventura County,” according to, Jauregui. The LIVEWELL resource guide includes information within Ventura County dealing with: active living; community resources; transportation; financial and legal services; food resources; and, medical services.

“Navigating Medicare Enrollment received a Silver Award from the National Mature Media Award, and was produced as part of the VCAA’s Health Insurance and Advocacy Program (HICAP), with a goal to assist people who are new to, or have questions regarding, Medicare enrollment,” according to, Jauregui.

Victoria Jump, Director of the VCAA said that, “The VCAA is honored to have received the recognition and is proud of the impact that our marketing and communication efforts have had on the community.”

“Services across the board, including

the senior nutrition program,” according to, Jauregui, “continues to exist since COVID-19. Our case managers have been conducting wellness checks over the phone or in person, with masks on, and at a safe distance. These are ‘porch visits’ that benefit the clients in order to make sure that they have all that they need while living at home, since it’s our goal to have people to continue to be able to live at home.”

“The VCAA Advisory Board has reps from the 10 cities within Ventura County that advocate and represent our senior and people with disabilities constituents needs,” according to the chair, Suz Montgomery. “We are appointed by our respective city councils, which is a big deal. We all serve as a voice for the community.”

During this difficult time during the pandemic the VCAA is still open and operating. It also continues to be a resource of a wealth of information. Call: (805) 477-7300. And, look for more information on the website at: [www.vcaa.org](http://www.vcaa.org).

### Senior News Line

## Getting Through the Day

*Some random thoughts for getting through the day ...*

by Matilda Charles

Have you heard of custom puzzles? They’re available at a number of places online. (Read the reviews before you order and look for U.S. companies.) Select a favorite vacation or family photo, decide on the size of the puzzle and the number of pieces, send in your order and you’ll get back all the pieces to create a puzzle of that image. Call the company first to be sure of the details.

Buy stamps by mail and stay out of the post office. Ask the local post office to have your mail carrier bring out a stamp order form and envelope. Check off the ones you want, write a check payable to Postmaster and slide it into the envelope. Leave it in your outgoing mail and within a few days your stamps will be delivered to you.

Do you have enough indoor plants?

Even if you have a few, can you use more? Plants are good for our indoor environment where we’re all spending so much time. Check your local nursery for curb pickup.

If you miss playing chess with others, you can play online. See [www.chess.com/play/computer](http://www.chess.com/play/computer) and play against the computer. Better yet, play against a pal using an old-school method: set up a board on each end and send your moves to each other via email.

On the other hand, too many people are trying to cut their own hair nowadays since too many salons and barber shops are closed. If you think you want to cut your own hair, don’t. If you really insist you need to cut your hair and haven’t done it before, go online to YouTube and watch a few dozen how-to videos about cutting hair. Then rethink your plan again. Whatever you do, don’t use regular kitchen or paper scissors. If you have to do this, invest in proper haircutting shears.

### Coronavirus Scammers

Scammers have come up with even more ways to defraud us, this time using the coronavirus.

Contact tracers are people who make calls when someone you know has tested positive for the coronavirus. Their job is to trace the possible path the virus has taken from person to person. They only need health information and the places you’ve been, not financial or personal information. If someone calls you who insists on knowing additional information as part of the contact tracing, hang up.

If you get emails or calls from someone saying they have a cure for the virus, or a sure-fire method of being certain you don’t get it, hang up. Their next questions will likely be to ask for your personal or financial information, or a credit card number so you can pay for shipping. Don’t fall for it. There are no approved test kits or cures that can be handed out to the general public.

If you get email that’s supposedly from the government asking about where to send your stimulus relief check, ignore it. The government is not going to contact you about that. They’ll send your check (if you’re eligible for one) in the mail or they’ll deposit it directly into your account, the same one where they deposit your Social Security benefit. Scammers also will pretend to be people from your bank.

If you get a robocall saying you qualify for low-cost coronavirus insurance, hang up.

If you get suspicious email that looks like it might be from the government with information about coronavirus, don’t open it, and especially don’t click on any links. Those can put a virus or tracer on your computer.

To stay up on the news about the virus, use a legitimate source: [www.ftc.gov/coronavirus](http://www.ftc.gov/coronavirus). On that site you’ll find more information about avoiding coronavirus scams.

Beware ... and stay safe.

### Social Media Holds Hidden Dangers

Even before the lockdowns brought on by the coronavirus, too many seniors felt isolated. Now it’s even worse for many of us with the lack of face-to-face interactions ... and we’ve turned to social media for connections to others.

There, on Facebook and Twitter, in chat rooms and email lists, we’ve found friends to talk to and pass the hours of this lockdown. We feel happy to have these people at the other end of the keyboard. It’s good for us.

Or maybe not.

The big problem with social media is that we really don’t know who is on the other end. The new friend who seems so interested in us might actually be a scammer, just waiting for the right moment to spring the trap and ask for money. How can you refuse, you’ll wonder, if someone you’ve come to know so well asks for help?

Or maybe we’ve shared too much information, such as our location or our real name.

Or how about the new friend who sends funny cartoons, one of which might contain a virus that leaves our computer open to hackers?

Add in an election year, and it’s all too easy to talk online with people who supposedly share our views. Quite commonly they ask for money or contact info.

Some things to think about:

If you really want to connect with others on social media, create a fake name for it. Learn how to block people and don’t add just anybody to your network or list. Don’t give out your real name or location, no matter how friendly other people seem.

Focus on an area of social media with a narrow, safe focus such as pets, cooking or gardening.

Better yet, call up a few people you already know and ask if they’d like to meet for online games, such as chess, or just chatting. They might feel just as isolated as you do and welcome your overture.

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## The challenges of chronic disease

by the NCOA

Diabetes, arthritis, hypertension, lung disease, and other chronic diseases can make life difficult to manage for millions of older adults, often forcing them to give up their independence.

Every day, millions of people with chronic diseases struggle to manage their symptoms.

About 80% of older adults have one chronic disease.

68.4% of Medicare beneficiaries have two or more chronic diseases and 36.4% have four or more.

Chronic diseases can affect a person’s ability to perform important activities, restricting their engagement in life and their enjoyment of family and friends.

### The Cost of Chronic Diseases

The traditional medical model of caring for people with chronic diseases—which focuses more on the illness than on the patient—is expensive and often ineffective.

More than two-thirds of all health care costs are for treating chronic diseases.

95% of health care costs for older Americans can be attributed to chronic diseases.

Less than 1% of health care dollars are spent on prevention to improve overall health.

### NCOA’s Role

Addressing chronic diseases requires new strategies to delay health deterioration, improve function, and address the problems that people confront in their day-to-day lives.

NCOA and Stanford University have collaborated for nearly a decade to disseminate proven programs in-person and




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## Senior Living



### Financial hardships created by the COVID-19

The National Council on Aging (NCOA), a trusted national leader working to ensure that every person can age well, is warning that the financial hardships created by the COVID-19 pandemic will be much worse for older adults living alone, and this could force nearly 3 million older Americans in single households into possible poverty and or greater health risks.

Those are the sobering conclusions of Potential Financial Impacts of the COVID-19 Pandemic on Older Single-Person Households, a new issue brief from NCOA and the LeadingAge LTSS Center @UMass

Boston. The brief is one of a 3-part series that examines historical data from the 2008 recession and applies those findings to today's economic and public health crisis.

"Recent history shows us what happens to an already vulnerable population of older adults living in single households," said Dr. Susan Silberman, NCOA Senior Director, Research & Evaluation. "Their far more precarious financial situation is worsened by an economic downturn to a greater degree than older adults living with others. This is only part of the story. Older adults living alone will likely face devastating health

impacts related to social isolation."

The analysis also found that older single person households are predominantly comprised of widows and widowers, and therefore the number of vulnerable older adults living in single households is likely to increase as married couples lose their partners because of the pandemic.

Although the analysis focused on the potential financial risks to older adults during an impending recession, COVID-19 adds a health component that will likely have devastating consequences for this age demographic on top of any economic impacts.

"It is critically important to maintain a strong social safety net and ensure that people who need to access benefits are able to do so, and to undertake policies that focus on narrowing financial disparities even within the older adult demographic that will face higher COVID-19 related impacts," Silberman said.

Potential Financial Impacts of

the COVID-19 Pandemic on Older Single-Person Households, is one of three white papers, the entire series can be found here.

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](http://ncoa.org) and @NCOAging.



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online that empower individuals with chronic diseases to manage their own care and improve their quality of life.

Probably the best known and most highly regarded self-management program for people with chronic diseases is Stanford's Chronic Disease Self-Management Program (CDSMP).

Through a partnership with the U.S. Administration for Community Living, NCOA promotes CDSMP and its variants through community-based workshops.

CDSMP is also supported in communities by grants from the Centers for Disease Control and Prevention and other funders. Since 2006, more than 300,000 people have participated in these impactful programs.

As part of our social enterprise partnership with Canary Health, NCOA continues to promote the online suite of self-management programs, known as Better Choices, Better Health®. We also remain committed to research and

development work on evidence-based self-management and patient engagement.

**What is CDSMP?**

CDSMP is a low-cost program that helps adults with chronic diseases learn how to manage and improve their health. Interactive workshop sessions focus on problems that are common to individuals dealing with any chronic disease. Topics include pain management, nutrition, exercise, medication use, emotions, and communicating with doctors.

Workshops are led by two trained facilitators, at least one of whom has a chronic disease. Fifteen hours of content are covered during weekly sessions held over a six-week period. Throughout the program, approximately 10-15 participants focus on building skills to manage their conditions by sharing experiences and providing mutual support.

CDSMP:

Helps people with diverse medical

diagnoses such as diabetes, arthritis, and hypertension develop skills and coping strategies to manage their symptoms.

Employs action planning, interactive learning, behavior modeling, problem-solving, decision making, and social support for change.

Is offered via two venues—online and in-person held in community settings such as senior centers, churches, community health clinics, and libraries.

Has disease-specific variants for diabetes, chronic pain, cancer survivors, HIV/AIDS, and arthritis.

Is available in Spanish for the chronic disease and diabetes self-management programs, and the Stanford-developed CDSMP trainer manual is available in over 19 different languages.

**How Effective is CDSMP?**

Based on a recent national study of CDSMP, the program resulted in significant, measurable improvements in the health and quality of life of adults with

chronic diseases. CDSMP also appears to save enough through reductions in health care expenditures to pay for itself within the first year.

**Health Benefits**

Improved self-reported health. Improved health status in six indicators: fatigue, shortness of breath, depression, pain, stress, and sleep problems.

Improved health-related quality of life, unhealthy physical days, and unhealthy mental days.

Improved communication with doctors, medication compliance, and health literacy.

**Cost Savings**

\$714 per person savings in emergency room visits and hospital utilization.

\$364 per person net savings after considering program costs of \$350 per participant.

Potential savings of \$6.6 billion by reaching 10% of Americans with one or more chronic disease.



## This 'n' That



Gina Reyes (City of Ventura), Mary Thompson (Vice President Olivas Adobe Historical Interpreters-AKA docents) with Glenda the doggie, Frank Shugart (Olivas Adobe Historical Interpreter) and Kathryn Dippong Lawson (City of Ventura) sprucing up Olivas. Photo by Richard Lieberman.

## Olivas Adobe workers and volunteers take advantage of Corona Virus shutdown

by Richard Lieberman

The Olivas Adobe, an adobe structure, was built in 1841 by Raymundo Olivas on the north bank of the Santa Clara River. While the home was built in 1841 it was expanded in 1849 to include a second story which made it unique at the time. The land had originally been part of a grazing area for the cattle herds of Mission San Buenaventura. Olivas and his wife and twenty-one children lived at the site until 1889. It later became Max Fleischmann's hunting lodge and after his death, his foundation donated the land and the house to the City of Ventura.

Two city workers and two volunteers took advantage of the city ordered temporary closure of the site to make needed repairs and perform routine maintenance.

Kathryn Dippong Lawson, Public Arts and Historic Sites Manager for the city of Ventura said, "Parks and recreation oversees Olivas Adobe and normally at this time of year Olivas Adobe is full of concerts and rentals and we don't have the time to do a lot of maintenance." She also added, "We decided in this time we would take care of some things that we wanted to take care of. Our Ramadas (small wooden carts) that are in the courtyard get moved around during an event and we decided to replace the top of them."

"The tops are replaced with branches found in the river bottom which are difficult to find." Said Frank Shugart a

volunteer on the project.

"We decided to do this while the site was shut down this was just a good time to do it." Said Gina Reyes Historic Site Coordinator for the city. "We have been working on this for three weeks and hope to finish by the end of the week," said Gina Reyes. Gina oversees all the historic sites which includes the museum and runs all cultural tours and excursion programs.

"This time of year, we have a stage up every weekend making it difficult to accomplish any of the normal maintenance needed," said Frank Shugart a volunteer for the project.

Mary Thompson, Vice President of Olivas Adobe Docents and historical interpreter is also a member of the Board of Directors. Mary in addition to her many duties at Olivas Adobe is also on staff at the Ventura Breeze and has been for many years. Mary is also responsible for decorating the outside of the venue for the Christmas Holidays. "I also plan events and field trips," Thompson said. "I have been volunteering here for the past eleven years," she added. Mary goes back a long way on her journey to becoming a docent and general volunteer "I first came here on a school field trip when I was in the fourth grade," "My sister was also married here in 1977," she said.

Hopefully we can all look forward to a time when the Corona Virus is better controlled and Olivas Adobe will once again be open to the public.

## News of the Museum of Ventura County and the Ventura Botanical Gardens

The Museum of Ventura County is pleased to congratulate and announce the recipients of the 2020 Bonita C. McFarland Arts Education Scholarships. The Bonita C. McFarland Scholarship is named for a generous benefactor to the arts in Ventura County. The funds for the scholarships are generated from an endowment, held and administered by the Museum of Ventura County.

2020 Scholarship Recipients:  
Amelia Compton from Camarillo attending the California Institute of

the Arts

Jullianne De La Cruz from Oxnard attending Moorpark College  
Elaine Sanders from Ventura attending her final year at Cal State University Northridge  
Yasemine Zografos from Thousand Oaks attending Cal State University Northridge

The total amount awarded was \$10,000.00. Award recipients were selected by a committee consisting of Museum personnel and members of the Museum's Fine Arts Committee. Awards were based on artistic merit and commitment as demonstrated by the application, letter of recommendation, essay, and examples of the applicant's prior work/projects.

Continuing through November 30, 2020 the Museum of Ventura County (MVC) and the Ventura Botanical Gardens (VBG) hosts 14 regional artists in their first collaboration. Sculptures and installation works have been installed in

the Botanical Gardens nursery and lower trails and in the Museum's outdoor Plaza along Main Street. This exhibit showcases works by the following artists: Emma Akmakdjian, Gloria Bradley, Kevin Carman, Bijan Fan, Wrona Gall, Sooz Glazebrook, Carlos Grasso, Paul Lindhard, Bob Privitt, Sudad Shahin. Additional works by artists Tanya Kovalesky, Marianne McGrath, Carole Shaw Sutton and Amy Sharp will be installed in mid-September.

This collaboration was initiated by VBG Executive Director Joseph Cahill and MVC Deputy Director Denise Sindelar in recognition that the Gardens and the Museum's outdoor Plaza would provide an excellent venue for the community to safely explore and experience outdoor art installations. Jurors selecting the exhibiting artists included Christine Beirne, Ojai Studio Artists, Barbara Brown, Board Member VBG, Matthew Furmanski, Professor CSUCI, Michael Pearce, Professor CLU, Peter Tyas, Executive Director Studio Channel Islands and Denise Sindelar, Deputy Director MVC.

The funding to support the art installations was provided by the Bonita C. McFarland Endowment through the Museum of Ventura County. All art sales will 100% benefit the exhibiting artists. Patrons interested in purchasing works may contact Denise Sindelar at dsindelar@venturamuseum.org.

During the run of this exhibit MVC members may visit the Gardens free of charge and when the Museums reopen VBG members will receive free admission to both the Ventura Museum and the Santa Paula Agriculture Museum. Members of both organizations are encouraged to support this exciting first collaboration.

Hours are from 9 a.m. to 5 p.m. Wednesdays-Sundays. Dogs are welcome on Wednesdays and Fridays. On Fridays, the Gardens are free for everyone. Monthly scheduled guided tours are also free. Children under 18 are always free. Additionally, many major holidays are free except for July 4th due to fire danger. EBT cards are welcome. For those out of town visitors or those who are not members, the admission fee is \$7 per day, per person. For more information, visit [venturabotanicalgardens.com](http://venturabotanicalgardens.com).

## Housing Trust Fund Ventura County raises \$5 million

Housing Trust Fund Ventura County announced this week that it applied for California Proposition 1 matching funds from the CA Department of Housing and Community Development (HCD), the agency responsible for fund disbursement. Housing Trust Fund VC has raised \$5 million locally with the goal of bringing \$10 million to the county for affordable housing developments through the Prop 1 matching grant program.

The Housing Programs and Veterans' Loans Bond, also known as California's Proposition 1, is a 1:1 fund matching grant program that provides funding to Housing Trust Funds for the development of rental housing with a focus on low to extremely low-income housing units. It provides up to \$5 million per year for five years totaling \$25 million, with the potential of doubling to \$50

million through local matching funds.

"Locally, our job was to raise \$5 million so we could fully leverage Prop 1 during its inaugural year," said Linda Braunschweiger, CEO of Housing Trust Fund Ventura County. "We did just that. Thanks to wonderful supporters and wise Board leadership we now expect to have \$10 million available from the first funding round for increased affordable housing development in Ventura County, which is needed now more than ever." Braunschweiger refers to the current COVID-19 environment and the resulting high unemployment rate, which has a trickle-down effect of housing becoming increasingly unaffordable for too many. Currently, the nonprofit has a pipeline of projects throughout the county for which developers are requesting \$15 million over the next two years. As a short-term lender, Housing Trust Fund VC plans to utilize Prop 1 grant funds for acquisition and construction lending of affordable workforce housing.

Housing Trust Fund VC successfully raised this round's \$5 million local match through support of sponsors, donors, grants, loan repayments and fundraising events. Most recently Wells Fargo Bank donated \$30,000, the County of Ventura confirmed a \$300,000 three-year grant, and support continues from all 10 cities. Over \$1 million comes from PLHA (Permanent Local Housing Allocation) where \$75 of every local real estate transaction goes towards increasing the supply of affordable housing in Ventura County. Other major funding includes the US Department of Treasury CDFI program, HOPE Foundation, McCune Foundation, Lluella Morey Murphy Foundation, Weingart Foundation, Brokaw Nursery, Leavens Ranches, Lloyd-Butler Ranch, City National Bank, Mechanics Bank, Pacific Western Bank, Union Bank, Legado Family Companies, and Sage Publishing. Housing Trust Fund VC raised another \$145,000 through two fundraising events, including its unique, completely virtual, weeklong, "Everyone Deserves a Home Compassion Campaign" ([www.housingtrustfundvc.org/compassion-campaign](http://www.housingtrustfundvc.org/compassion-campaign)).

"I'm so pleased that our community sees the value in supporting affordable housing," commented Housing Trust Fund VC Board Chair Jennie Buckingham.

To support affordable workforce housing in Ventura County go to, [www.housingtrustfundvc.org/donate-now](http://www.housingtrustfundvc.org/donate-now).

Developers interested in receiving a loan may visit [www.housingtrustfundvc.org/funding-programs](http://www.housingtrustfundvc.org/funding-programs) and review the Program and Loan Underwriting Guidelines. A list of projects that have received first phase approval are also available on the website at [www.housingtrustfundvc.org/housing](http://www.housingtrustfundvc.org/housing).

## General plan update meeting

The Westside Community Council, in partnership with the City of Ventura, Westside Community Development Corporation and CAUSE will hold the first virtual public meeting With Raimi & Associates for public input on the City of Ventura 2020 General Plan update on Sept. 2, from 6:30pm -8:30pm on ZOOM. This is the opportunity for West Venturans to have public input in the process.

Spanish interpretation will be provided at the meeting.

The Zoom Link will be made available on the WCC Facebook page, website the day of the meeting or use this meeting ID: 835 4511 4536 and passcode: 330929



# 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.

## Prowling and Theft Arrest

On August 12, at 8:25 am, several residents on Woodstock Lane observed a subject, later identified as 28-year-old vagrant Trace Mullen, enter the open side yard of a home in the 900 block of their street. They watched as Mullen entered and exited the rear yard several times. The last time Mullen left, he was in possession of a mountain bike. The residents called 911 and Mullen was detained a short distance away by Patrol Task Force Officers. Mullen was still in possession of the stolen bike. The homeowner was contacted and confirmed the bike belonged to them, and Mullen did not have permission to be in the yard. Mullen was arrested for prowling and theft.

A review of the Ventura County Superior Court website revealed Mullen has been arrested over thirty times since 2014. His most recent charges include lewd conduct, vehicle tampering, violation of a court order, possession of drug paraphernalia, prowling and burglary.

## Possession of a Stolen Vehicle, Hit and Run, Resisting/Delaying a Peace Officer, Parole Violation

On August 18, at approximately 3:45 pm, Ventura Police received a call of a stolen vehicle in the 900 Block of Weber Circle. The owner had left the vehicle unlocked while working in the area and returned to find it missing. At approximately 3:45 pm, the Ventura Police Command Center began receiving several 9-1-1 calls about an erratic driver, later identified as 24 year old vagrant Jonathan Coronado, driving the stolen vehicle. The calls started in the 500 Block of Ventura Avenue and reported Coronado moving east through the city. One caller reported being rear-ended by the vehicle at the intersection of Seaward Avenue and Ocean Avenue.

A patrol officer saw the vehicle traveling on Seaward Avenue near Harbor Blvd and initiated a traffic stop. Coronado yielded at Harbor Blvd & Beachmont St but did not comply with officers' commands. He engaged in a standoff of about 30 minutes before he was successfully taken into custody. Coronado was arrested and transported to the Ventura County Jail where he was booked for possession of a stolen vehicle, hit and run, resisting/delaying arrest, and a parole violation.

A review of the Ventura County Superior Court website shows that Coronado has previously been convicted of Trespassing and Resisting/Delaying a Peace Officer.

On August 18, at approximately 3:30 am, the victim was involved in an altercation with an acquaintance of his in the area of Montgomery Rd. and Telephone Rd. The suspect attacked the victim with a camping type axe causing lacerations to the victim's legs. The suspect fled and the victim stayed in the area until he was located by a Ventura Patrol Officer who was driving by. The victim was transported to the hospital with non-life-threatening injuries. Ventura Police Detectives were able to identify the suspect as 23-year-old Ventura resident Elizer Castro.

On August 19, Ventura Police detectives served a search warrant at Castro's residence where he was taken into

custody. During a search of the residence, detectives located the weapon used in the crime along with additional evidence. Castro was later booked in the Ventura County jail for assault with a deadly weapon.

On August 18, at approximately 3:30 am, a Ventura Police Patrol officer located a male subject injured as a result of an assault near the intersection of Telephone and Montgomery. Officers tended to his injuries until Fire and AMR personnel arrived.

The victim was transported to a local hospital and is being treated for non-life-threatening injuries. Due to the investigation, there is currently a delay in traffic at the intersection. The intersection is expected to be completely open within the next few hours.

This is an on-going investigation, anyone with information is asked to call Ventura Police Detectives at (805) 339-4467.

# Harbor Patrol Blotter

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

**8-4** 1:33pm, officers assisting with the installation of the new Pay and Display machine at the launch ramp. Boaters can now use credit or debit cards.

**8-5** 4:02am, received a complaint about the dredge horn sounding. Officers assured the complainer that the dredge was not operating but that the #2 navigation buoy has a whistle that is operated by the rising and falling of swell.

**8-8** 4:55pm, received a report of a small vessel operating recklessly in the A-basin. The R/P believes the operator is intoxicated. Officers responded to investigate and after a search were unable to locate the offenders in the harbor.

**8-9** 9:35am, received report of a vessel explosion at the east end of Anacapa Island. Officers responded in Fireboat with Ventura Fire engine 2 crew. The four persons onboard were pulled from the water and the vessel towed back to port.

12:20pm, received a report of two State Parks lifeguards swimming a disabled Personal Water Craft out of the Surfline. Officers responded in Rescue B-19, took the disabled craft en tow back to Harbor Cove.

**8-10** 4:50pm, received a report of a 35ft sailboat on the rocks at the end of the A-basin in the Harbor. Officers responded in Rescue B-17, found the vessel as reported, towed off the rocks, sitedied and delivered to their slip in VIM I-23.

**8-14** 8:09pm, dispatched to a drowning at Surfers Knoll from FCC. Officers responded with VFD/AMR to the call. The patient was located on the beach and suffered a head laceration from a surfboard. Patient self-transported to hospital.

**8-15** 9:15am, received a walk-in complaint from a Standup Paddler who was "waked" by a large vessel near the harbor entrance. The paddler demanded an apology for the incident from the captain of the large vessel. UTL the captain.

12:58pm, officers ran safety in Rescue B-17 for a paddle-out at "The Dredge"

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attended by hundreds of mourners for a local surfer who recently passed away.

**8-16** 11:15am, while on patrol in the vehicle, officers observed horrendous traffic on Spinnaker drive in both directions. Parking was at or near capacity in all areas.

All-day: officers either witnessed or received reports of PWC operators in violation of speed and or safe operation laws inside and outside the harbor. Warnings for the violations issued to the mostly new operators and compliance..

3:03pm, received a request to dive for a lost purse near the docks of the PortSide. Officers responded but were unable to assist because of the large population of sealions on the docks in the area, the water was 30 feet deep in the area and the feeling the mammals would attack anyone entering the water there. Sealions are federally protected, and persons are prohibited within 30ft of them.

**8-17** 1:15pm, dispatched to a fall victim at the Ventura Harbor Yacht Yard. Officers responded with VFD/AMR to a 79-year-old male that fell off a 7ft ladder. The patient was placed in C-pine precautions and transported to local hospital.

2:14pm, while checking on the welfare of a sailboat, received a request for a tow from a disabled 20ft vessel. Officers towed the vessel to the launch ramp safely.

others, find themselves and so much more.

"We are very excited to be offering a new mini grant program that will enable VUSD staff of Preschool-12th graders to purchase classroom books that celebrate diversity, social justice and inclusion. Grants will be awarded based on a competitive, simple application process," said Kathy Asher, VEP's Co-VP of Grants. Debbie Golden, also Co-VP of Grants believes the Diverse Books for Kids project "contributes toward transformative change, that it inspires students to think critically about how we engage with cultural differences and promote social justice."

With donations from early supporters totaling \$7,500, a matching gift of up to \$5,000 from Dr. Andrei Bobrow and Sabrena Rodriguez and many gifts from the community, Diverse Books for Kids has raised \$17,660 of the \$25,000 goal. "We are so proud to help support meaningful, necessary conversations around important social issues through age-appropriate literature. What we read, see and hear shapes our beliefs and values -- and we hope to move the needle on culturally and socially responsible dialogue in our schools and community," said Dr. Andrei Bobrow and Sabrena Rodriguez

Shannon Fredericks, parent, teacher and Diverse Books supporter invites the community to lend their support. "If you feel like giving educators a hug but you can't because COVID—let your money do the hugging. Trust me, teachers will feel loved and appreciated by receiving a mini grant that you helped sponsor and you will be for helping teachers bring diverse literature and voices to their students."

To support the project, donations may be made through VEP's Facebook Page or website [venturaeducationpartnership.org/Diverse-Books](http://venturaeducationpartnership.org/Diverse-Books) or contact Madhu Bajaj (805) 754-9861.

## Give the gift of diverse books

In talking with educators, parents and students, Ventura Education Partnership (VEP) realized there is a need for new, diverse books for VUSD students. With your support, we are bringing beautiful books to VUSD. Diverse books give students the opportunity to build empathy, learn about

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 27 mins.

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



## The Pet Page



### Dedicated to Scamp

From the Search Dog Foundation: Topa had been locked in a car for nearly eight hours by the time concerned citizens noticed and called the police to rescue this Border Collie mix. When her owner was discovered in a nearby bar, he was arrested for animal neglect and other outstanding legal issues, forcing him to surrender ownership of Topa to the Western Hills Humane Society. Soon after she arrived, Topa was discovered by SDF recruiters, who quickly evaluated her and determined she was a great fit for our program!



Topa had been locked in a car for nearly eight hours.

Benefiting from the generous support raised by The Rachael Ray Rescue Brigade in 2018 and 2019, Topa completed her search dog training in September, 2019 and was partnered with Rudy Valencia of the Berkeley Fire Department in California. The team is now training and working toward FEMA certification, making them deployable anywhere in the United States as part of California Task Force 4.

■ The North Korean government is reportedly ordering more “decadent” citizens to hand over their dogs so that other people can eat.

According to Canadian news outlet the National Post, South Korea’s Chosun Ilbo reported that President Kim Jong-Un calls pet ownership a byproduct of “bourgeois ideology” and is ordering dog owners to surrender those pets so they can be slaughtered and fed to hungry North Koreans.

“Authorities have identified households with pet dogs and are forcing them to give them up or forcefully confiscating them and putting them down,” a source reportedly told South Korean media.

That report states that common folks in the communist “Hermit Kingdom” raise livestock for sustenance but owning an animal for companionship is a luxury

enjoyed by people of privilege. The fact that some North Koreans can afford dogs has “stoked some resentment.”

So you dog owners should be happy to know that you are people of privilege. How sad this is.

■ For the first time, the RedRover Responders training is available online to those who are eager to help animals and people in crisis. This online course will be offered at no charge.

RedRover Responders volunteers are specially trained to care for and shelter large numbers of animals after they have been rescued from cruelty and neglect cases or natural disasters. The volunteers provide the workforce which enables communities to address their animal needs swiftly and efficiently. Additionally, volunteers often deploy to help build pet-friendly spaces at domestic violence shelters in conjunction with RedRover Safe Housing grants.

The online course is self-paced and can be completed in just a few hours, while offering the expert information and training that RedRover is known for in preparing volunteers for future deployments.

With more than 4,000 trained volunteers in the United States and Canada, RedRover can deploy its volunteers quickly when communities become overburdened by a crisis involving large numbers of animals. Since 1987, RedRover has responded to more than 200 natural disasters and other crises nationwide, including Hurricanes Harvey and Katrina, Camp Fire, Superstorm Sandy, 9/11, Joplin Tornado, Exxon Valdez Oil Spill, and many more.

Deployments and in-person training workshops are currently on hold due to COVID-19, but will resume once it is determined to be safe.

To learn how to become a RedRover Responders volunteer, visit: <https://go.redrover.org/page/21471/event/1>.

Since 1987, RedRover has focused on bringing animals out of crisis and strengthening the human-animal bond through emergency sheltering, disaster relief services, financial assistance and humane education. RedRover is a founding member of the National Animal Rescue and Sheltering Coalition (NARSC), established after Hurricane Katrina’s devastating impact on more people and animals than any other storm in United States history. To learn how RedRover is creating a more compassionate world, please visit RedRover.org.

■ Houseplants are a wholesome addition to the ambiance of any room. They can provide several health benefits, including keeping carbon dioxide levels down, removing pollutants, and improving moisture levels in your home. However, there are some common houseplants that can be toxic to your furry friends. According to the ASPCA Animal Poison Control Center (APCC), the following houseplants could be potentially dangerous to the wellbeing of your pets.

#### Mildly Toxic Plants:

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## Scamp Club

(Scampclub pets are not for adoption.)



I’m Cooper (Age 6) a Black Lab. I love to play soccer and chase lizards (wonder what I would do if I caught one?)

## Join Scamp Club

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

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

Fiddle Leaf Fig and Spider Plant can be toxic to both dogs and cats. Small ingestions of either plant can cause mild gastrointestinal irritation, skin irritation, vomiting, and diarrhea.

These plants contain insoluble calcium oxalates. The stem, leaf stalk, and leaves contain crystals that can cause irritation to the mouth and GI tract when chewed or ingested. Additional symptoms include nausea, drooling, gagging, vomiting, and diarrhea.

In addition to Calla Lilies and Peace Lilies, there are several other Lilies that are extremely toxic to cats. According to Pet Poison Helpline, Lilies classified as “True Lilies” and “Day Lilies”, including Easter Lilies, Tiger Lilies, Stargazer Lilies, Japanese Show Lilies, and Asiatic Lilies, can trigger sudden kidney failure in cats. Pet owners should avoid having these types of Lilies in their homes or yards to avoid harm to their animals.

Exposure to these plants are not considered life threatening, but pets that show more severe symptoms may require a visit to your local vet.

#### Moderately Toxic Plants:

Small exposure to these plants can cause vomiting or diarrhea in dogs and cats. Larger exposure can lead to depression, weakness, and lack of coordination. Additional symptoms for cats may include enlarged pupils, rapid breathing, elevated heart rate, drooling, and abdominal discomfort. Exposure to Jade plants in both cats and dogs may also cause lethargy, ataxia, and muscle tremors.

#### Severely Toxic Plants:

All parts of the Sago Palm plant are extremely toxic to both cats and dogs. However, the seeds contain the highest concentration of toxins. If exposed, pets can experience immediate vomiting, diarrhea with blood, lethargy, anorexia, and seizures. The most extreme symptom is liver failure, which can develop within three days of consumption.

Easter Lilies are very toxic to cats.

Even the smallest amount of exposure to this plant can result in kidney injury and death, which can develop within 48-72 hours. Other symptoms include vomiting, depression, lethargy, and anorexia. Dogs often experience less severe symptoms than cats.

It is important to have an emergency plan in place if/when your animal is exposed to a toxic plant. Have emergency vet numbers easily accessible, including your own vet and a poison control hotline. The APC can be contacted at 888-426-4435. If symptoms are severe and you need to take your pet in for veterinary assistance, it may be helpful to bring a picture of the plant so your vet knows exactly what was consumed. In most cases, it is best to contact your vet if your pet is exposed to a large amount of these plants.

If you currently own any of these indoor plants, be sure they are placed on a high shelf or counter and are out of reach of your animal. If your pet likes to roam your fenced yard, you should consider avoiding these types of toxic plants in your landscaping. Pet owners should context their vet immediately if your pet has been exposed to either of these plants. You can also contact APCC at 888-426-4435.





# The Pet Page

## Forever homes wanted

Hi: I'm Jackson, a healthy, happy, eager-to-please 7-year-old American Staffordshire Terrier X, I'm very friendly, affectionate and a World Class Snuggler! I have a great energy level and a relaxed, goofy way about myself that everyone just loves! My ideal family will allow me time to decompress, get used to my new surroundings and provide me with lots of love, attention and continued training. I would also like to be the only pet in the family so I can give you my total, undivided attention! Fill out an online application to meet me. I may be the BFF you've been looking for! Canine Adoption and Rescue League C.A.R.L.  
PS: The girl isn't included.



Your search for a best friend is over! Meet Finneas, a handsome, friendly, goofy and affectionate 3-year-old boy who has BFF and Wingman written all over him! Finneas has lots of energy and would love to be part of an active family where he would get lots of exercise, play time and attention. Ventura County Animal Services - Camarillo location - 600 Aviation Drive Finneas A7S2202

## This 'n' That

### VC Public Health School waivers

*Continued from page 7*  
sidering a waiver request.”

In counties such as Ventura County that are on the state's COVID-19 monitoring list, grammar schools can't reopen unless granted a waiver by local and state health officials.

“This was a difficult decision. I recognize there are reasons not to open our Health Department to requests for waivers, but we got to the point where I feel the benefits outweigh the risks,” said Doctor Robert Levin, Ventura County Public Health Officer.

At the time the state outlined the waiver process for elementary schools, Ventura County did not immediately begin accepting applications. “I've waited before approving this because I wanted to see some improvement in our number of COVID cases. Guidance from the American Academy of Pediatrics, Harvard's Global Health Institute, the Chan School of Public Health and the Edmund J. Safra Center for Ethics all would have supported opening up our grammar schools for waivers weeks ago. I've tried to be more cautious,” said Dr. Levin.

One of the most challenging aspects of the waiver application will be a school's plan for regular COVID testing of its staff and, if they should show symptoms of an illness, of its students as well.

The preponderance of evidence indicates that children are less likely to be symptomatic and less likely to have severe disease resulting from COVID-19 infection. In addition, children may be less likely to become infected and to spread infection to others.

### The State guidance lists conditions that must be met in applying for a waiver:

A school or district must publish a school's reopening plan online and, before applying, consult with parents, community organizations and teachers or, in the case of school districts, employee unions.

The application will apply only to TK to sixth grade, even if the school includes seventh and eighth grades. “Based on the current best available scientific evidence, COVID-related risks in schools serving elementary-age students (grades TK-6) are lower than and different from the risks to staff and to students in schools serving older students,” the department said in an FAQ accompanying the guidance.

The school must show evidence that it would comply with all the safety and hygiene requirements for opening elementary schools, as listed in the CDPH/CalOSHA Guidance for Schools and School-Based Programs. These include a 6-foot social distancing requirement, face covering requirements, staff training and family education and student and staff testing.

### Waiver and Guiding Principle Documents

Waiver: [https://vcportal.ventura.org/covid19/docs/pr/2020-08-19\\_VCPH\\_WaiverTemplate.pdf](https://vcportal.ventura.org/covid19/docs/pr/2020-08-19_VCPH_WaiverTemplate.pdf).

Ventura County Public Health Guiding Principles and Communication for School District: [https://vcportal.ventura.org/covid19/docs/pr/2020-08-19\\_VCPH\\_SchoolDistrictGuidingPrinciples.pdf](https://vcportal.ventura.org/covid19/docs/pr/2020-08-19_VCPH_SchoolDistrictGuidingPrinciples.pdf).

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[Adoptions@CatsCradleRescue.org](mailto:Adoptions@CatsCradleRescue.org)

## Girl Scouts present a new cookie

Girl Scouts of California's Central Coast and Girl Scouts of the USA (GSUSA) kicked off a countdown to the 2021 Girl Scout Cookie season with the announcement of a new cookie in the Central Coast and other select areas: Toast-Yay!™, a French toast-inspired cookie dipped in delicious icing and full of flavor in every bite. Amid challenging world events and a global pandemic this year, Girl Scouts created moments of joy by donating cookies to thank frontline workers and using the cookie earnings to support their communities. When Girl Scout Cookie season returns, Toast-Yay!

will give consumers a new way to celebrate joy, alongside other favorites like Thin Mints® and Caramel deLites®. And though social distancing measures may keep families and friends apart, cookie customers will be able to share joy and stay connected this season through a gift box option that ships directly to others via the Smart Cookies online platform.

Consumers will also delight in knowing that their cookie purchase is an investment in girl leadership in their own community. With every sale, the Girl Scout Cookie Program teaches girls to think like entrepreneurs as they run their own small businesses and learn skills like goal setting, people skills, and decision making—which are imperative for any leadership role. And girls decide how to use their portion of the proceeds for unforgettable leadership experiences and

*Continued on page 17*



## Drive In Style Concerts

Moorpark has thrown their hat in the ring and the City has hosted a handful of live drive-in style concerts at Arroyo Vista Community Park (4550 Tierra Rejada Road). They've hit a couple of bumps in the road and had to cancelled their most recent one, but let's keep our fingers crossed for their next scheduled concert on Sunday, September 13 featuring The Trip with Rock 'n' Roll from the 60s to today. The show runs 6 -8 pm and the cost is only \$20 per car; preregistration is required which can be found on the City's website at Moorparkca.gov on their Parks & Rec's page.

The Canyon at the Oxnard Performing Arts Center continues offering reggae on Sunday evenings dubbed Reggae Knights as well as other shows coming up such as Little Willie G (the voice of Thee Midnites) on Friday, August 28, Queen Nation on Saturday, August 29 and Led Zeppagain on Friday, September 4.

And of course, our own drive-in concert venue here in Ventura at the Ventura Fairgrounds continues to offer live shows with Fitz and the Tantrums on Saturday, August 29, A-Trak, Ruckus and Tay James on Sunday August 30 and Tower of Power with Los Lobos on Sunday, September 6. For the FAQ and ticket information as well as other dates for movies and such, go to the official website ConcertsinYourCar.com.

## Another Sky - Q&A with Kelly Zirbes of Kelly's Lot

The uber talented Kelly Zirbes of Kelly's Lot never ceases to amaze me with her seemingly never-ending supply of energy and creative outflow. She is always working on new projects, writing and performing and keeping in touch via social media as much as possible with her fan base. She sent me her latest release called Another Sky which only solidifies my opinion of this woman. Kelly and Perry from Kelly's Lot will be my next guests on the VenturaRockSpot (VenturaRocks.com), but meanwhile, I thought I'd ask her a couple of questions for the Breeze.

*Pam: I'm mostly familiar with your blues releases, how would you describe the genre of this release?*

Kelly Z: Another Sky is mostly a Contemporary Folk and Americana release.

*Was this something you'd been working on, or did the recent pandemic, social unrest, or elections have a part in your songwriting choices?*

Kelly Z: I had already written these songs when the pandemic started but two songs were written about the frustration in politics today. "Freedom" was written about how extremism robs you of your freedom and "Hurricane" was written about the madness of a divided country. We had also written an Irish jig for Ventura's Saint Patrick's

Day parade but that was canceled. Back in March I didn't think these songs would be recorded for a couple years. We were planning on doing a full band blues recording but because we were locked down it was going to be difficult to get everyone together to work out the parts. So, we decided to try and do something acoustic and we reached out to our neighbor Doug Pettibone to see if he would like to co-produce and play on the project. He was on board having had lost a few jobs himself.

*So then, who all gets producing credit*

Kelly Z: It was recorded in Doug's studio in Oxnard and in the Kelly's Lot studio in North Hollywood.

*Who all were involved in the project and in what capacity?*

Kelly Z: Deciding and arranging what instruments we wanted to put on these songs was very organic. We first started with Doug and Perry both on acoustic guitars; Doug then added pedal steel, slide guitar, and mandolin. After that the songs started to feel a certain way and we could hear what was missing. We also wanted to make sure we included every member of the band on at least one song and that helped fill in many gaps. Art Mendoza on drums, Matt McFadden on bass, Rob Zucca on guitar, Bill Johnston on clarinet, Aviva Maloney on penny whistle, Frank 'Cisco' Hinojosa on harmonica, Jeri Goldenhar doing some background vocals and for standup bass we used Paul Kennedy and David Grover. We brought in Aubrey Richmond on violin and Phil Parlapiano on accordion to round it all out. We ended up with two duets featuring Doug Pettibone and Rick Monroe from Nashville.

*You've been sharing a lot about the song "Butterfly;" what's the inspiration behind it?*

Kelly Z: "Butterfly" was written the day after Prince died. Like I do every

once in a while, I have asked my fans on Facebook to give me a word. Butterfly and Purple came up right away and the song was written rather quickly. As I wrote it, I remember thinking of my mom and my brother and so many musicians we have lost in the past couple years. It is a song to lift up someone from the grief of losing a loved one or maybe even a musical mentor.

*You'll be hosting a CD release party at Four Brix?*

Kelly Z: Yes we are doing a live online acoustic concert at Four Brix Winery in Ventura (Friday, August 28). Because of Covid, there will be no "in winery" audience. It will be a Facebook live concert hosted on the Four Brix Facebook page. They are offering a meal and wine for pickup to enjoy during the concert at home or in your backyard. We are both promoting it on Facebook and through our mailing lists. If you want more info call the winery at 805-256-6006, visit the Facebook page or email them at info@fourbrixwine.com.

*Is there anything else you'd care to share?*

Kelly Z: It feels good to go back to my singer/songwriter roots and do an album of folk, roots rock and americana. Luckily Doug and Perry guided me through this in a way that brought out a deeper yet brighter version of my songs. They are both great at arranging and even participated in some of the writing. I also brought in my team from other releases, mixer Fred Paragano, mastering engineer Mike Michner and graphic artist Evie Cook. You can buy the CD or a download at my website KellysLot.com or a download at iTunes on August 28. It will also be on Spotify, Apple Music and a few other online platforms.

## A Bit of This and That

Congratulations to 50 Sticks of Dynamite on their 10-year anniversary together as a band.

Alastair Greene will have a new release this October called The New World Blues produced by Tab Benoit. Dan Grimm has a new EP ready to release, as does the Colette Lovejoy Band; details coming soon.

Tommy Marsh's Crooked Eye Tommy CD release party was a bittersweet affair as he introduced the band's sophomore release, Hot Coffee and Pain, but the show was also his final show as a resident

of Ventura County. We wish him well on his new adventures as he and Tammy pack up and move to Nashville. But not to worry, he assures us that he will return for shows after this pandemic is over.

And finally, Serena Ropersmith just sent me new music to play on the Pam Baumgardner Music Hour. She recently released Sideways which was mostly inspired by her experiences at Ventura High School (she now attends Cal Poly) and she plays piano on every song. I love that her dad is Kent Bones, drummer for Birdbrain, and he plays on a couple of her songs and it was recorded with Armand (Night Demon, New Liberty) at the Captains Quarters.

Don't forget my radio show airs Tuesdays and Fridays at 5 pm and Sundays at noon at 104.1 FM here in Ventura on KPPQ-LP, or you can use your smart device and listen using the MyTuner radio app or listen online at CapsMedia.org/Radio.

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

## Music Calendar

*For more up-to-the-date listings go to VenturaRocks.com*

*All Venues Ventura, unless otherwise noted.*

### The Canyon at Oxnard PACC Oxnard Performing Arts Center Parking Lot

#### Drive in style concerts

Sundays: Reggae Knights (5 pm)

Fri 8/28: Little Willie G

Sat 8/29: Queen Nation

#### Concerts in Your Car

#### Ventura County Fairgrounds

#### 10 W. Harbor Blvd.

Thurs 8/13: Adelaide

Sat 8/29: Fitz and the Tantrums

Sun 8/30: Atrak, DJ Ruckus, DJ Tay James

Sun 9/6: Tower of Power, Los Lobos

Thurs 9/10: Metalachi

#### RUBICON Stage Productions

9/7 - 9/9: Music of the Knights

#### Four Brix

#### 2290 Eastman Avenue

#### Facebook

Fri 8/28: Kelly's Lot (acoustic) Live

Onstream CD release



Doug Pettibone with Kelly Zirbes and Perry Robertson from Kelly's Lot.



# This 'n' That

## A Munchkin rests at Ivy Lawn

by Richard Senate

A stroll through Ivy Lawn Cemetery in Ventura will show the final resting place of many of our great persons who once made this place home. If you should take such a walk you may come across a unique tombstone with a rainbow and the words; "somewhere over the rainbow." It is the grave of John "Charlie" Leal (1905-1996) a long-time resident of Ventura County. He was a midget and blessed with a beautiful singing voice. He went into show business, working first in circuses and in 1933 at the Chicago World's fair. He got a small part in the film "A Century of Progress" that starred Will Rogers. In the film Rogers was shrunk down by a machine with Leal playing the small version of the famed humorist. Will even taught him some of his rope tricks that Leal used in his circus act where he played Will Rogers.

Another midget, his fiancé Eleanor Stubitz, gave an impression of sexy star Mae West. For a time they worked at The Pike in Long Beach until he found work on a strange western film with an all midget cast called "The Terror of Tiny Town." This part got him a role on the MGM classic, "The Wizard of Oz."

In that movie he played several Munchkin parts, from a dancer to a marching soldier. He was paid \$50 a week (Interestingly, Toto the dog made \$125 a week). When World War II came, Charlie found work at the Lockheed plant assembling wings for fighter planes. He was so small he could get into the wings and buck the rivets that held them together. After the war he was in another film called "An Angel comes to Brooklyn. That film brought an end to his Hollywood career. He retired to his ranch at Lake Casitas called The Rancho del Rio.

After the sudden death of his wife Eleanor he never remarried. He was known locally for his skills as a hunter and fisherman who threw memorable barbecues. Once a year he invited all the surviving Munchkins to a big barbecue at this ranch. He never talked about the making of the film much and only in an interview on his 90th birthday did he mention Wizard of Oz star Judy Garland, saying she was a wonderful and talented actress. He died in Ojai in 1996. He was 91 years old. "Charlie" had a long and colorful life that brought joy to many, a life that should be remembered.

# Executive position to promote diversity and inclusion

On Tuesday, July 21, the Board of Supervisors received a report from the Diversity and Inclusion Task Force and approved the creation of a full-time executive position for a Diversity and Inclusion Officer. The position, which will operate out of the Human Resources Department for the County Executive Office, will be tasked with driving engagement, strategy, execution and accountability for the County's diversity and inclusion initiatives, as well as ensure equal employment opportunities. The position for the Diversity and Inclusion Officer was created at the recommendation of the Diversity and Inclusion Task Force and the County Executive Officer.

"The tragic killing of George Floyd has significantly impacted our nation, our local community, and our County family has made substantial efforts to create meaningful changes that will have a lasting impact," said Mike Powers, County Executive Officer. "The creation of the position for the Diversity and Inclusion Officer is one of the ways we can do so. In addition to increased workforce engagement, this position will help continue to ensure that all employees have a sense of safety, belonging, justice and equity regardless of race, gender, age, sexuality or other identities."

The Diversity and Inclusion Task Force report detailed efforts to address issues of race and equity. In the report, the Diversity and Inclusion Task Force presented on the two first-of-its-kind employee town hall forums that were held on racism. Close to 900 employees participated via Zoom conference call. The town halls provided a safe forum where panelists and employees shared their life experiences with racism. Following the town halls, the Task Force pledged to continue these types of discussions to

generate ideas and promote equity in the workplace and delivery of services. A video of the presentation that shares further initiatives and actions that are being taken can be viewed at <https://vcportal.ventura.org/CEO/VCNC/videos/D-and-I-Report.mp4>

Established in 2017 at the recommendation of the County Executive Officer and approved by the Board of Supervisors, the Diversity and Inclusion Task Force promotes equity, diversity, inclusion, unity, and equality both in the County workforce and in the delivery of services to the community. The 22-member committee, which is comprised of representatives from 11 agencies across the County, provides recommendations to leadership, reviews policies, and launches programs and initiatives intended to promote diversity and inclusion.

In addition to the recommendation and establishment of the position for the Diversity and Inclusion Officer, the Task Force will consider feedback received from the community and make recommendations regarding the County Seal, its use, and possible re-design. The task force is also credited with the creation of the County Mentorship Program, which has completed three cohorts and is preparing for a fourth.

As well, the Task Force has been instrumental in the development of mandatory Cultural Competency and Inclusion training, which also incorporates courses on awareness of the Disabilities, Access and Functional Needs Community as they have unique needs in the event of emergencies that may occur in the County. The Task Force has also established a diversity and inclusion library for employees, a workforce development program, and a form and forum to solicit ideas from County employees.

## Tower of Power and Los Lobos at special Labor Day Car Show

All summer, CBF Productions has worked to bring top notch entertainment to the scenic Ventura County Fairgrounds,

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where audiences can watch comfortably from their parked cars. Since the inaugural show in June, the Concerts in Your Car calendar has ranged from live music to drive-in movies to the circus to comedy and back again, and Labor Day weekend will be no exception. This September, celebrate Labor Day with two classic forms of American entertainment: rock & roll and classic cars.

Tower of Power and Los Lobos are both long time staples of the California music scene, with the two groups hailing from East LA and Oakland, respectively. For over 50 years, Tower of Power has been creating their own kind of soul and funk music, while Los Lobos has been bringing their unique blend of American rock and roll & traditional Latin music styles to the stage since their formation in 1973. The two all-star groups will be performing two sets at the Ventura County Fairgrounds on Sunday, September 6th; a 1:00 PM matinee, and a 8:00 PM evening show. Gates will open at 11:00 AM for the matinee, and 6:00 PM for the evening show.

Both Tower of Power/Los Lobos shows will also include a socially-distanced car show, with the first two rows reserved for participants and their classic cars – low-riders, antique roadsters, coupes, hot rods, muscle cars, and much more will all be on display for concertgoers to safely admire.

The events will offer room for 700 cars per show and are designed to comply with all official restrictions. The combination of an extra high, theatre-in-the-round and four oversized screens will ensure that every seat is the best seat in the house. Sound will be distributed via FM radio. Tickets are sold in advance and online only and are priced starting at \$99 per car. Each ticket is valid for one car, and the number of passengers must not exceed the number of safety belts/seats in the vehicle. Car show participants get priority parking close to the stage, with packages starting at \$249.

One of California's largest traveling festival production companies CBF has been producing a variety of adult and family-friendly events for over 12 years.

For more information about CBF Productions or to purchase tickets, please visit <https://www.concertsinyourcar.com/>.

### Girl Scouts present a new cookie

*Continued from page 15*

community projects, while Girl Scouts of California's Central Coast depends on the funds to deliver life-changing Girl Scout programming to over 8,800 girls in the Central Coast.

As the COVID-19 pandemic became widespread during the 2020 cookie season, many girl entrepreneurs quickly changed their emphasis to virtual sales as they experienced the same challenges as other businesses. GSUSA also offered a new national online platform, Girl Scouts Cookie Care, that enabled customers to safely order cookies for home delivery or to donate cookies to first responders, volunteers, and local causes. Thanks to their customers, Girl Scouts donated millions of cookie packages nationally last season. In the 2021 season, Girl Scouts in the Central Coast will again embrace their entrepreneurial spirit by selling cookies through online platforms and innovative "virtual cookie booths" on social media (with parental supervision). Many girls will offer socially distant or contactless sales and delivery options. If local guidelines allow, in-person sales may also be available in certain areas, keeping girls' safety top priority.

Girl Scouts of California's Central Coast kicks off cookie season on January 23, 2021, contact us for more information about sales dates and specific cookie availability.



# Lighter Breeze

## Tiger



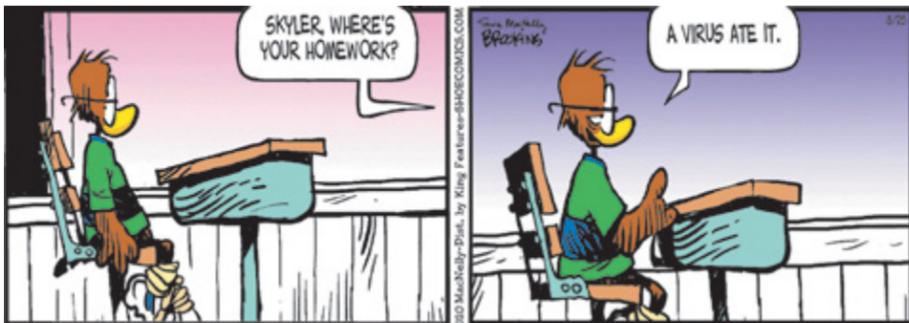
## Baby Blues



## Arctic Circle



## Shoe



## Dustin



## Buckles



Solutions on page 13

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

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

**Weekly SUDOKU**  
by Linda Thistle

Place a number in the empty boxes in such a way that each row, column, and each small 3x3 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 Homer's cry
- 4 Commotion
- 7 Couturier Bill
- 12 — out a living
- 13 America's uncle
- 14 They're usually covered in white
- 15 Auto
- 16 Cartoon canary
- 18 Suitable
- 19 Point of view
- 20 Effervescence
- 22 Squirrel's home
- 23 Mediocre
- 27 Samovar
- 29 Sister of Venus
- 31 Kin of "Abracadabra!"
- 34 Crucifixes
- 35 Sufficient
- 37 "Brady Bunch" girl
- 38 Cash-drawer compartment
- 39 Swelled head
- 41 Marvel Comics group
- 45 Clutch
- 47 Anger
- 48 '16-Across' pursuer
- 52 Legislation
- 53 Praiseful rendition
- 54 Clean Air Act org.

1	2	3	4	5	6	7	8	9	10	11	
12			13			14					
15			16			17					
18			19								
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35				36		37					
38				39	40			41	42	43	44
				45			46		47		
48	49	50	51						52		
53						54			55		
56						57			58		

- 55 Consumed
- 56 "Excavating for —"
- 57 Bashful
- 58 Neither partner
- 8 Myrna of Hollywood
- 9 Matterhorn, e.g.
- 10 Tackle moguls
- 11 Away from NNW
- 17 Reindeer kin
- 21 Boer fighters
- 23 Cheer-ful part of NYC?
- 24 Zodiac feline
- 25 Moreover
- 26 Owns
- 28 Tatter
- 30 Detergent brand
- 31 Dog's doc
- 32 Individual
- 33 Tiny particle
- 36 Towel word
- 37 Andrew Lloyd Webber title role
- 40 Microsoft big-wig
- 42 Where to see "The Last Supper"
- 43 Poets' Muse
- 44 More recent
- 45 Hackman or Wilder
- 46 Beseech
- 48 Masseur's workplace
- 49 Sweet potato
- 50 Mainlander's memento
- 51 U-Haul rental

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what you find.

**LIBRA** (September 23 to October 22) Yesterday's critiques about your methods might have already evolved into today's praise for your achievements. Good for you. Now go on and continue to build on your credibility.

**SCORPIO** (October 23 to November 21) An occasional temperamental flare-up might occur as you continue to help get things back to normal. Stay with it. You should soon get some idea of where to take things next.

**SAGITTARIUS** (November 22 to December 21) A negative reaction to what you believe was a well-deserved request might mean that you need to reconsider your position and make changes accordingly.

**CAPRICORN** (December 22 to January 19) There's always room for someone new at the Sea Goat's table. And the someone new this week could bring a message you've been waiting a long time to hear.

**AQUARIUS** (January 20 to February 18) A pile-on of personal matters this week might seem too overwhelming to deal with. But handling them on a one-by-one basis could have you out from under it by the weekend.

**PISCES** (February 19 to March 20) A friend might need your good advice regarding a matter. Be supportive. But unless you can be absolutely sure you have all the facts, be careful about any suggestions you might be asked to offer.

**BORN THIS WEEK:** Few things make you happier than bringing people together and helping to forge new friendships.

**ARIES** (March 21 to April 19) A relaxed mood early in the week could give way to high-temperature disputes. The Aries Lamb should resist being pulled into heated quarrels that could really singe your wool.

**TAURUS** (April 20 to May 20) Satisfy that practical obligation first, then you can feel free to indulge in your creative endeavors. Also, check for hidden or overlooked areas where repairs might be long overdue.

**GEMINI** (May 21 to June 20) Home is still the Twins' major focus this week. But outside matters begin to take on added importance, especially those involving possible career moves. Stay alert for signs of change.

**CANCER** (June 21 to July 22) A travel plan might need to undergo some considerable adjustment because of unexpected changes. Keep an open mind and let the facts guide you on how you want to handle this.

**LEO** (July 23 to August 22) Playing cat and mouse with a matter you don't really want to tackle wastes time, energy and, most important, an opportunity. Ask someone with experience to help you get started.

**VIRGO** (August 23 to September 22) A shift in policy might not please you, but before you put up a "no go" wall of resistance, examine the circumstances. You might be quite pleasantly surprised by

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# Showtime

A View from (my) House Seat

## Theaters offer digital performances

by Shirley Lorraine

The Elite Theater based in Oxnard, is presenting periodic digital offerings. Opening on August 21 and continuing through Aug. 28 is 24 Minutes by David Dudley. A one-act play, 24 Minutes features a 911-emergency operator (Yanelly DeLaRosa) who takes a disturbing call made by Caller 1 (Rachel Lemos). The call is coming from a frightened, near-hysterical young woman shot in the thigh who is bleeding on the bathroom floor of a club. Attempts to get specific information is spotty which causes the operator to reflect on similarities surrounding an estrangement with her own daughter of the same name and orientation as the caller. The operator struggles to stay professional and calm while at the same time trying to adjust her own thinking to be more understanding. The call takes only 24 minutes, at which point the caller is no longer heard.

The play is dedicated “in honor of the 49” which took a little research for me to connect as it is not clear from the piece by itself. The 15-minute play is a well-acted and well directed slice of time depicting a portion of the terrorist shooting at the Pulse Nightclub, a gay club in Orlando, Florida on June 12, 2016. In that melee, 49 died and 53 others were injured. The incident has been cited as the second worst mass shooting by a single gunman in U.S. history up to that time.

Next up for the Elite is 20 Questions by Allie Costa, to be presented September 25, 26 and 27. Check the website at [www.thelite.org](http://www.thelite.org) to buy a \$5.00 ticket which

reserves you an invitation to the stream. Elite’s digital performances are made possible in part by the City of Oxnard’s Arts in Public Places Grant Program, the Oxnard Cultural Arts Commission, and by patron donations.

A new work is soon to be in rehearsal at the Camarillo Skyway Playhouse, digitally, of course. Playwright, actor, and director Michael Perlmutter will be premiering his new work “Polite Conversation & Wine”. Watch for information on the YouTube streaming event to be held the weekend of September 26. Check [www.skywayplayhouse.org](http://www.skywayplayhouse.org) for up to date information.

Through a special collaboration, the Rubicon Theatre is offering free digital viewings of Arlene Hutton’s Nibroc Trilogy, previously performed at the Rubicon. There will be two performances of each of the three plays streamed online at Vimeo.com.

The Last Train to Nibroc will air Saturday, August 29 at 7 p.m. and Sunday, August 30 at 2 p.m.

See Rock City will air Saturday, September 5 at 7 p.m. and Sunday, September 6 at 2 p.m.

Gulf View Drive will be seen on Saturday, September 12 at 7 p.m. and Sunday, September 13 at 2 p.m.

All performance require a reservation to receive an online invitation and password to join in. [www.rubicontheatre.org](http://www.rubicontheatre.org) has all the details.

Ventura County theater is out there. Grab a snack, wear something comfy, log on and tune in.

had flown with pilot Michael Lutzmann (Carlo Kitzlinger) before and as they went through the preflight checklist they caught up on their personal lives having not flown together for a while.

Shortly after takeoff, a group of terrorists hijacked the plane with knives made from broken glass, initially entering the cockpit and stabbing the pilot in the chest repeatedly. Tobias was cut badly on his left arm but was able to fight them off and lock all but one terrorist out of the cockpit who knocked out, tied up with first aid tape and strapped into the jump seat.

Tobias radioed ground control that they had a 7-5-0-0 (the airline code for hijacking) but that he had resumed control over the plane and his pilot was

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alive but injured. Outside the cockpit, the terrorists were frantically trying to break in to retrieve their leader Kenan (Murathan Muslu) and get control of the plane, which Tobias was able to watch through a security camera focused on the cockpit door.

Unfortunately, the pilot succumbed to his injuries, and Tobias was instructed to redirect to the nearest airport that could handle the situation, which was in Hanover. This only angered the terrorists more, who decided to threaten to kill hostages if Tobias did not allow them to gain access to the cockpit. Through it all, Tobias handled things with a calm reserve.

Regardless of their treats, Tobias knew it was his duty and refused to open the door. As he watched helplessly on camera, the first passenger was killed, which seemed to upset the youngest terrorist named Vedat (Omid Memar). Then the terrorists got a stewardess, not knowing it was Tobias’ girlfriend, who pleaded with him in Turkish to not open the door and not to cooperate with the terrorist and was murdered right in front of him.

Vedat got very upset when Gökce was killed, saying it was wrong because she was Muslim like them, which Tobias saw on camera and thought he may have an ally in Vedat. Tobias used the plane’s audio system to encourage the hostages to fight the terrorists, saying they only had broken glass and could easily overpower their captures if they worked together. The hostages overtook several terrorists, and Vedat fled to the cockpit door pleading to be let in.

Tobias let Vedat in the cockpit, on the premise of needing help to fly the plane, but unfortunately Kenan came to and escaped, knocked Tobias unconscious,

regained control of the plane and then set out to crash it. This was not part of the plan to Vedat, who panicked and kept saying over and over that he didn’t want to die as Kenan rambled Muslim martyr statements. Vedat’s will to live was too strong, and he stabbed Kenan in the neck to prevent him from crashing the plane.

Vedat helped Tobias land the plane in Hanover, but wanted the plane to be refueled using Tobias as a hostage for his demands. Despite Tobias’ urgings to stop and surrender, Vedat continued making threats and was taken out by a sharpshooter.

Joseph Gordon-Levitt has a strong ability to display incredible emotional control during all the edge of your seat moments, which viewers will find plenty of in this high flying thriller.

Rated:R(forviolence/terrorandlanguage) 92 minutes

### BLM protest held in Ventura

Continued from page 5

The march continued down to California Street, toward Ventura State Beach. “Change is coming” the protesters started chanting. A left turn was taken on E. Thompson Blvd. and then a right turn on California Street. Many bystanders were chanting along with the protesters.

One of the protesters responded when asked what inspired them to help the movement. “What’s the point of not helping. We’re here..there’s huge issues and if you’re not helping then you’re doing nothing. I knew things like this were happening..I knew killings were happening..just did not know the scale.. and the more people that realize the scale..would change the culture and climate..and racists will know that they are not accepted”.

### Streaming Spotlight by Cindy Summers

# 7500

Amazon Originals



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

As the crew boarded for a flight from Berlin to Paris, it seemed just like any other day at work for Tobias Ellis (Joseph Gordon-Levitt), a young American co-pilot with a calm demeanor, who was pleased the crew included his flight-attendant girlfriend Gökce (Aylin Tezel). Tobias



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## “Summer of Ohana Love” gift-away event

Kids & Families Together (K&FT) is a nonprofit that has been serving foster/resource, adoptive, kinship, and birth families throughout Ventura County since 2000. K&FT works with children who have experienced trauma, abuse, neglect, loss, and multiple placements and also works with caregivers.

In collaboration with many community partners, K&FT hosted a Gift-Away event called, Summer of Ohana Love on Saturday, August 8th for the foster/resource, kinship, adopted and birth families we serve. This fun drive-thru event provided donations of gift cards, back to school supplies, essential items and home goods to 250 children from 80 families. The celebration included bubbles, music, and a special guest appearance by “Moana”, who attended the event to spread the meaning of ohana. One caregiver emailed her appreciation afterwards saying, “Just wanted to say THANK YOU!! This was a wonderful event for the kids!!”

If you would like to contribute toward our ongoing relief efforts for the families we serve: <https://app.mobilecause.com/form/nVvazA?vid=a28o8>

## Ventura's Proactive Outreach Worker hits the streets to take on homelessness Part 1 of 2

by Kacie Goff

In a year when most people are trying to create more distance between themselves and others, Christina Cabral is on the frontline helping individuals and families experiencing or at risk of homelessness.

Cabral was hired as the City and County's new Proactive Outreach Worker in December, 2019 and had to pivot immediately upon stepping into her new position due to the coronavirus pandemic. “Things are different, but we've tried to offer the same customer service to our clients while taking precautions,” she said.

Her new role — which is funded by Measure O and the County — allows Cabral to spend half of her week in the field, directly reaching out to homeless individuals and families. That work continues, despite the pandemic. “With COVID-19, there definitely has been a change,” Cabral explains. “But our client needs have been priority, and we've continued to be in the field for our most vulnerable populations.”

On any given day, you can find her anywhere in Ventura City limits. She might be talking with shelter-less people

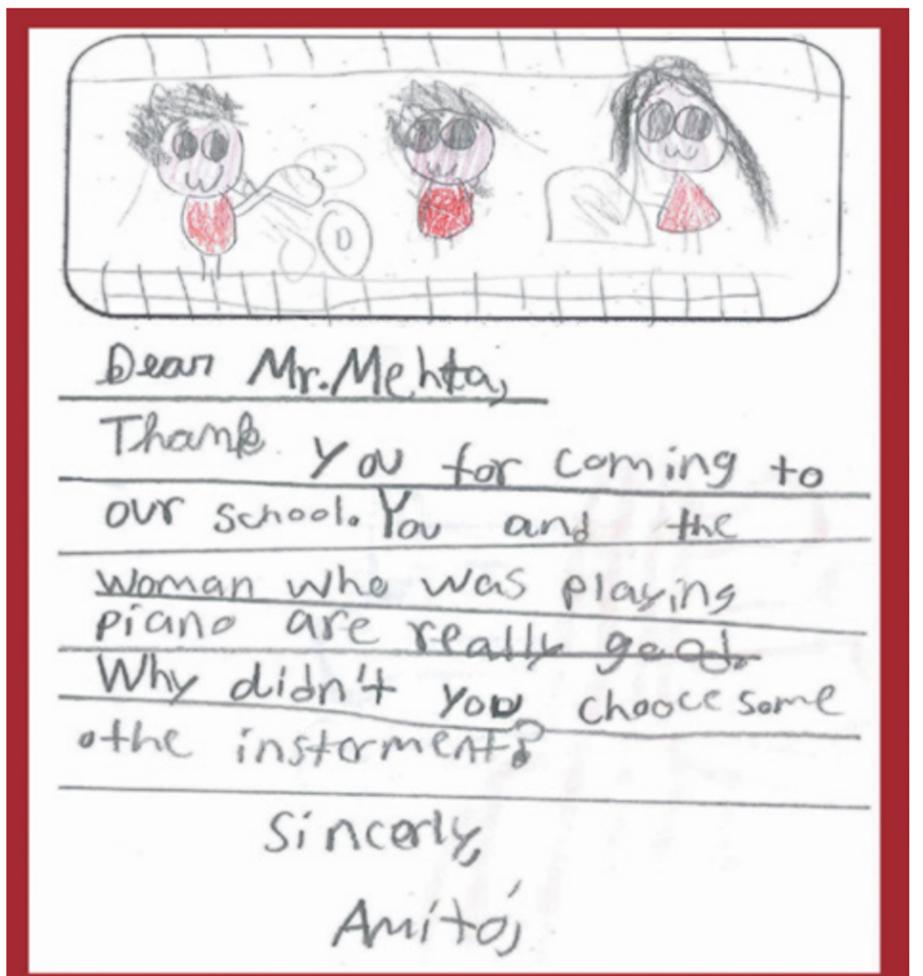
on Main Street or offering a connection to services near the river bottom. Her days are varied, but her goal is consistent. “We're proactively going out and trying to offer resources to people and build relationships,” she explains.

Even in the face of a pandemic, Cabral persists. “I still am able to go out into the field. For example, I accompanied the Ventura Land Trust to the Ventura River Bottom off Main Street and wore a mask. We've been able to continue to meet people where they are in parks, hotels, and shelters and we've been accessible even when teleworking.”

Cabral's role serving on the front lines for some of Ventura's most vulnerable populations is the result of a City and County partnership. “I think it's fantastic that two government entities were able to identify an unmet need and collaborate creatively to embark on a partnership that will positively impact this very vulnerable population,” Chris Russell, Homeless Services Program Manager for the County of Ventura, says. “[The Proactive Outreach Worker] allows us to get to the people, rather than waiting for the people to come to us.”

Cabral is the ideal person to connect with individuals and families experiencing or at risk of homelessness. Her entire career, she's worked with nonprofits committed to serving the most vulnerable in Ventura County. “I have a passion for wanting to work with the homeless population, trying to be a support for them, an encourager and an advocate,” she says. “I really feel like it's an honor to try to assist as much as I can.”

Less than a year into her new role, Cabral has already seen successes. She partners with local organizations and individuals who alert her to homeless in-



dividuals who might be in need. Through communication with groups like the Downtown Ventura Partner's Park Ambassadors, Ventura Police Departments Patrol Task Force, and the Safe and Clean Manager Meredith Hart, she gets informed about where she's needed most.

Once she shows up, she says it's all about connecting personally. “Sometimes, it doesn't get to the resource conversation until you've been getting

to know someone for a month,” she explains. “A really big part of my job is gaining trust and building relationships.”

Fortunately, Cabral is a dedicated member of that community. Less than a year into her new role as Proactive Outreach Worker, undaunted by the pandemic, she's already made notable, measurable strides toward getting homeless individuals connected to the right services to improve their lives.