



# VENTURA BREEZE

Your Hometown Paper

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Briana is a happy person who has melded work with joy.

## Visit Ventura welcomes new team member Briana Diamond

Visit Ventura welcomes their new, talented, light-up-the-room Digital Marketing Assistant, Briana Diamond to the Visit Ventura team. Yes, Diamond has a resume -- but she isn't confined by one. She graduated from Brooks Institute of Photography and Film with a bachelor's in Visual Journalism in 2014. Which, not coincidentally, is the perfect pairing for a life of trail running, surfing, rock climbing, swimming, horseback riding, and, yes, photography.

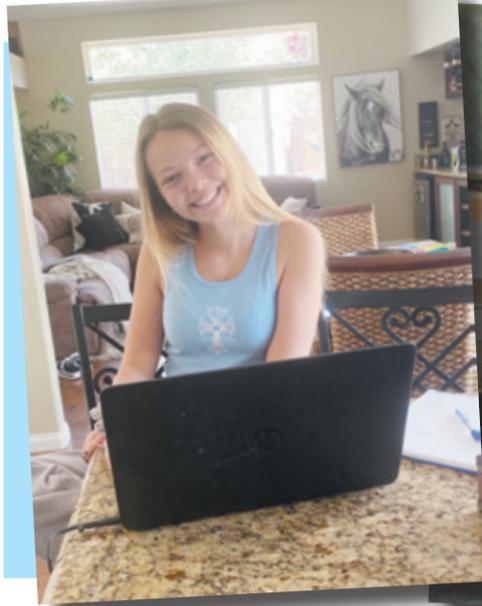
"We are so thrilled to have a local photographer join the team," said Marlyss Auster, Visit Ventura President & CEO. "We had worked with Briana on other projects, so we already knew that her outside-the-box creativity and passion for Ventura was a natural fit for the Visit Ventura team."

As for Diamond, she is the happy person who has melded work with joy.

"My goal with photo and video is to capture the true beauty and connection nature brings us daily and to get outside," she said. "I picked up my first camera when I was 7 years old and immediately knew this is what I want to do forever."

Visit Ventura is a non-profit organization designed to increase visitor expenditures, tourism revenues, and local em-

*Continued on page 8*



9th grader Sierra Golden has enjoyed her time at home, but is ready for in person learning. Katie Gordon is a senior and plays softball for Foothill, posing here at a recent game in Thousand Oaks.



## Returning to the Classroom

by Amy Brown

Part 1 of 2

When local schools closed down in March of 2020, it happened fast, and it was expected by most to last for a few weeks. Then VUSD announced that Fall 2020 would be 100% distance learning, with the hope to bring back students to

the classroom in January 2021. Due in part to recent changes in social distancing guidelines from the CDC and health departments, the Board of Education met on March 28th, 2021 and voted in favor of a model that will allow students



With over 2,100 acres, the ever-evolving Harmon Canyon is Ventura's newest hiking and mountain biking gem because of the selfless and diligent work of the Ventura Land Trust. The nonprofit organization acquired the land and maintains it. The hillside nature preserve is a pastoral heaven to be enjoyed. To visit and hike Harmon Canyon you can park at 7511 Foothill.

currently assigned to a hybrid learning model to return more fully to an in-person experience starting April 12. Students in grades 6-12 beginning on April 26th will return to a full time in-person five days a week schedule through the end of the school year, according to the district. Elementary schools, which have already been open to hybrid learning, will return to a full-time in-person model five days a week on April 12.

How do the students, with a year of not being in the classroom, feel about the news? Sierra Golden had been excited about being in high school much of her young life. "All my friends and I would talk about from kindergarten to 8th grade was looking forward to being in high school," said the current freshman at Ventura High. Instead, her high school experience started in her bedroom, via computer. "Of course, all of us were excited because we thought we would get to go back quickly, but when reality hit, I was super bummed," said Golden. "But I'm a homebody; I love being home. But then mental health started becoming a thing," she said. Golden reports that she realized that some friends started changing--they were getting sad, and not wanting to get out of bed, and that's when she realized how important it really was to socialize. She says she's excited about in-person learning. "I haven't had a chance to be a high schooler, and I'm excited about seeing friends, and I already love all of my teachers."

Some students had issues keeping their grades up during the past year and can't wait to get back in the classroom on a normal schedule. Avery Almora is an 8th grader at Balboa Middle School, and said that she struggles with ADD, and that the most difficult part of distance learning is staying focused. "My grades were always good until quarantine happened, and I'm really happy to get back in class and get back on track," said Almora. "It's going to be a little difficult, obviously it's a big change; it's been a long time since we've been in school. A lot of people didn't really learn anything, if they weren't paying attention." She has been doing a small group twice weekly study hall on campus at Balboa in the meantime that she said has really helped, too.

*Continued on page 5*

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The Ventura Breeze is celebrating 14 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 ways to contribute and be a 2021 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-breeze](http://www.gofundme.com/f/support-the-breeze).

We thank our latest donors **Susan Lee Anderson** and **Michael Koevenig**.

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## SPEAKER SERIES ONLINE 2021



### The Enlarged Prostate

Symptoms, Diagnosis and Treatment

This FREE virtual event will take place on:

**TUESDAY  
APR. 13  
5:30 p.m.**

Some of the most common urological health issues that arise in male patients include increased urinary frequency and benign prostatic hyperplasia (BPH). In the U.S. alone, BPH is present in half of all men by age 60.

Come join us as Dr. Beaghtler discusses:

- Causes and symptoms
- Screening and diagnosis
- Latest treatment options

PRESENTED BY



**Marc A. Beaghtler, M.D.**  
Medical Director of Robotic Surgery at CMH

**Seyed M. Khoddami, M.D.**

**Michael W. Poon, M.D.**



### The Art of Advance Care Planning: A Virtual Night at the Gallery

In Celebration of National Healthcare Decisions Day

This FREE virtual event will take place on:

**WEDNESDAY  
APR. 21  
6 p.m. – 7 p.m.**

COVID-19 has forced us all to think about our futures: What if you or a loved one gets sick? Who will speak for you if you are unable to speak for yourself? What medical treatments do you want or not want? Have you told anyone about your wishes?

If you have questions about how to get started with advance care planning, Community Memorial Health System is here to help support you through the process! No need to put it off any longer!

JOIN US for a special event as we virtually come together to enjoy a night at the art gallery.

Sway to the sounds of live music, marvel at the works of gifted artists and complete your advance directive—all from the comfort of your home!

PRESENTED BY



**James Hornstein, M.D.**  
Chair, CMHS Bioethics Committee

**Diana Jaquez, RN**  
Director, CMHS Palliative Care Program

**Colin Scibetta, M.D.**  
Board-Certified Palliative Care Physician

**Ben Betts**  
Musician, Guitar and Steel Drums

**Bobby Williams**  
Artist

To RSVP for these free, informative online seminars, hosted by Community Memorial Health System, VISIT: [cmhshealth.org/rsvp](http://cmhshealth.org/rsvp)





## Community Events

### Ventura events

**April 8: 8 a.m. to 2 p.m. Mothers Day weekend plant sale at the Dudley House Museum.** Bromeliads, orchids, succulents, tillandsias, rhipsalis, garden art and cultural instructions. Vendors welcome (plants only), please call Charlie at 805 746 4317. The museum is located at the corner of Loma Vista and Ashwood streets (197 N. Ashwood). Covid protocols observed.

**April 13: Causes and Treatment for Enlarged Prostate Explored at a Free Online CMHS Seminar.**

Some of the most common urological health issues in men include increased urinary frequency and benign prostatic hyperplasia, or an enlarged prostate gland. In the United States, half of all men have an enlarged prostate by age 60. If you have a frequent need to urinate both day and night, you may have an enlarged prostate.

Join Dr. Marc A. Beaghler from San Buenaventura Urology group for a free webinar on causes, symptoms, screening, diagnosis, and the latest treatments for an enlarged prostate. Among the treatment options he will discuss is the UroLift® System, a minimally invasive procedure that may help relieve symptoms.

Dr. Beaghler specializes in urology and is Community Memorial Hospital's Medical Director of Robotic Surgery, as well as a former chief of staff and chief of surgery. He earned his medical degree from the Creighton University School of Medicine and completed a residency at Loma Linda University School of Medicine.

This free virtual event takes place on Zoom at 5:30 p.m. on Tuesday, April 13. To register, visit [www.cmhshealth.org/RSVP](http://www.cmhshealth.org/RSVP).

**April 28: The Ventura College Area Community Council will be holding a Zoom meeting on Wednesday, at 7pm.** Council meetings include speakers and discussion on topics of neighborhood and community interest, including public safety and economic development. CACC represents citizens in Council District 3, neighborhoods between Dunning/Lemon Grove and Hill Road, north of Hwy. 126. Visit the College Area Community Council website @ <http://collegeareacouncil.com/wp/> to be added to the mailing list and to access a link to the Zoom meeting."

**April 9: The Ventura College Theatre Arts Department will present five plays over the next two months.** The all-virtual season is a blend of recorded and live-streamed productions featuring a diverse slate of plays that has something for everyone.

The Theatre Department launches its spring season with SHEL-SHOCKED, An Evening of Plays by Shel Silverstein, which have been fully directed, acted and designed by VC Theatre Arts students. SHEL-SHOCKED will stream all day on both April 9 & 10.

On April 16, VC will present an encore streaming performance of Jessica Dickey's moving play, THE AMISH PROJECT, a work about a rural Amish town finding acceptance and learning to move forward after a shocking act of violence nearly shatters their community.

DEVIL BOYS FROM BEYOND a hilarious, high camp southern-fried comedy will stream on both April 16 & 17.

The Staged Reading Series will conclude with a live-stream of ADA AND THE ENGINE on April 30 and May 1 at 7:30pm.

VC ends the theatre season with EVERYMAN (streaming May 7, 8, & 9), a re-imagined and modernized tale of one of the fifteenth century's greatest myths.

### Ojai News

by Veronica Johnson

**The Ojai Valley Museum reopened April 2, 2021 and invites all to view the new original exhibition "Ojai Eye: Master Photographers" in person.**

The museum will be open every Friday from 1-7pm, and from 10am-4pm on Saturdays and Sundays.

"Ojai Eye: Master Photographers" is an exploration of the work for six local, professional photographers. Examine images from J.C. Brewster, Horace Bristol, Guy Webster, Cindy Pitou, Joe Sohm, and Donna Granata.

The exhibit can be viewed online at [OjaiValleyMuseum.org](http://OjaiValleyMuseum.org). However, the large size of many of the photographs makes an in-person visit a much richer experience. There are also additional elements to enjoy in person, that are not available online.

The exhibition will be on view through the end of June.

In addition to "Ojai Eye: Master Photographers", small exhibitions on a range of topics related to the history of the valley and a diorama of the Sespe Wilderness are always on view at the museum.

The Ojai Valley Museum is located at 130 W. Ojai Avenue in Ojai. Free parking is available behind the museum, off Blanche Street. The Museum is open Friday from 1-7pm, Saturday and Sunday from 10 am to 4 pm. Suggested admission is \$5 per adult, \$1 children 5-18. Facemasks required.

For more information, call the museum at (805) 640-1390, ext. 201, email [info@OjaiValleyMuseum.org](mailto:info@OjaiValleyMuseum.org) or visit the museum website at [OjaiValleyMuseum.org](http://OjaiValleyMuseum.org).

**Beginning Sunday, April 11, 2021, Ojai author and naturalist Lanny Kaufer will lead a series of two-hour Ojai Urban Herb Walks in downtown Ojai on Sunday mornings in April and May.** Meetup locations and itineraries will vary. All walks will start at 10 a.m. and end at 12 noon. Groups will walk less than a mile total distance and visit useful native and non-native plants in and around the downtown area. The April 11 and May 16 walks will start and end in Libbey Park. The walks on April 25 and May 30 will visit Cluff Vista Park and the Chumash Garden at the Ojai Valley Museum. Registrants will receive parking directions by email.

Libbey Park and Stewart Creek, which runs through the park, have been replanted with native California plants over the years. Renovations are ongoing. The park provides an easy-to-access place to see how these native plants do in urban landscapes. Kaufer also will discuss useful non-native plants such as rosemary and eucalyptus that are often found in Southern California's urban and suburban areas. He will focus on how to identify these plants and discuss their edible and medicinal uses.

Cluff Vista Park is a native plant demonstration garden designed by the late Thomas Bostrom and maintained by the City of Ojai with assistance from the Ojai Valley Land Conservancy. Kaufer was a consultant on the design and plant selection for the Chumash Garden at Ojai Valley Museum.

Until such time as they are no longer needed, safeguards will be in place to prevent possible transmission of the COVID-19 virus. Attendance will be limited to 12 participants. Temperatures will be checked digitally on arrival, face coverings will be required, and the group will maintain 6 feet of physical distance at all times.

The cost for these walks is \$25/person. Registration is required. Please visit [HerbWalks.com](http://HerbWalks.com) or call (805) 646-6281 for more information and registration. No dogs or smoking, please.

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# VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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I want to be  
thoroughly  
used up when  
I die, for the  
harder I work  
the more I live.

– George  
Bernard Shaw

## Opinion/Editorial



Sheldon Brown  
Publisher-Editor

■ In this issue we have an article regarding the proposed increase to our **water and wastewater** rates. A public hearing will be held on May 17 to discuss increasing water rates by 7% and wastewater rates by 6% each year for the next five years.

If fully adopted, the proposed rates would generate an additional \$35 million for the water fund and \$26 million for the wastewater fund over a five-year period. The new revenue is expected to address operational and capital investment needs.

For the average homeowner the new adjustment will amount to an average annual increase of \$7.76 to a monthly bill, for the next five years.

If the City Council receives written protests from a majority of parcels, the proposed rate change will not be adopted. If less than a majority of the protests are received, the council would finalize the rate increase during the May hearing. The rates would become effective July 1 and each of the four years following.

The website [www.VenturaWaterRates.net](http://www.VenturaWaterRates.net) has a rate protest form. Protest statements must identify on the front of the envelope that the letter is for a public hearing on Proposed Water and Wastewater Rate Adjustments. Oral comments at the May 17 hearing do not qualify as a formal protest. Protests must be received (not postmarked) by 5 pm on May 17. Virtual community meetings on April 19 and 28 will be held to further explain the increases.

We all hate rate increases, but our continuing drought makes it difficult for the city to not raise fees. Think about ways to reduce your use of water. Maybe take a bath with your dog. Read the article for more details.

■ So sad but the **Ventura County Fair** has been canceled for the second

year in a row because of the ongoing COVID-19 pandemic. The fair stated “We regret that we cannot bring you the VC Fair in 2021. We look forward to seeing you in 2022.”

From the 4H kids to those who show their art and grand vegetables not being able to display, this is very sad on many levels. In 2019, the fair drew nearly 303,000 people. The fair has been held annually in Ventura County since 1875.

■ **Cats** sure have it made. When our dogs see us, they wag their tails, jump up and down and have a sparkle in their eyes so we pet them. When our cats see us, they just go back to sleep, but we still pet them. Also, what is it with cats who have been eating the same thing for years and one day stop eating it? We then need to try new stuff and also find someone who wants all the food that we had previously bought. I always tell new cat owners to just buy one can of different foods and small bags of food to wait to see what their cat will eat. Could they be doing this to show us who is really in charge?

■ **Guns** in the news

A gunman opened fire in a Colorado supermarket killing 10 people, including a police officer. Boulder Police Chief Maris Herold identified the slain officer as 51-year-old Eric Talley, who had been with the department since 2010.

Police identified the 21-year-old man as the suspect and court documents show that he purchased an assault rifle less than a week before the attack. Supposedly just for the purpose of killing people.

Eight people were killed in shootings at three Atlanta-area spas. The Atlanta shooter bought the gun the day of the shooting for the purpose of killing people.

Two people are dead and eight people were wounded in shootings along Virginia Beach’s oceanfront. All eight were taken to local hospitals,

with some of their conditions ranging from serious to life-threatening.

Four people, including a child, were killed in a mass shooting at an office complex in Orange, California.

Three people were killed and four others shot when a house party in Wilmington, NC, went bad.

I have heard some Republicans say, “We don’t want to take guns away from law abiding citizens.” Do they stop being law abiding citizens when they kill a bunch of people? The recent mass murderers seemed to be law abiding citizens. What about the irate husband that kills his wife? He was a law abiding citizen. Or the 16-year old that commits suicide with the gun his father bought him, so he understands the proper use of a firearm?

The following in quote is not written by me:

“After a mass shooting in Boulder, Colorado, on Monday, Americans are once again confronting the country’s unique relationship with guns. America is certainly an exceptional country when it comes to firearms. It’s one of the few countries in which the right to bear arms is constitutionally protected. But the relationship is unique in another crucial way: Among developed nations, the US is far and away the most homicidal – in large part due to the easy access many Americans have to firearms.”

Even if people should be able to own a firearm to protect themselves why do they need high-powered assault rifles? Is this because if they are being attacked by someone 200 yards away they can shoot them? Wouldn’t a pistol be sufficient for safety?

Why is it legal in some states to carry a rifle, even in stores and restaurants. I think it’s ridiculous.

Many people who kill are mentally ill, but that is another topic that I will write about in the future.

■ The New York Police Department is investigating what they say is a “hate crime assault” against a 65-year-old Asian woman who was punched and kicked in midtown Manhattan by an attacker who allegedly made anti-Asian statements toward her.

Ignorant people say, “They should go back to where they came from.” We all came from somewhere else except Native Americans. So, using this approach, all of us, except Native Americans, would need to go back to where our ancestors came from. Mine from Russia and Romania.

■ The New York state legislature formally voted to legalize and regulate **recreational marijuana** for adults and expunge the records of people previously convicted of possession. The state assembly voted 100-49 to pass the marijuana legalization bill.

Under the final legislation, 3 ounces of marijuana will be legal to possess for New Yorkers over 21 years-old, and the substance will have a 13% sales tax. The tax revenues will be divided up, with 9% going to the state and 4% going to localities. Good for them and for Ventura as well, who should have retail hemp stores opening this year.

## Mailbox

Breeze:

What happened to the cartoons by Bill Green, I thoroughly enjoyed them?  
Chuck Moore

Chuck:

*Because of a completely mis-understood cartoon that he did for us he no longer writes for us. He moved to Las Vegas and we have lost contact with him. We miss him because he was very intelligent and a pleasure to be with.*

To Be or Not to Be . . . Vaccinated

There is a lot of information and disinformation about COVID-19 vaccinations. Here are the facts you need to know.

1. Safety - All the vaccines approved by the FDA are safe and effective. It doesn’t matter if you receive the Pfizer, Moderna, J&J or another FDA approved vaccine. They can all save your life and keep you out of the hospital. It is important to follow the protocol for the vaccine you receive. Getting one dose when you should get two may mean your immunity does not last for long.

2. Cost - The vaccine is free for everyone who wants it. The federal government is covering the costs under the CARES (Coronavirus Aid, Relief and Economic Security) Act. If you have Medicare or Medicaid, your vaccine will be paid for by

CMS (Centers for Medicare & Medicaid); if you have commercial insurance, you will not have any out-of-pocket costs; if you don’t have insurance, your vaccine is still covered and the providers get reimbursed through the Provider Relief Fund, a pool of money the government distributed to support healthcare workers and hospitals.

3. Where - The Public Health Department and some of the national pharmacies (Walgreens, CVS, Kroger/Safeway) are offering vaccinations. In Ventura County, the easiest way to get an appointment for your first dose is through <https://www.venturacountyrecovers.org/vaccine-information/portal>. Schedule your second dose is through <https://www.venturacountyrecovers.org/vaccine-information/portal/registration-d2/>

Meanwhile, until the pandemic is controlled, wear a mask, social distance, wash your hands often, and continue to follow the CDC Guidelines.

Patricia Butler  
Ventura

Editor:

The Ventura City Council will simply let the City Manager do whatever if people (sheepels) don’t care enough to

*Continued on page 19*

*We encourage you to send your opinions to [opinions@venturabreeze.com](mailto:opinions@venturabreeze.com). Please limit them to about 300 words*



# News & Notes

## Ventura Water proposes water and wastewater rate adjustments

On Monday, March 22, 2021, the Ventura City Council approved to move forward with five-year water and wastewater rate adjustments by authorizing the City to proceed with a Public Notice, informing customers of the proposed rate increases.

Approximately every five years, the City must evaluate water and wastewater rates to ensure sufficient revenue is available to support safe and reliable services. Over the last year, the Water Commission, with the support of City staff and financial consultants, has undergone an extensive Water and Wastewater Rate Study evaluating items such as the City's water rate tiers, water shortage rates, wastewater rate structure, and financing options for major initiatives, including the State Water Interconnection project and the VenturaWaterPure program.

Results of the Rate Study showed that an annual rate increase of seven percent for water service and six percent for wastewater service is needed in each of the next five years to continue to operate and maintain the systems, repair and replace aging infrastructure, secure water supply, improve water quality, and meet legal and environmental regulations. For the average homeowner, this adjustment will amount to an average annual increase of \$7.76 to a monthly bill, for the next five years.

When developing rates, the Water Commission prioritized affordability, customer understanding, financial stability, and legal defensibility. Included in the policy recommendations is transitioning from a four-tiered to a three-tiered water structure and doubling Tier 1 from three hundred cubic feet (HCF) to six HCF. Today, 21 percent of residential customers stay within Tier 1. Under the proposed rates, about 50 percent of residents are expected to remain in Tier 1, paying the lowest cost of water.

"Safe, clean, and reliable water and wastewater services are vital to life, the local economy, and our community. Moving forward on these rate adjustments, as proposed by the Water Commission, is an important step in ensuring a sustainable and resilient future for our community," said Mayor Sofia Rubalcava. "Ultimately, I believe the recommended rate adjustments to be fair and equitable. By keeping the cost of the Tier 1 water low, water remains affordable for our low-income residents."

It has been nearly three years since the City raised rates, and as a result, significant

investments are needed now to achieve Ventura Water's 36 capital improvement projects planned for the next six years.

"We can no longer afford to defer critical investment to maintain our water and wastewater infrastructure, as it puts us at risk for more expensive repairs in the future. Responsible investment is needed now to keep the cost of water affordable for current and future customers," stated Ventura Water Commissioner Suzanne McCombs.

Beginning April 1, all Ventura Water customers and property owners will receive a public notice in the mail, notifying them of the proposed rate changes. Customers will have 45 days to submit a written protest if they oppose the rate adjustments. On May 17, 2021, City Council will hold a Public Hearing on the proposed rate adjustments. If there is no majority protest, the City Council can move forward and approve the recommended rate adjustments. If adopted, new rates will become effective July 1, 2021.

Ventura Water will host Virtual Community Open House events on April 19 and April 28, 2021 at 6:00 pm. Customers are invited to learn more about the proposed rate changes, ask questions, express their support or concerns. To register for the meetings, visit [www.VenturaWaterRates.net](http://www.VenturaWaterRates.net).

### Retraining to the Classroom

*Continued from page 1*

12th graders lost most of their junior year and all of their senior year so far. No Homecoming, no prom, no face to face with teachers. "I feel really bad for the teachers because it's so much work on their part," said Katie Gordon, a senior at Foothill "They've had it so rough! No one turns on their cameras, the teachers now have to do both online teaching and in person, but at least they won't just be talking to blank screens." Gordon plays center field for Foothill's softball team, with a truncated season more restricted than other high schools, since they use Ventura College's fields. That means very few spectators allowed. "It sucks that our parents can't come to home games," said Gordon, who plans to major in Political Science and possibly become a lawyer after college. She says she looks forward to returning to in person learning for what's left of her senior year. "I feel like if I miss this opportunity, I'd regret it."

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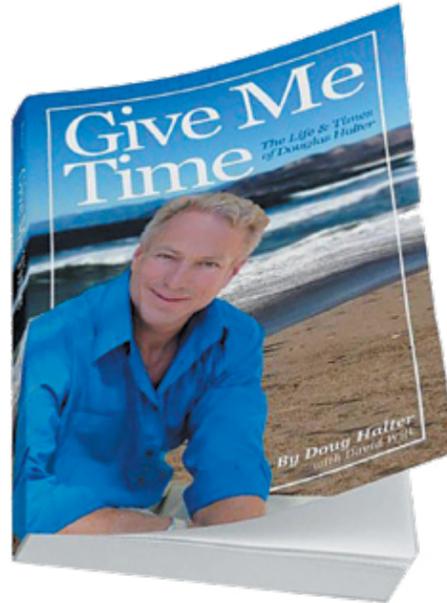


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## News & Notes



*This is a book about Doug Halter's fight to live with HIV, his family and his love for Ventura.*

### The Life & Times of Doug Halter

by Staci Brown

"You'd be expected to survive around 6 months, maybe a little longer if luck is on your side." This was what Doug heard in 1987. Miraculously, with the help of Dr. Scott Hitt, he went on AIDs cocktails and continues to live today. Sadly, his boyfriend Randy Morrison wasn't so lucky.

This is a book about Doug Halter's fight to live with HIV, his family, his loves and his impressive careers leading up to purchasing and renovating homes and becoming a well-known landscaper. He got his first landscaping job at age 15 and eventually was able to do what he was passionate about. "I got an adrenaline rush as we neared completion and the original vision had come together", he said after one of his first big jobs.

Although Doug had a rocky relationship with his father, Doug has demonstrated great warmth, kindness and honesty with the many, many friendships he has developed in life. He had a great mentor in Grandpa Salvatore who taught him all there was to know about plants, flowers, trees, seeds and gardening. He looked up to his grandfather and has very good memories of being with lots of family members at the Santa Cruz house where grandma and grandpa lived up until the earthquake. Doug ended up buying that house and rebuilding a new one where they have great family reunions. Doug met Randy Encinas coincidentally at the same place he met his previous Randy, and after a slow start, they became partners, eventually being able to marry in a grand ceremonial style at the Botanical Gardens in 2013 which is appropriate considering Doug was instrumental in the vision and opening of the gardens.

Doug stated "I wrote this book to share my life journey and all the unexpected challenges and triumphs; not unlike most others but the success I achieved through it all by having the courage to be the person God created me to be and knowing that every day is a gift to be used to make a difference and to develop and use our own unique potential to make the greatest contributions to our community and society."

Read more in Doug's book along with his plans for the city. I agree with every one of his plans and I am grateful that Doug has finally taken a well-deserved seat at the Ventura City Council. Congratulations!!

I hope these dreams come true. Doug has done so much for this city. Besides the

Botanical Gardens vision, he bought the church that became the Rubicon Theater and brought exceptional theater to this town, and oh, so much more which you will find out about when you read his book.

And Doug has the greatest collection of photos in his book. You can see young Doug and how handsome he has remained, as well as both Randys' as well as his brother, sister, grandparents, parents, family, houses, friends, landscaping and Ventura! It is a delight to look at this treasure, young and old.

I am very excited to see what the future holds and I am glad I got to know Doug better in this wonderful book.

You can purchase the book directly from Doug at [Doug@doughalter.com](mailto:Doug@doughalter.com).

#### The Bookmark

### About Libraries and Friends

by Jill Forman

#### Book sale! Book sale! Book sale!

The Friends of the Library have been able to schedule a book sale, hooray! Our warehouse is overflowing and our coffers are not, so we are delighted to resume the practice of in-person used book sales.

April 17, 9 a.m. – 3 p.m. at Foster Library in the back parking lot. Quality used books, arranged by genre/category. Books will be displayed in car trunks and on tables. All COVID-19 protocols will be in place including monitored entry and exit, limited time in any one location, social distancing and masks. Payment by exact change, check or credit card.

#### Reopening status

From Nancy Schram, Library Services Director: There is a very detailed Library Reopening Plan that has been approved by VC Public Health that the library will continue to follow. The plan is based on the various Tiers as outlined by the state.

Currently in the Red Tier, the Ventura County Libraries are now offering Walk-up Holds Pick Up and access to the library computer labs by appointment. Computer labs are offered to limited number of people at a time based on building capacity. Once the county moves into the Orange Tier, we will open up browsing of library collections as well, also within limited capacities. When the County moves into the Yellow Tier, the capacity limits will be increased, and volunteer groups will be able to enter library buildings again as well.

#### From new Ventura Librarian

Dolly Knight: I am excited to be taking over this role in the Ventura Region and looking forward to working with the community. Obviously, the pandemic has led to a lot of change, but we've embraced this opportunity to try new things, and we're looking forward to the future.

#### Online bookstore update

Leslie Bellmore, Online Bookstore organizer, says: Ventura Friends of the Library would like to thank everyone for a very successful first six months with our online bookstore. Customer response has been very positive, and sales have been averaging \$500 a month. This was a great help in moving inventory at a time when large book sales were almost non-existent, and our library stores have been closed. The online bookstore has a wide variety of reading materials for everyone, and some great gift ideas. We also sell puzzles, DVDs, and audio books. It is a convenient way to get quality books at bargain prices, avoid shipping costs, and help your Ventura Libraries. We an-



# News & Notes

icipate that the online store will remain even after the Pandemic has moved on.

We have a travel and trivia category and expanded gardening selections. All books are clean and selected for quality literature.

**Reminder of many programs offered by the library**

Check the library homepage at [vencolibrary.org](http://vencolibrary.org), the Friends of the Library newsletter, and the library newsletter to find activities. Here is a brief sampling: Storytimes (including bilingual, bedtime, STEAM); art lessons; the mobile library; book suggestions; Discover Science, Minecraft Mondays, and so on.

**One last word**

Did I mention we're having a book sale?

## Ventura County Community Foundation matching fund

by Richard Lieberman

Jeffery Lambert, Chief Operating Officer for Ventura County Community Foundation wants to remind Ventura County residents that "Covid is not over, the impact is still there" said Lambert. "It's not going away simply because everyone is vaccinated," he added.

The current health and economic challenges since the start of the Covid-19 pandemic continue, so do community needs. Food Share Inc. a Ventura County Community Foundation partner has gone from serving meals to 75,000 people per month to 150,000 people since the start of the pandemic.

The Amgen Foundation has announced it will contribute \$300,000 in matching grants to VCCF's Rapid Response Fund. "our goal is to triple the fund with matching contributions, for every fifty cents they give us we will attempt

to raise \$1.00 in matching funds." Lambert added. "In addition, we want to continue to fund non-profits that serve individuals and families affected by Covid-19." He added.

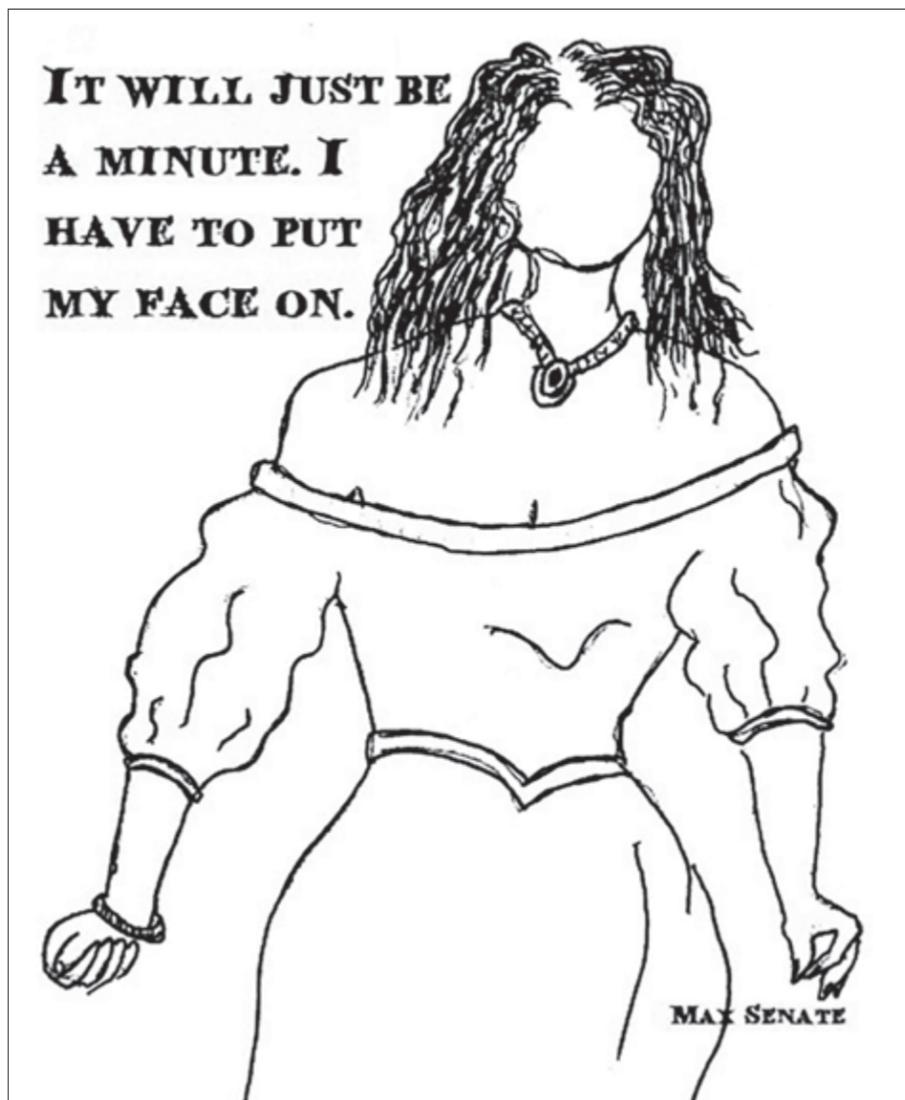
Funds raised from the matching campaign will benefit local nonprofit organizations addressing the on going needs of individuals and families with food and housing support, childcare, wage replacement, mental health care, and more related to Covid-19.

A speaker's program, available on-line produced by the VCCF, offers a series of forty-five-minute videos that tell the story of the real impact Covid-19 has had on our community. "They are really powerful hearing the stories of people on the ground making the impact happen by providing direct relief," Said Lambert. "We are not out of this crisis yet we are still deep into it and the real impact is still there and will be for some time to come," he said.

Established in 1987, the Ventura County Community Foundation builds philanthropy in the region by stewarding legacies through careful management of charitable capital. The foundation honors donor intent by protecting endowments. The nonprofit specializes in connecting philanthropic resources with community needs for the benefit of all. The organization also serves the community through scholarships, grant making, and collaborative partnerships.

The Amgen Foundation seeks to advance excellence in science education to inspire the next generation of innovators and invest in strengthening communities where Amgen staff members live and work. The Amgen Foundation brings the excitement of discovery to the scientists of tomorrow through several signature programs, including Amgen Scholars, Amgen Biotech Experience and LabXchange.

Since the start of the global Covid-19 pandemic, Ventura County Community Foundation donors have granted out fourteen million dollars to support local small businesses, individuals and families in need, our essential workers, and our nonprofits.



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**NOTICE OF ENVIRONMENTAL REVIEW AND REQUEST  
FOR COMMENTS  
VENTURA VETERANS HOME PROJECT  
April 5, 2021**

Project Name: Ventura Veterans Home Project  
Lead Agency: City of San Buenaventura  
Applicant: A Community of Friends  
Project Address: 10900 Telephone Road  
Public Comment Period: 04/05/2021 to 05/04/2021

The U.S. Department of Housing and Urban Development (HUD), acting through the City of San Buenaventura (City) as the National Environmental Policy Act (NEPA) Lead Agency and Responsible Entity in accordance with Title 24 of the Code of Federal Regulations Part 58, is preparing the Environmental Assessment (EA) in compliance with NEPA for the Ventura Veterans Home Project (Project). The Lead Agency requests your written comments on the scope and content of the EA, including mitigation measures or project alternatives to reduce potential environmental impacts from the Project. Comments must be submitted in writing according to directions below. If you represent a public agency, the City seeks written comments as to the scope and content of the environmental information in the EA that are germane to your agency's statutory responsibilities in connection with the Project. Additional Project details and instructions for the public comment submittal are listed below.

**PROJECT LOCATION AND DESCRIPTION:** The Project is located at 10900 Telephone Road in the City of San Buenaventura, California 93004. Ventura Veterans Home (VVH) is a new construction, 122-unit development that includes 120 housing units for veterans experiencing homelessness and low-income veterans and their families plus two unrestricted managers' units. VVH will not have any market-rate units. The 122 units will be spread out around the 9.68-acre site in multiple buildings.

Fifty-four (54) units will be permanent supportive units designated for individuals experiencing homelessness. The remaining units include sixty-six (66) general affordable units that will be designated for low-income veterans and their families plus two (2) unrestricted manager units. The 54 permanent supportive housing (PSH) units will be restricted between 30-50% AMI targeting. The remaining sixty-six (66) general affordable units will be designated for low-income veterans and their families earning 30-60% of the area median income and two (2) unrestricted managers' units.

The site is designed to create the experience of a traditional, family-oriented neighborhood where sidewalks are activated by pedestrian pathways and residential front doors that face the street. The project's 78 one-bedroom (~575 sq. ft.), 32 two-bedroom (~770 sq. ft.), and 12 three-bedroom (~1,225 sq. ft.) units will be dispersed throughout the site, with buildings forming clusters surrounding vibrant community courtyards with a variety of uses and activities.

**REQUEST FOR COMMENTS:** If you wish to submit comments, please reference the project name above, and submit them in writing by 05/04/2021. If you would like to receive email notification of the availability of the Draft EA for public comment, please include your request and email address in your comments. Please direct comments to:

Andrea Palmer  
Associate Planner  
City of Ventura  
501 Poli Street  
Ventura, California 93001  
apalmer@cityofventura.ca.gov

## News & Notes



Mayor Sofia Rubalcava shared with the team that she is a native Venturan.

### El Camino High School students interview Mayor Sofia Rubalcava

ECTV Students in the award-winning El Camino High School media program recently interviewed Ventura Mayor Sofia Rubalcava in the CAPS Media studio. The discussion covered a variety of topics with particular emphasis on racism. Ms. Rubalcava shared with the team that she is a native Venturan who attended Sheridan Way Elementary, De Anza Middle School and Ventura High School, and continued her education at UC Santa Barbara. Raised on the west side of Ventura, Ms. Rubalcava the first Latinx mayor of the city.

Her candid discussion with the teenagers about growing up in the area and discussing racism, part of an ongoing series, was highly informative and enlightening. "Mayor Rubalcava was friendly, open to our questions and made sure everyone was included in the discussion on racism," said Ruby Intner, a senior in the ECTV program. "I learned a lot about her growing up in Ventura and her experiences on the Westside." The mayor after spending time in deep discussion said "I'm so impressed with these students' thoughtful courageous discussions about issues like racism. These are issues we didn't discuss in high school. Seeing them with such knowledge and passion gives hope for the future."

ECTV is part of the Ventura Unified School District's Digital Broadcast Media program. The ECTV crew takes over the CAPS Media Center every week to write, produce, direct and edit video and audio programs covering topics of interest to themselves, other students and the community.

Mentor/Instructor/Media guru Phil Taggart is the wizard behind the socially-distanced curtain, directing the program. Throughout the COVID-19 pandemic the ECTV students have continued to produce programming utilizing all COVID protocols.

This is the fourth year of the VUSD/CAPS Media ECTV collaboration. Graduates of the program have gone on to study all aspects of media production in colleges throughout the state.

The wide-ranging and engaging interview with Mayor Rubalcava will air on CAPS Media, Channel 15 and on the CAPS Media website, capsmedia.

org, as well as on the ECTV social media sites.

ECTV and CAPS Media producers gathered another set of well-deserved awards at the 2021 WAVE Awards. W.A.V.E. stands for Western Access Video Excellence. The awards contest is open to media center members of California, Nevada, Colorado, Hawaii, New Mexico and Arizona.

This year's WAVE Award winners from CAPS Media are ECTV (El Camino TV) for "ECTV - Mental Health" in the Community Issues Youth category, "ECTV at the Agricultural Museum" in the Culture and Lifestyle Youth category. ECTV for "ECTV - Confronting Cancer" in the Magazine Youth category, and CAPS MediaaCenter for "Ready for Wildfires 2020" in the Instructional/Training Videos Professional category. This year's awards increase the CAPS Media members and staff collection of WAVE Awards to more than 50 over the past decade. Congratulations to all the honorees and winners for the outstanding productions.

Due to the COVID-19 emergency the CAPS Media Center is closed to Members and the public until further notice. We do not expect to reopen the facility to the public until after herd immunity is achieved. We encourage everyone to get the vaccine as soon as it is available to you.

During the shutdown, CAPS Member/Producers can submit programming via the online portal at capsmedia.org for broadcast and streaming on CAPS public access television Channel 6 and on CAPS Radio KPPQ 104.1FM.

All of us at CAPS Media hope everyone stays Safe, Strong, Socially Distant and Healthy during these very challenging times.

#### Visit Ventura welcomes Briana Diamond

*Continued from page 1*

employment opportunities by promoting Ventura as a travel destination. During the pandemic they have turned their efforts toward doing the next right thing; including helping local businesses stay in business through various creative programs that emphasize supporting local.



# Senior Living



President Biden's American Jobs Plan will improve the caregiving industry.

## Task Force on Aging and Families applauds President Biden's call

Following President Biden's announcement calling on Congress to put \$400 billion toward expanding access to quality, affordable home- or community-based care for aging relatives and people with disabilities, the House Democratic Caucus Task Force on Aging & Families (TFAF) leadership released the following statement:

"Quality, affordable health care should be accessible to every single American whether they're able to travel to receive treatment or require care in their own homes," said the House Democratic Caucus Task Force on Aging and Families. "There is a crisis in caregiving that has plagued seniors, families and health care workers alike for too long, since before the COVID-19 pandemic began. Too many families and caregivers - predominantly women - feel unseen as they struggle to provide for the health, safety and dignity of their loved ones. Today's announcement is an acknowledgment that House Democrats and the Biden-Harris administration see you and that help is on the way.

"This investment of \$400 billion into the care economy will make home care more affordable, accessible and dignified. It is particularly crucial for workers and families that President Biden has a plan to ensure that home health care providers have a pathway to good-paying jobs with union protections, as we know that when we support our caregivers and provide them with a better quality of life, the quality of care rises as well.

"This investment represents the beginning, not the end, of our collaboration with the Biden administration to support the workforce that empowers older Americans and people with disabilities to live in their own homes and communities."

President Biden's American Jobs Plan for improving the caregiving industry includes:

\$400 billion for expanding access to home and community-based services (HCBS).

Extending the longstanding Money Follows the Person program that supports innovations in the delivery of long-term care.

Supporting well-paying caregiving jobs that include benefits and the ability to collectively bargain.

Building state infrastructure to improve the quality of services and to support workers.

Vice Chair Debbie Dingell (D-MI), Co-Chair Conor Lamb (D-PA) and Vice Chair Ayanna Pressley (D-MA) led a letter with 108 of their colleagues to President Joe Biden and Vice President Kamala Harris reiterating the importance of including home- and community-based services (HCBS) in the Build Back Better infrastructure package. A copy of the letter can be found here. The Task Force on Aging and Families has advocated for the importance of HCBS for families throughout the pandemic, including in its April 2020 principles for protecting the health and dignity of older Americans amid COVID-19.

## Tips for caregivers and families of people with dementia

A caregiver, sometimes referred to as a caretaker, refers to anyone who provides care for another person. Millions of people living in the United States take care of a friend or family member with Alzheimer's disease or a related dementia.

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Sometimes caregivers live with the person or nearby, other times they live far away. For many families, caring for a person with dementia isn't just one person's job, but the role of many people who share tasks and responsibilities. No matter what kind of caregiver you are, taking care of another person can be overwhelming at times. These tips and suggestions may help with everyday care and tasks.

Early on in Alzheimer's and related dementias, people experience changes in thinking, remembering, and reasoning in a way that affects daily life and activities. Eventually, people with these diseases will need more help with simple, everyday tasks. This may include bathing, grooming, and dressing. It may be upsetting to the person to need help with such personal activities. Here are a few tips to consider early on and as the disease progresses:

- Try to keep a routine, such as bathing, dressing, and eating at the same time each day.
- Help the person write down to-do lists, appointments, and events in a notebook or calendar.
- Plan activities that the person enjoys and try to do them at the same time each day.
- Consider a system or reminders for helping those who must take medica-

tions regularly.

When dressing or bathing, allow the person to do as much as possible. Buy loose-fitting, comfortable, easy-to-use clothing, such as clothes with elastic waistbands, fabric fasteners, or large zipper pulls instead of shoelaces, buttons, or buckles.

Use a sturdy shower chair to support a person who is unsteady and to prevent falls. You can buy shower chairs at drug stores and medical supply stores. Be gentle and respectful. Tell the person what you are going to do, step by step while you help them bathe or get dressed.

Serve meals in a consistent, familiar place and give the person enough time to eat.

Communication can be hard for people with Alzheimer's and related dementias because they have trouble remembering things. They also can become agitated and anxious, even angry. In some forms of dementia, language abilities are affected such that people have trouble finding the right words or have difficulty speaking. You may feel frustrated or impatient, but it is important to understand that the disease is causing the change in communication skills. To help make communication easier, you can:

*Continued on page 11*

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## Senior Living



### VCAA VOICE: Bringing health and nutrition to the comfort of your home

by Jannette

The term “food insecure” is not a familiar part of our culture’s vocabulary, but it is a regular part of the conversation at the Ventura County Area Agency on Aging (VCAA).

The team of dietitians that are part of the VCAA’s Senior Nutrition Program focused their time on developing class curriculum, recipes, and other resources for healthy eating on a budget long before the COVID-19 crisis began – all while recognizing that the populations served often face food insecurity, meaning they have limited or no access to regular meals, much less healthy meals.

With a special focus on the nutritional needs of older adults in particular, the team is dedicated to identifying gaps in daily intake and addressing those needs with resources made available through the various elements of the Senior Nutrition Program. Prior to COVID-19, home delivered meals were offered to older adults who are unable to leave their home, while congregate meal services were offered through 11 community meal sites throughout Ventura County with no cost requirement other than a suggested donation of \$3 per meal. But the COVID-19 crisis exacerbated the gaps in services and resources for many communities throughout the country, with few populations hit harder than older adults.

The VCAA immediately identified the fact that stay-at-home orders and restaurant closures meant the people who depended on VCAA’s home delivered and congregate meal services, and even those who had never been part of the program, were going to need access to food more than ever before. As a result, the VCAA expanded its existing pantry to include a much larger COVID-19 Food Pantry that brought two or more weeks-worth of food safely to the homes of some of Ventura County’s most vulnerable residents. Partnerships with dozens of locally owned restaurants and World Central Kitchen have offered daily deliveries of high-quality restaurant meals. In total, the VCAA has served nearly 3.6 million meals since March 2020.

While the demand for food and meal resources increased, so did the need for the educational components of the Senior Nutrition Program. In response, the VCAA transitioned the once in-person education-based nutrition classes and individualized counseling to the virtual platform via Zoom and telephone. Aimed at arming older adults with the information and resources needed to eat healthy on a budget, classes and individualized nutrition counseling focus on all topics of concern, including high blood pressure, increased cholesterol, diabetes, heart disease, and more. Recipes developed and shared by VCAA dietitians are created with a fixed budget in mind, and are affordable to people of all income levels.

Classes currently offered each month include EatFresh.org and Eat Smart,

Live Strong. There is also a “bonus” class offered monthly that focuses on a unique topic. For April, that class will focus on “How to Build a Healthy Plate.”

All classes and nutritional counseling are open to people 60 and older and are offered at no cost to participants. To learn more about current class offerings, visit [www.vcaa.org](http://www.vcaa.org). For more information, or to register for a class, call (805) 477-7300 or e-mail [Christal.Greenlaw@ventura.org](mailto:Christal.Greenlaw@ventura.org).

### Dementia and a higher risk of getting COVID-19

People with dementia have a higher risk of getting COVID-19, are more likely to require hospitalization, and are more likely to have severe or fatal cases of this disease compared with people without dementia. This risk is even higher in Black patients with dementia, according to a new study funded in part by NIA and published in *Alzheimer’s & Dementia*.

A person’s age and preexisting health conditions such as asthma, diabetes, heart disease, and obesity are significant risk factors for serious illness from COVID-19. Interestingly, these factors are also linked to dementia. However, scientists and doctors have little information about how COVID-19 affects people who have dementia. The new study, led by researchers at Case Western Reserve University, used information from the electronic health records of about 61.9 million U.S. adults from all 50 states to explore the link between dementia and COVID-19. The data was collected as part of the IBM Watson Health Exploratory database. In this dataset, more than 1 million patients had dementia, 15,770 had COVID-19, and 810 had both.

The study found that people with dementia were twice as likely to get COVID-19 compared with people without dementia, even after adjusting for age, sex, living in a nursing home, and having similar preexisting conditions. The researchers suggest that the memory problems associated with dementia might make it difficult for patients to stick to safety measures such as wearing masks, washing hands frequently, and social distancing.

Results showed that 73% of Black patients with dementia and 54% of White patients with dementia were hospitalized within 6 months of their COVID-19 diagnosis, compared with 25% of patients without dementia. Only 20% of Black patients with dementia but not COVID-19 and 12% of White patients with dementia but not COVID-19 were hospitalized within the same time frame.



## Senior Living

Patients of either race with dementia were almost four times more likely to die from COVID-19 than patients without dementia. The researchers also found that vascular dementia, which is caused by damage to the vessels that supply blood to the brain, led to the highest risk of COVID-19, suggesting that damaged blood vessels might make it easier for disease-causing bacteria and viruses to get from a person's blood into the brain.

Although their findings need to be replicated using other databases and registries, the researchers note that the study lays the foundation for future research into the interactions between COVID-19 and brain diseases, including whether COVID-19's effects on the brain increase the risk of or worsen dementia. The study demonstrates the need for innovative and effective measures to protect older adults with dementia from COVID-19 as part of controlling the pandemic and highlights the pressing need to address health disparities.

This research was supported in part by NIA grants AG057557 and AG062272.

### What Is Vascular Dementia?

Vascular dementia is caused by conditions such as stroke that disrupt blood flow to the brain and lead to problems with memory, thinking, and behavior. Vascular dementia is the second most common dementia diagnosis, after Alzheimer's disease, and can occur alone or alongside another form of dementia.

Vascular dementia is caused by con-

ditions that damage blood vessels in the brain and interrupt the flow of blood and oxygen to the brain. In the research community, these conditions are known as vascular contributions to cognitive impairment and dementia (VCID). The brains of people with vascular dementia often show evidence of prior strokes, thickening blood vessel walls, and thinning white matter — the brain's connecting "wires" that relay messages between regions.

Not everyone who has had a stroke will develop vascular dementia. A person's risk for dementia after stroke depends on the size and number of strokes and the brain regions affected. Vascular dementia can also result from other conditions that impede blood flow and delivery of oxygen to the brain, such as narrowing of the arteries.

High blood pressure, problems with the heart's rhythm, diabetes, and high cholesterol can increase a person's risk of vascular dementia. By controlling or managing risk factors, you may lower your chance of developing cognitive impairment and dementia.

Symptoms of vascular dementia can appear suddenly and may progress slowly over time. Symptoms often look similar to those of Alzheimer's disease, but memory loss is more prominent in Alzheimer's, whereas problems with organization, attention, and problem-solving may be more obvious in vascular dementia.

People with vascular dementia may experience:

- Difficulty performing tasks that used to be easy, such as paying bills
- Trouble following instructions or learning new information and routines
- Forgetting current or past events

- Misplacing items
- Getting lost on familiar routes
- Problems with language, such as finding the right word or using the wrong word
- Changes in sleep patterns
- Difficulty reading and writing
- Loss of interest in things or people
- Changes in personality, behavior, and mood, such as depression, agitation, and anger
- Hallucinations or delusions (believing something is real that is not)
- Poor judgment and loss of ability to perceive danger
- Symptoms may depend on the size, location, and number of damaged areas of the brain.

To diagnose vascular dementia, a doctor may ask about problems with daily activities, conduct memory or thinking tests, and speak with someone who knows the person well to see if symptoms of dementia are present. Medical history, lifestyle, and brain imaging tests are often used to help determine whether vascular dementia is the cause of symptoms.

No treatments are available to reverse brain damage that has been caused by a stroke. Treatment for vascular dementia focuses on preventing future strokes. Medications to prevent strokes, such as blood thinners, may help decrease the risk of further damage to the brain. Medications that help treat the symptoms of Alzheimer's disease might benefit people with early vascular dementia. A doctor may also recommend treating risk factors, such as high blood pressure or high cholesterol, through medications and lifestyle changes.

A healthy lifestyle is important to help reduce risk factors of vascular dementia. This includes eating well,

limiting alcohol, not smoking, exercising, and managing stress.

If you are concerned about vascular dementia symptoms, talk with your doctor. If you or someone you know has recently been diagnosed, explore the resources on this website and linked below to find out more about the disease, care, support, and research.

#### Tips for caregivers and families

*Continued from page 9*

- Reassure the person. Speak calmly. Listen to his or her concerns and frustrations. Try to show that you understand if the person is angry or fearful. Allow the person to keep as much control in his or her life as possible. Respect the person's personal space. Build quiet times into the day, along with activities.
- Keep well-loved objects and photographs around the house to help the person feel more secure.
- Remind the person who you are if he or she doesn't remember, but try not to say, "Don't you remember?"
- Encourage a two-way conversation for as long as possible.
- Try distracting the person with an activity, such as a familiar book or photo album, if you are having trouble communicating with words.

Eating healthy and staying active is good for everyone and is especially important for people with Alzheimer's and related dementias. As the disease progresses, finding ways for the person to eat healthy foods and stay active may be increasingly challenging. Here are some tips that may help:

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## Senior Living

### Senior News

A third round of stimulus payments are on their way. But has your second one shown up yet? Next question: Did you file last year's 2019 taxes on paper instead of e-filing? If so, that might well be the reason you don't have your money yet.

The IRS got behind on processing the paper tax forms we sent a year ago. If all had gone well, those who were eligible should have received a \$600 stimulus check (the second one) by Jan. 29, 2021.

The IRS has a specific page for you to check the status of your stimulus payment, but it's only good for the third stimulus check. All information for your first and second stimulus money has been removed from their website.

Start with [www.irs.gov/coronavirus/get-my-payment](http://www.irs.gov/coronavirus/get-my-payment) and scroll to Get My Payment. Click on it and fill out the information. You'll go to a page that tells you the status of the payment you're to receive now, the third payment. If it says that payment information is Not Available, it means you're not going to receive a payment the easy way (and might be why your second payment is still missing). On the Get My Payment page, click on Frequently Asked Questions to see what applies to you.

Even if you don't normally file, you'll need to file for 2020 (preferably e-file) if you want that stimulus money quickly. Look for Line 30 on the Form 1040 or 1040-SR. It's called

the Recovery Rebate Credit. If you received Notice 1444 or 1444B in the mail from the IRS, it will tell you what figures to use.

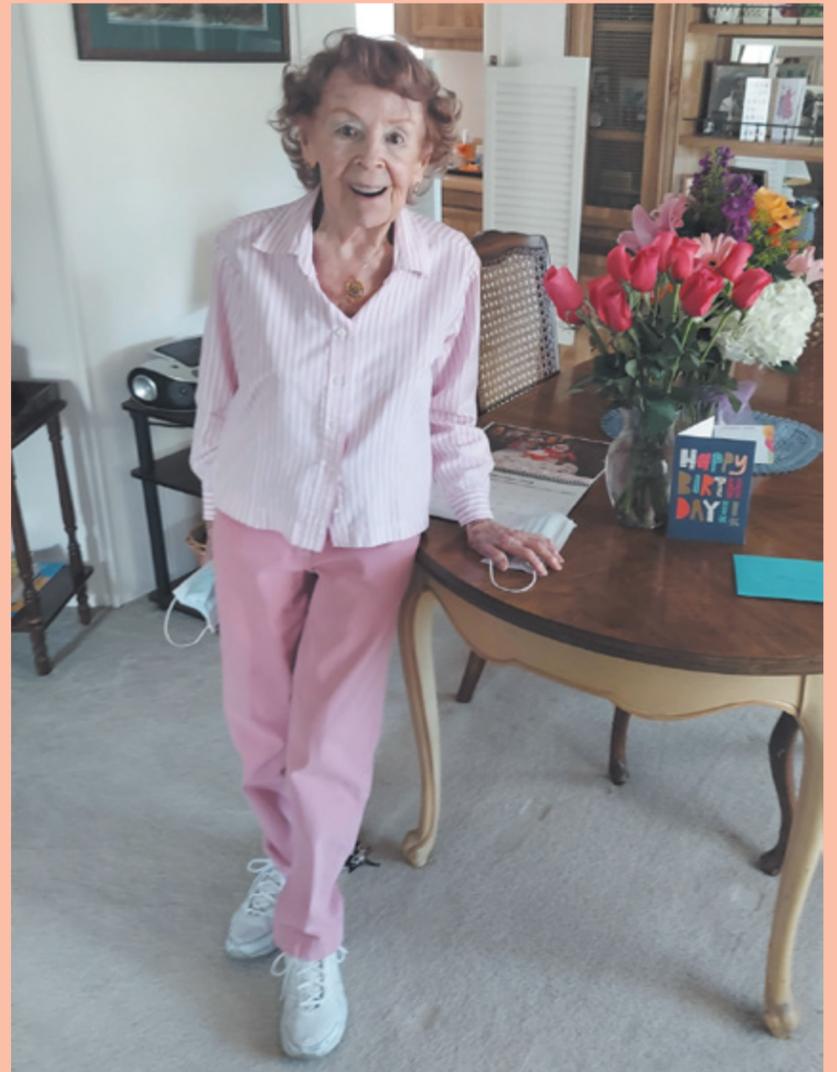
If you're confused about COVID vaccine and when our lives are going to change for the better, you're not alone. We're considered to be fully vaccinated once two weeks have passed after the second dose of Pfizer or Moderna vaccines, or two weeks after the one-dose Johnson & Johnson.

What's new is this, per the Centers for Disease Control and Prevention: If fully vaccinated, you can be indoors with other fully vaccinated people without wearing a mask. You can meet indoors with unvaccinated people in one household unless one of those people has a health risk. If you've been around someone who has COVID, you don't have to stay away from people or get tested unless you have symptoms ... or live in a group setting. In that case, stay away from others for 14 days and get tested, even if you don't have symptoms.

It gets worse. According to the CDC, as fabulous as this new vaccine is, even if fully vaccinated, we still need to wear masks in public. We still need to social distance. We still need to avoid medium and large crowds. We still need to stay out of poorly ventilated spaces. We should delay travel.

So what's the holdup? Why are we still under restrictions after getting the vaccine? The best I can figure out is that the answer lies with the COVID variants, the different versions created as the virus mutates.

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*This is Gracie Gary, she just celebrated her 103rd Birthday on March 5th, 2021. She lives in our senior mobile park. She is still very alert, works crossword puzzles, and claims one of her life time secrets, is her consistent exercising. She is amazing for her age. Submitted by Alice Sepulveda.*

## This 'n' That CAREGIVERS: Volunteers Assisting the Elderly during the Pandemic

by Carol Leish

"Requests have doubled this last year during the pandemic, which has required the organization to automate volunteer coordination," according to, Tammy Glen, who has been the Executive Director for 10 years. "A volunteer coordinator was hired to help to set the stage for future growth. CAREGIVERS has welcomed as many volunteers in the first two months of the COVID-19 Pandemic as they normally would over the course of one year. More recently, retired teacher Toby Petty joined the team as the Student Engagement Coordinator. CAREGIVERS now has an easy-to-use online portal where volunteers who have been vetted with informed consent can access assignments as needed."

Volunteers lend their helping hands 2-4 hours per week to CAREGIVERS for tasks such as grocery shopping, changing a lightbulb, providing transportation to a medical appointment, meal prep, or friendly visiting by phone or in person. Glen said, "Consider yourself a good neighbor who's willing to lend a helping hand with added support from the CAREGIVERS Office Team. Even if you're helping your neighbor now, it's a good idea to give CAREGIVERS

a call. Our organization can help to identify additional resources as well as provide an umbrella of support that you may not have considered." She also said that, "CAREGIVERS Volunteers do not provide professional care such as toileting, bathing or wound care."

Glen said that, "We always need donors and volunteers. CAREGIVERS exists thanks to the generosity of donors who underwrite the costs of delivering services and coordinating volunteers. Our operation is efficient in that it costs us 20 cents on the dollar to provide services, and we are effective in making these services available to low-income senior who would otherwise not have access to the types of support that our volunteers provide."

According to Glen, "Volunteer Caregiving was launched across the nation in 1984 by the Robert Wood Johnson Foundation, and Ventura County was one of the original 25 pilot programs, which was the first one in California. Over the course of 20 years, the Robert Wood Johnson Foundation invested \$100 million dollars to establish 1,000 programs like CAREGIVERS: Volunteers Assisting the Elderly."

"The organization currently focuses on individuals 60 years of age or older. The average age served is 85," according to Glen. "We are always seeking volunteers who are willing to provide transportation, which is a precious commodity. In addition, we are growing the number of youth volunteer teams throughout Ventura County. Thus, we need Adult Team Leaders who are willing to work with 2-3 high school youth each week to tackle light household chores at the

homes of the seniors that we serve. We also have fun opportunities for volunteers interested in helping with our sailing, miniature golf and golf events as well as more challenging opportunities such as providing respite for family caregivers who are confronting the challenges of early stages of dementia in their loved ones."

CAREGIVERS website is: [www.vcca-regivers.org](http://www.vcca-regivers.org). Glen said, "You can learn more about the day in a life of a volunteer caregiver by taking a look at some of our favorite videos that are posted on the website. Our organization continues to thrive on the time and talent of volunteers. With the equivalent of four full-time staff in the office, the organization relies upon the multitude of talents from the volunteer base, which includes individuals like Volunteer Coordinator Renee Becker and Intern Supervisor Doug Miller, who are both indispensable to our daily operations. Please call us at: (805) 658-8530 to become involved."

## St. John's nationally recognized for Cardiac Care

St. John's Regional Medical Center (SJRMC), a member of Dignity Health, is one of America's 100 Best Hospitals for Cardiac Care™ and Coronary Intervention™, according to new research released by Healthgrades, the leading resource

that connects consumers, physicians, and health systems.

"We are honored to be recognized by Healthgrades as one of America's 100 Best Hospitals for Cardiac Care™ and Coronary Intervention™," said Darren W. Lee, President and CEO of St. John's Regional Medical Center and St. John's Pleasant Valley Hospital. "These awards demonstrate our commitment to providing nationally-ranked cardiac care and advanced technologies to our community."

Every year, Healthgrades evaluates the performance of nearly 4,500 hospitals nationwide for 32 of the most common inpatient procedures and conditions using Medicare data and outcomes in appendectomy and bariatric surgery using all-payer data provided by 16 states. The new report demonstrates the importance of hospital quality to both hospital leaders and consumers.

"Now more than ever, consumers understand the importance of hospital quality and are starting to become more diligent when researching where they receive care," said Brad Bowman, MD, Chief Medical Officer, Healthgrades. "When selecting a hospital, consumers can feel confident in America's 100 Best Hospitals for Cardiac Care™ and Coronary Intervention™ for their commitment to quality care and exceptional outcomes."

From 2017 through 2019, patients treated at hospitals receiving America's 100 Best Hospitals for Cardiac Care Award™ have, on average, a 28 percent lower risk of dying than if they were treated in hospitals that did not receive

*Continued on page 19*

# 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.

## Armed Robbery

On March 21, at approximately 4:00 am, Ventura Police Patrol Officers responded to a call of an armed robbery that just occurred in the 900 block of E. Thompson Blvd. Investigating officers learned that the suspect, 39 year old Ventura resident Leland Tanner, approached the victims as they sat in a vehicle, brandished a handgun, and demanded cash. After giving Tanner an undisclosed amount of cash, the victims fled the area and contacted police.

As patrol officers arrived, an officer saw Tanner entering a taxi. The Officer ordered Tanner out of the vehicle, and upon exiting, Tanner fled. Officers set up a perimeter, and with the assistance from Ventura PD K-9's and a Ventura County Sheriff's K-9, Officers searched for the suspect. Tanner was located in the rear yard of a residence in the 900 block of E. Thompson Blvd. Tanner was taken into custody without incident. Tanner was arrested for Robbery and Resisting Arrest.

A review of the Ventura County Superior Court website shows that Tanner has prior arrests for identity theft, vehicle burglary, receiving stolen property, and resisting arrest.

## Narcotics Arrest

On March 26, at 10:00 am, members of the Ventura Police Department SCU Narcotics unit conducted a search warrant at the above address due to an investigation into narcotics sales. Detectives using investigative tools were able to identify a primary suspect as 38 year old Ventura resident Celia Ramirez.

During the execution of the search warrant and the subsequent investigation, detectives recovered fentanyl, methamphetamines, and evidence of narcotics sales in Ramirez's motel room. As a result of the investigation, Celia Ramirez was arrested for possession for sale of controlled substances.

A search of the Ventura County Superior Court shows that Celia Ramirez has no prior arrest.

# Harbor Patrol Blotter

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

**3/24** 1:55pm, while working on Rescue B-19 at the patrol dock, officers overheard a couple arguing loudly on the promenade near the Port District. Officers contacted the pair and asked them to take their "discussion" to another area.

**3/27** 1:45pm, while in the operations center, observed a large motor vessel pushing a large wake in the Pierpont Basin. The wake nearly knocked a few Standup Paddlers off their boards. Officers were able to establish contact with the skipper and educate on the speed violation, waking the paddlers and that the skipper is responsible for any damage caused by his wake.

3:23pm, received a report of a large sailboat aground in the keys. Officers responded in the fireboat, found the vessel as reported. The skipper advised that he has grounded in the same area before and was waiting for the tide to fill in so he

could return to his slip nearby. **3/28** 11:20am, observed several oversized vehicles (RV's) in Harbor Cove parking lot and moved them to Spinnaker Dr. Oversized vehicles not allowed in beach lots.

1:46pm, contacted by an individual who observed an assault near the Harbor Cove restrooms. Officers responded and rendered first aid to the victim. AMR and VPD also responded and the patient was transported to local hospital.

3:25pm, received report of a sailboat soft aground near the barranca at the entrance to the keys. Officers responded in Fireboat, pulled the vessel off the bar

**3/29** 1:10pm, while on patrol observed a sailboat that has been secured to the launch ramp since this morning. Officers talked to skipper, he was repairing his boat.

**3/30** 7:50pm, received report of overdue sailboat with 4 POB from U.S. coast guard, approximately 2 miles south of the Harbor. Officers responded in Rescue B-17, found the vessel just outside the surfline. Towed the vessel back to the harbor.



Due to COVID-19 restrictions each officer had a personal ceremony.

# New Ventura Police Officers and Lateral Officer

by the VPD

Please join us in welcoming our newest Ventura Police Officers! Eight recruits and one Lateral Officer have taken their Oaths of Office, received their badges, and were sworn-in.

They've pledged their commitment to protecting and serving our community and we are very proud to welcome them to our VPD family.

Congratulations to Lateral Justin Fernandez and Police Officer Trainees David Anderson, Jerred Bartmann, Nicholas Gendreau, David De La Garrigue, Chris Gomez, Joseph Hernandez, Joshua Ming, and Liliana Zarate.

After being sworn in, each trainee is required to complete the Field Training Program which takes an additional 6 months to complete. The overarching goal of the program is to further develop well-rounded officers that represent our community well.

Due to COVID-19 restrictions and the desire to make this a special occasion for all, we opted to bring each officer in for a personal ceremony. This way, we were better able to keep our distance and five family members were able to join to pin the badge on their loved one and take a few unmasked family photos. Congrats to all!

## PEOPLE ARE TALKING

### THE NEXT STEP IN SOCIAL EVOLUTION

Share in growing our community...  
Age 15 and up welcome!

Visit our \$4 hosted Zoom Talk Online at [LeTalkeShoppe.com](http://LeTalkeShoppe.com)



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### Weekly SUDOKU

Answer

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

### King Crossword

Answers

Solution time: 23 mins.

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



# The Pet Page



**Dedicated to Scamp**

■ SPAN Thrift Store is open to the public and looking for donations of adult clothing, household items and tools if you've got items you no longer use.

SPAN Thrift Store regularly provides \$10 spays and neuters for low income households with cats and dogs.

Three upcoming clinics in April are: Tuesday, April 13th at the Albert H. Soliz Library - El Rio, 2820 Jourdan St., Oxnard, 93036, a second one on Tuesday, April 20th at Shiells Park, in the parking lot, located at 649 C St., Fillmore, 93015 and a third one on Tuesday, April 27th at SPAN Thrift Store parking lot 110 N. Olive St. (behind Vons on Main).

Please call to schedule an appointment (805) 584-3823.

■ An Oxnard Police Department K-9 detected a half ton of methamphetamine that was being smuggled in produce boxes. Police Officer Caston and K-9 Rocky were conducting a traffic stop of a vehicle in Oxnard when Rocky alerted the officer to the presence of narcotics. During a search of the vehicle, Caston found more than 1,000 pounds of methamphetamine with a street value of \$2.8 million.

■ For the last quarter-century, the local Search Dog Foundation (SDF) has been dedicated to training canine disaster search teams to respond with their urban search and rescue task forces to find survivors in the aftermath of disasters throughout the United States and the world.

This year, twenty-five years after our founding in 1996, we invite you to take a journey through our history with us—revisiting the heartbreaks we've faced in disaster work as well as rejoicing in the successes and the accomplishments that you have made possible...

Seeing a desperate need for more highly-trained, certified search dogs, Wilma founded the National Disaster Search Dog Foundation the very next year.

On February 2, 2020, nearly 25 years after the bombing in Oklahoma City, Wilma witnessed SDF's 168th team certify for deployment, fulfilling her goal to create one certified search team for each of the 168 lives lost on that tragic day. In memory and in honor of them, SDF works each day to help ensure no survivors are left behind.

The moments like these that we'll revisit during the year—like our 168th certification—and the ones that lie ahead are only possible thanks to your generosity and belief in our work. With you fueling our mission, we are now at 180 certified teams and growing! Each day is another day we further Wilma's legacy of strengthening disaster response in America. Thank you for making an impact on so many lives through the years, both canine and human.

Donate today at <https://donate.searchdogfoundation.org/1170>.

■ The Biden family dogs, Major and Champ, are back at the White House after an incident in which Major caused a "minor" injury to an undisclosed person.

The White House did not specify when

the dogs had returned from Delaware, where they were sent earlier this month after the incident.

White House press secretary Jen Psaki said on March 9 that the dogs had already been scheduled to be out of town prior to the incident while the first lady was traveling and would return to the White House soon.

■ Puppy scams have cost Canadians more than \$105,000 since January 2020, according to the Better Business Bureau.

Mary O'Sullivan-Andersen, president and CEO of BBB for southern Alberta and B.C.'s East Kootenay region, says consumers need to be especially diligent if they are trying to purchase a puppy online.

"Ask for references from other satisfied customers, set up a live video call to meet the breeder and the puppy, and ask for detailed information about the dog and its health," she said in a release.

"Take the necessary steps to ensure the breeder is legitimate and ethical. Don't become the victim of a scammer."

■ Service dogs trained to support veterans with post-traumatic stress disorder can decrease the severity of their symptoms better than companion dogs classified as emotional support animals, according to the results of a long-awaited study by the Department of Veterans Affairs.

Research involving 227 veterans -- 153 of whom remained with their paired dogs for the entire study -- showed that both types of animals helped decrease PTSD symptoms in their owners. But results were more significant in participants paired with a service dog.

In addition, veterans paired with service dogs had fewer suicidal behaviors and less ideation at the 18-month point, while both groups displayed a decrease in other symptoms such as anger and disrupted sleep.

However, the research found that, while both groups showed slight improvements in their mental health, there was no change in their levels of disability and no difference in physical health by the study's completion.

"While both groups appeared to have experienced some benefit, an improvement in overall disability and quality of life among veteran participants with PTSD was not observed with the provision of a service dog relative to provision of an emotional support dog," wrote the authors of the study, "A Randomized Trial of Differential Effectiveness of Service Dog Pairing Versus Emotional Support Dog Pairing to Improve Quality of Life for Veterans with PTSD."

■ If your pet has put on weight during the pandemic, you're not alone.

A recent Hills Pet Nutrition survey says our four-legged friends are putting on pandemic pounds with us, and not every pet parent wants to hear it.

Dr. Andrew Novosad with Sugar Land Veterinary Specialists says the first step to better health is recognizing there's a problem.

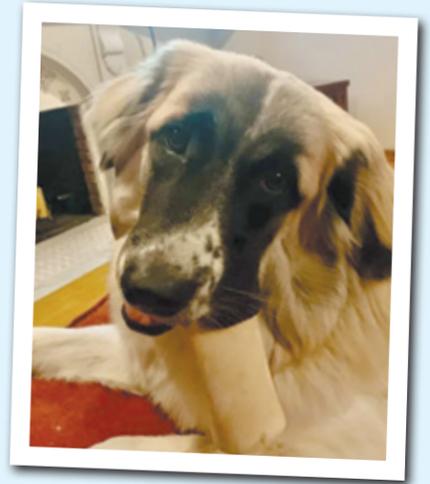
"We use things like big-boned, there's lots of ways you can phrase it. You find yourself having to be tactful... Yes, your dog's overweight!" Dr. Novosad said.

Pandemic or not, Dr. Novosad said treats should be given out sparingly. As for Kibble, you can reduce the amount you're feeding, or use a diet version, but dogs and

## Scamp Club

(Scampclub pets are not for adoption.)

Hi: I'm LouLou, a 1-year-old Pyrenees/Shepard. I'm a lucky dog because I was rescued from the Shelter Hope Pet Shop, Thousand Oaks. I like to be petted, naps and digging holes (I get in trouble for this). The Breeze publisher is my grandpa.



## 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.**

cats typically differ on what they'll tolerate. While dogs will likely accept a bland diet, "Cats will go on a hunger strike just to prove a point," Dr. Novosad said.

If you need some guidance on helping your pet slim down the right way, visit [avma.org](http://avma.org), the American Veterinary Association website

■ Midwestern Pet Foods has issued a voluntary recall of certain dog and cat food brands manufactured at the company's Monmouth, Illinois, facility because they may be contaminated with salmonella, according to a company announcement posted on the FDA website.

The affected brands, which are sold nationwide, include CanineX, Earthborn Holistic, Meridian, Pro Pac, Pro Pac Ultimates,

Sportmix, Sportmix Wholesomes, Sportstrial, Unrefined and Venture.

■ FDA expands Sportmix dog food recall after 70 dogs reportedly died.

The Indiana-based company discovered the potential for contamination after routine sampling. You can tell if your product needs to be thrown out by looking at the expiration date, the company said.

The possibly contaminated products have an "M" in the date code, such as this example: "EXP AUG/02/22/M1/L#."

Midwestern Pet Foods is urging retailers and distributors to pull recalled lots from their inventory and shelves and, if possible, contact customers that purchased the products.



K-9 Rocky has a nose for illegal drugs.

**SPAN Thrift Store**  
SPAY/NEUTER ANIMAL NETWORK

**\$10 Low/No Income Spay & Neuter**  
Tuesday, April 13th  
Albert H. Soliz Library - El Rio  
2820 Jourdan St., Oxnard, CA 93036  
Must call for appointment  
(805) 584-3823

**\$10 Low/No Income Spay & Neuter**  
Tuesday, April 20th Shiells Park parking lot,  
649 C Street, Fillmore, CA 93015  
Must call for appointment (805) 584-3823

**\$10 Low/No Income Spay & Neuter**  
Tuesday, April 27th  
in SPAN parking lot.  
Must call for appointment  
(805) 584-3823

**WE ARE OPEN!**  
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Call us today!  
805.641.1170 110 A & B N. Olive St., Ventura CA 93001 [www.spanonline.org](http://www.spanonline.org)



# The Pet Page

## Forever homes wanted

Hi: I'm Halo, a handsome 2-year-old Shepherd / Husky X in need of a new home. I was found as a stray with another dog by individual rescuers and happily joined them in their car. My rescuers say I'm a good boy who is friendly, energetic and athletic. They think the best home for me would be with experienced dog owners, a six-foot secure fence, no young children (12 yo and up would be fine) and no cats. Meet and greets would have to be done if you already have a dog in the home. If you're interested in meeting me, please fill out an online application. Canine Adoption and Rescue League C.A.R.L.



Making muffins is Te Ka's favorite past time. When this girl isn't making muffins she is trying to get all your attention. She came in with scabies (poor thing), but has been treated. Her fur will grow back, but not as fast as she'll win your heart. Ventura County Animal Services - Camarillo location - 600 Aviation Drive. Te Ka A768977

## This 'n' That

### Ventura Land Trust seeks new executive director

The Ventura Land Trust is searching for a new executive director as Derek Poultney, the current director, is stepping into the Conservation Director role. Poultney recently recommended this change to the Board of Directors as a way to build and optimize organizational capacity during this phase of tremendous organizational growth.

During Poultney's 11 years of leadership (five as Executive Director), the trust grew significantly. From two acres and two staff in 2010, Ventura Land Trust now manages 4000 acres and has 24 employees. "It is an incredibly exciting time for Ventura and Ventura Land Trust and there is more growth on the horizon, says Mark Watkins, the trust's newly appointed President of the Board. With five years of environmental consulting and field biology work and five years as Conservation Director at the Ojai Valley Land Conservancy (OVLC) prior to his current tenure at Ventura Land Trust, Poultney remains dedicated to preserving nature and public access to nature for the community.

Poultney is excited about this new opportunity because "I will be able to get back to doing what I love doing the most and what I'm most effective doing, and I'm looking forward to having a new mentor who can usher us into our next period of growth." Watkins has worked closely with Poultney in his time at the Trust and is

looking forward to bringing in additional resources with this change. "We looked at the next five years from a strategic planning perspective and mutually agreed that Derek would best serve the Trust in the Conservation Director role. He has been a great leader for this organization and he really shines when able to focus on securing the resources needed to complete acquisition and habitat restoration projects."

The last year has particularly proven the benefit the Land Trust brings to the community. When much of the city was shut down to the public, its nature preserves provided solace and comfort. In 2020, the Land Trust established the 2,100-acre Harmon Canyon Preserve which has been well-received by hikers, runners and cyclists. This is the largest acquisition for the Trust to date and has attracted attention throughout Ventura County and from Santa Barbara to Los Angeles.

Looking toward the future, the Land Trust is focused on connecting with more people throughout Ventura County and southern California. One of the many goals along these lines is to provide opportunities for students interested in nature. Since 2004, the Land Trust has worked with thousands of students, ranging from elementary school to graduate level, to educate them on the importance of preserving and restoring natural lands in Ventura. Most recently, they have significantly increased this capacity by teaming up with the popular local outdoor environmental education programs: Once Upon a Watershed and Ventura Wild.

"When you reach more students, parents, and schools," Derek said, "you build a stronger and lasting relationship in the community. You're building your next group of stakeholders and land stewards."

<https://www.venturlandtrust.org/>



### Spring Photo Contest

Spring is here and the gardens are starting to bloom. Share your BEST two images taken in the Ventura Botanical Gardens throughout 2021! Whether it's a hidden delight or one in plain sight, capture your favorite memories and share them with us!

**ENTRY DATES:**  
April 2 through April 30

ENTER YOUR PHOTO AT:  
[VENTURABOTANICALGARDENS.COM/VBG-IN-BLOOM.HTML](http://VENTURABOTANICALGARDENS.COM/VBG-IN-BLOOM.HTML)  
567 S. Poli St. | 232.3113 | [VenturaBotanicalGardens.com](http://VenturaBotanicalGardens.com)

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**\*Call today to book a tour\***





by Pam Baumgardner  
VenturaRocks.com

More venues are offering live music complying with all the Covid-19 restrictions in place as we continue to move through the tiers. Of course, you need to do your part as well so we don't ruin it for everyone...again. Wear your mask, keep socially distanced from others not in your party and don't be rushing the stage (sort of kidding on that one). So far, I've seen the posts/listings for live music here in Ventura at Winchesters, Vaquero y Mar (formerly Hong Kong Inn), Café Fiore, Leashless Brewing, Prime, and Copa Cubana; Camarillo has Camarillo Barrelworks (Flatfish Brewing/Cantara Cellars), Relm Wine Beer Bistro; and Oxnard has the Shores, Surfside Seafood, and 1901 Speakeasy. You can find listings on VenturaRocks.com; I update the website whenever I get wind of any live music. It's a bit of a crap shoot when certain venues don't list their events on their website or on social media, but a lot of the bands let me know. When I hear, you hear.

A big congratulations to Shane Alexander for landing a national Chevy commercial featuring one of his songs, "Everything as One." It's featured in their Drive Safe campaign which literally gave me the chills watching it knowing how much Shane deserves to have his music featured. Very well done Shane...and Chevy!

For this issue, I caught up with Max Kasch out of Ojai. I've seen Max

perform a number of times which included the first time at Zoey's One to Watch contest back around 2012. He shared top honors with another local performer Derek Jennings that year. I understand the prize was an opportunity to record an EP in Santa Barbara with famed sessions and touring musician Tariqh Akoni (musical director for Josh Groban) along with a bunch of famous musicians including Doug Pettibone. For a lot of people including myself, Max landed on our radar as a young actor in the 2003 movie "Holes" alongside Sigourney Weaver, Jon Voight, Shia LaBeouf and Tim Blake Nelson. He can also be seen in "Waiting", "the Greatest Game Ever Played" and "Whiplash" to name just a few. But even with all his acting credits, music is rightfully and thankfully his passion.

*Pam: I understand music is your passion now, and it has been for some time. I believe the first time I saw you was at Zoey's... many years ago. Where do you typically perform in the 805?*

Max Kasch: Well, truth be told, music was always the passion. It sort of took a while to circle back to it being the direction I wanted to move in. I detoured a bit into the acting world by pure chance and really only pursued it to make a living for my family.

I performed anywhere I could, really. Any place that would have me. Rock City in Camarillo, various Farmers and Makers Markets. Zoey's was really the only place that gave me a consistent

stage to work from and I loved their performers and vibe so it sort of became my main focus.

*Pam: How did you first develop your songwriting skills, or did it just come naturally for you?*

Max: I think it came naturally. Of course, everything needs to be honed and refined, but I like to think of the process as out of my hands really. When you're really plugged in, writing is like pulling it out of the ether. Sort of like a conduit to some other realm. When it comes like that, it's incredibly easy.

*Pam: Do you tend to collaborate with other artists? If so, who?*

Max: I haven't collaborated extensively as far as writing together with other artists, but Jesse Siebenberg and I work together producing my music like dancers in a tango.

*Pam: That's a great way to describe a working relationship. Did performing in front of an audience come easily with your acting experience? Or did you need to work on your stage presence and interaction with the audience?*

Max: I'm still not really sure if having a stage presence was a conscious decision or something I chose to work on. It really wouldn't matter to me playing for 3 people or 30,000. I'd do the same show either way. When I'm playing live, I suppose if I really feel like I'm doing what I need to do artistically, I feel nothing. Nothing personally, I mean. I'm neither impressing or disappointing myself. My focus is on doing the songs the way they should be done and communicating with the band effectively and hopefully the people watching or listening are feeling the presence through the music.

*Pam: Catch me up on all your produced music to date.*

Max: Well a few years ago I had an EP produced by Tariqh Akoni up in Santa Barbara. I did a very limited, unmastered run of CD's for that release. To date I've only released one full length album with Jesse Siebenberg producing. We had a tremendous cast of players on that album that breathed some serious fire into my songs. The likes of Joey Waronker and Bob Seibenberg (Jesse's father and drummer for Supertramp) Dave Palmer, Dave Levita, Austin Beede, Gabe Noel and Danny Wright.

*Pam: How has it been this past year working as a singer/songwriter during the pandemic?*

Max: To be honest it was the first time in my life I didn't have to work. I finally found myself with time and a little money to finish this album. I really focused on writing new material and refining my craft and abilities even more. Beyond that, I didn't do any zoom shows or live streams and it felt great not having any pressure or

demand to do that!

*Pam: What are you currently working on?*

Max: Well I currently have a self-titled album "Max Kasch" live on all the streaming platforms and for sale on Bandcamp. I also have two follow-up EP's complete. One is more of a stripped-down sort of lonesome acoustic cowboy [genre] and the other under the working title "Max Trash" which are very aggressive, experimental tracks that represent a whole other side of my musical tastes and expressions. I'm very excited about putting both out before the year's end. I've compiled so much material over the last few years that it seems intuitive now to just keep releasing things.

*Pam: What are your short-term goals; and long-term goals?*

Max: Short term goals are to keep refining my craft of songwriting and to self record. I finally put a little money behind some gear and being able to record myself whenever, wherever. I think it'll open up a lot of new ideas I'd like to get out quickly.

Long term I'd like to maybe pay my rent doing this for a living. Beyond that, it's all sugar on top!

*Pam: Any final parting words for our readers?*

Max: Please pick up your trash wherever you go. It's all headed for the Pacific anyway, but its goddamn unsightly.

I love Max's parting words! You can follow Max on Instagram at maxkaschmusic or find out more about Max on his Bandcamp page: <https://maxkasch.bandcamp.com/releases>.

We've schedule Max to be a guest on an upcoming episode of the VenturaRockSpot which is a monthly interview show where mostly local artists out of the 805 are interviewed and they share some of their music either live, or with pre-recorded videos. You can view all episodes to date at [www.VenturaRockSpot.com](http://www.VenturaRockSpot.com) where you can see bands/artists such as Guy Martin, the Guitar and Whiskey Club, Bone Maggot, Kelly's Lot, Kyle Smith and more (28 episodes to date).

And don't forget to tune into the Pam Baumgardner Music Hour on KPPQ-LP out of CAPS Media at 104.1 FM here in Ventura. My show airs Tuesdays at 5 pm with repeats on Fridays at 5 pm and Sundays at noon. You can also listen via the MyTuner app on your smart device or online at [CapsMedia.org/radio](http://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](mailto:Pam@VenturaRocks.com), and for updated music listings daily, go to [www.VenturaRocks.com](http://www.VenturaRocks.com).

## Ventura Art Scene



Exterior lobby area of BAA's Studio 99 in the Bell Arts Factory; a work in progress.

## Ventura arts group feathering new nest

Buenaventura Art Association is creating a new home at Bell Arts Factory, 432 N. Ventura Ave., and finding more venues for its member artists as the COVID-19 pandemic gradually ebbs.

The grassroots Ventura arts group, founded in 1954, is moving to Studio 99 at Bell Arts, its base since 2018 where it previously occupied Studio 30. Its other artwork outlets are Harbor Village Gallery & Gifts, at Ventura Harbor; and SpiceTopia and Very Ventura, both shops downtown on Main Street.

Studio 99 is large enough for main office operations, special exhibits and Artisan Store displays, has a lobby area for a more professional presentation, offers an outdoor area for First Friday gallery crawls (when they resume) and other public receptions, and keeps BAA connected to other artists at Bell Arts and the other west side Ventura arts centers.

The group aims to have Studio 99 fully open by late May. It is being designed to be a flexible layout that can change according to need, with exhibit space to accommodate up to three solo artists and good natural light. There also is meeting space for artist groups, talks and/or workshops, and association board meetings.

BAA directors, staff and volunteers are continuing to look for additional business partnerships to expand exhibit space and artist exposure in downtown and other popular parts of Ventura.

For more about the 67-year-old nonprofit artists' cooperative and its programs, visit [buenaventuraartassociation.org](http://buenaventuraartassociation.org).



For this issue, I caught up with Max Kasch out of Ojai.



## This 'n' That



Once our Mission served as a rescue center.

## The roads were out and Ventura was isolated

by Richard Senate

In the months of December 1861 and January and February of 1862 a chain of rainstorms devastated Ventura County and all of southern California. It rained both day and night with one claim that it rained one hundred inches!

Some reported the hillsides and mountain changed their shape. This could be 19th Century bluster and hyperbolic language but it was historic as it ended the cattle culture of the area. Today weathermen estimate it was more like 60 inches. This is still a powerful set of storms.

So much water run off came down Main Street that it was impassible and washed a fifteen-foot channel down the center of the street. The worst night was that of February 1, 1862. Homes were lost and many, using horses, rescued people from the roofs of their homes. Half of the Ortega Adobe was washed away and never rebuilt. Many locals were cowboys and

used their skills to rope people and pull them through the raging waters to safety.

That awful night, the old Mission San Buenaventura became a rescue center for the town. All were welcome that terrible night and given hot soup and a dry place to stay as waters surged around the building. One dedicated Chumash parishioner went up to the bell tower, in the height of the storm that dark night, and continuously rang the large bell so that survivors could home in on the sound to reach the safety of the Mission in the dark.

The roads were out and Ventura was isolated. In this crisis, like they always do, Venturans pulled together to help one another in this natural calamity. That night, as survivors huddled in their blankets in the old adobe and stone church, there were no Roman Catholics, Protestants or Buddhists, all were simply Venturans.



Muhleka brings a broad background in corporate finance.

## Austin Muhleka named CFO of Vista del Mar Hospital

Austin Muhleka has been appointed Chief Financial Officer (CFO) of Vista del Mar Hospital. Located in Ventura, the hospital provides inpatient treatment for stabilization from an immediate mental health or chemical dependency crisis and outpatient programs to address long-term mental health recovery.

"Austin is a natural fit for Vista del Mar's culture and we are thrilled to welcome

him to our leadership team as we continue to plan for the opportunities ahead of us," said Dan Powell, CEO of Vista del Mar Hospital. "Austin has been working with our sister hospital at Aurora Las Encinas understands our corporate structure and is committed to our mission of providing mental health programs and services."

Muhleka brings a broad background in corporate finance, financial planning, analysis, strategy, and utilization review. After completing his undergraduate degree in Business Administration from Midland University in Nebraska, Muhleka continued his education and earned his MBA at Midland University. Over the last several years, he has worked in various financial roles, including serving as a Financial Analyst and then Adbase Systems Specialist at Berkshire Hathaway Media Group/Omaha World-Herald. Before joining Vista del Mar Hospital, Muhleka was a CFO in training at Aurora Las Encinas Hospital in Pasadena, Calif.

"I am thrilled to join Vista del Mar Hospital and be part of the team," said Muhleka. "I look forward to working together to advance the hospital's mission and vision, especially as we rebuild the hospital, and am excited about developing professional connections in the community."

## Ventura Unified announces return to full-time in-person instruction

Ventura Unified School District Superintendent Dr. Roger Rice announced at the Board of Education meeting on Tuesday, March 23, that all grade levels in the Ventura Unified School District (City of Ventura) will be going back to school full-time, in-person when they open for the 2021-22 school year in August.

"I am thrilled to announce that due to recent changes in social distancing guidelines from the CDC and our state and local health departments, in addition to other strategies we are currently implementing, we will open full-time, in-person with a schedule similar to pre-Covid at all of our school sites in the Fall of 2021," stated Dr. Rice, Superintendent.

The school district is currently purchasing furniture for many of its schools to replace outdated and bulky desks, chairs, etc., to utilize space in the classrooms fully. Funding for this furniture and other necessities to maximize the number of students who can fit into each classroom comes from a one-time State In-Person Learning Grant.

The school district assumes that other COVID-19 prevention and mitigation protocols will remain in place for the Fall 2021 semester, including masks, hand washing, disinfecting, contact tracing, and more. "Our elementary schools have been open to hybrid in-person learning for some time now, and VCPH confirmed this week that we have had no student COVID transmission spread on our campuses. Our students, teachers, and staff are doing a tremendous job of following the guidelines. We believe that our community can wear masks and follow the guidelines if it means we can resume full-time in-person learning," stated Dr. Rice. "The District will be providing families with more concrete information and schedules as soon as the details are finalized."

For those families who are not ready to return fully, options will be provided regarding distance learning and homeschooling. The District will be sharing those options closer to the Fall 2021 semester. COVID-driven change is always

possible, and the community will be notified if changes must be made.

Enrollment for the 2021-22 school year is occurring now at the Ventura Unified School District; for those interested in enrolling, visit [www.venturausd.org](http://www.venturausd.org) for more information.

## Community Memorial Hospital welcomes new Chief of Staff

Community Memorial Hospital (CMH) welcomed a new Chief of Staff, Dr. Deborah Carlson of Ventura, a longtime leader at CMH who has focused on improving policies and helping to adopt best practices for patients and the medical staff.

"It's a difficult time right now for physicians and healthcare workers due to the stresses of the pandemic. I'm glad I have a chance to try to ease the burden for our medical staff while also enhancing patient care," said Dr. Carlson, who underwent a bone marrow transplant for leukemia in February 2020.

Dr. Carlson is grateful to the many members of the Community Memorial Health System Medical Staff who traveled to City of Hope to donate platelets when she needed them or signed up as bone marrow donors. Now that she has returned to work, she said she looks forward to giving back to the medical community in a new way.

In a leadership role, Dr. Carlson has served as the Chief of Staff, Vice Chief of Staff, and as Secretary/Treasurer of the Medical Staff Executive Committee.

Dr. Carlson has also chaired CMH's Quality Assessment and Improvement Committee and the Department of Medicine, and she started the Inpatient Medicine Division at CMH, a committee that brings together numerous hospital departments to help solve problems and improve patient care by encouraging collaboration and breaking down operational silos.

Dr. Carlson earned her medical degree from the University of Southern California School of Medicine in 1990 and completed her internship and residency at LAC-USC Medical Center.



A VW Vintage car show was held recently in Ventura. Featuring everything from bugs to campers. Photo by David Komatz.



# Lighter Breeze

## Mother Goose and Grimm



## Baby Blues



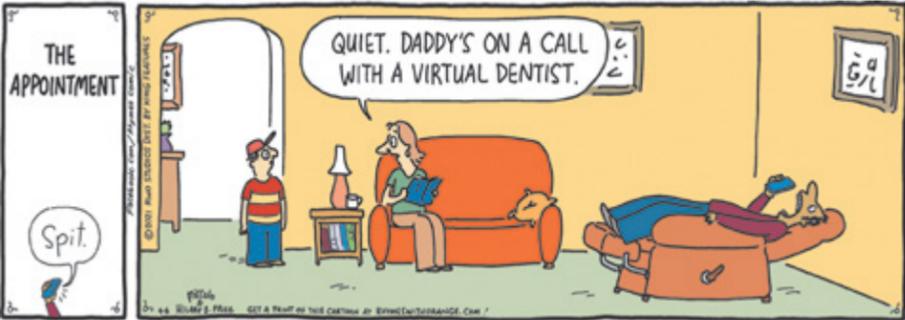
## Hagar the Horrible



## Crock



## Rhymes With Orange



## Curtis



Solutions on page 13

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

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

**Weekly SUDOKU**  
by Linda Thistle

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

**DIFFICULTY THIS WEEK:** ♦♦♦♦

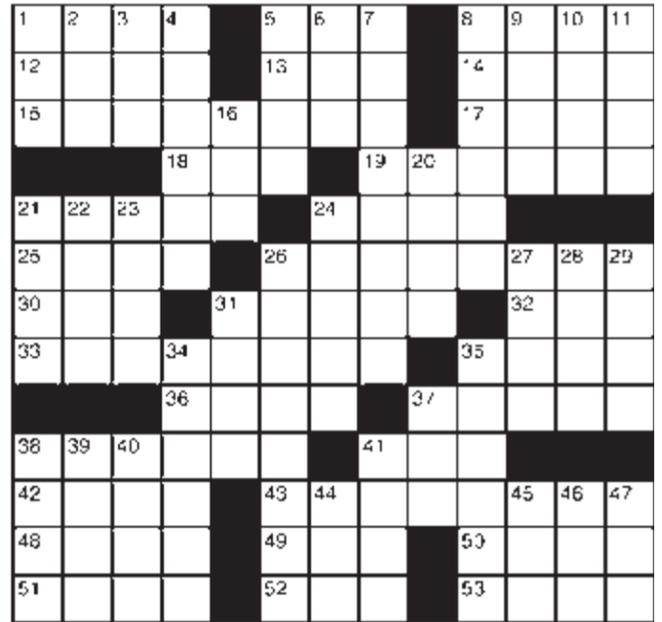
♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

Solutions on page 13

# King Crossword

### ACROSS

- 1 Tub session
- 5 Petrol
- 8 Microwaves
- 12 Jai —
- 13 Dadaist artist
- 14 Vicinity
- 15 Home to the Buccaneers
- 17 Fish feature
- 18 Evening hrs.
- 19 Whirl
- 21 Jazz genre
- 24 Crossword hint
- 25 Former mates
- 26 Turquoise-like color
- 30 Mimic
- 31 Rib
- 32 Ltr. holder
- 33 Pentagon



- 35 Broad
- 36 The Eternal City
- 37 Golfer's wear
- 38 Calms
- 41 Actor
- 42 Darn zone
- 43 Dorm room sleepers
- 48 Curved molding
- 49 Corn spike
- 50 Pakistani language

- 51 Office plant
- 52 Reuben bread
- 53 Grate
- 9 Operatic solo
- 10 Hide
- 11 Auction
- 16 Sound booster
- 20 Year-end celebration
- 21 Tempo
- 22 Big fair, for short
- 23 Pager sound
- 24 Stop
- 26 Trucker in a union
- 27 Floral rings
- 28 Nullify
- 29 Always
- 31 Helen's home
- 34 Impudent
- 35 Orville's brother
- 37 Moving day rental
- 38 Starting
- 39 Olympic sled
- 40 Lusty look
- 41 Employ
- 44 Path
- 45 Epoch
- 46 License to drill?
- 47 Dine

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have other things you need to work on this week. Go to it, and good luck.

**LIBRA** (September 23 to October 22) It's a good time to reassess where and how your strengths can help you build, and where your weaknesses can hinder you. Remember to build on your strongest foundation.

**ARIES** (March 21 to April 19) Regarding your upcoming challenges, the Aries Lamb should very quickly size things up and allow you to make the best possible use of whatever resources you have on hand. Good luck.

**TAURUS** (April 20 to May 20) You rarely blame others for missteps that worked against you. But this time you need to lay out all the facts and insist that everyone acknowledge his or her share of the mistakes. Then start again.

**GEMINI** (May 21 to June 20) You might want to start making vacation plans. And don't be surprised by unexpected family demands. Maintain control. Be open to suggestions, but don't get bogged down by them.

**CANCER** (June 21 to July 22) Work with both your Moon Child and Crab aspects this week to keep both your creative and your practical sides balanced. Your intuition sharpens, giving you greater insight by the middle of the week.

**LEO** (July 23 to August 22) The Big Cat finally should have all the information needed to move on with a project. If not, maybe you'll want to give everything a new and more thorough check before trying to move on.

**SCORPIO** (October 23 to November 21) That personal matter that seemed so hard to deal with should be less confusing now. Don't rush. Let things happen easily, without the risk of creating even more puzzlement.

**SAGITTARIUS** (November 22 to December 21) Change continues to be a strong factor in many important areas. Keep on top of them, and you won't have to worry about losing control. A personal situation takes on a new look.

**CAPRICORN** (December 22 to January 19) A business offer sounds intriguing. But if you don't check it out thoroughly, you could have problems. Take a set of questions with you when you attend your next meeting.

**AQUARIUS** (January 20 to February 18) Your self-confidence should be coming back. That's good news. But it might be a bit over the top right now, so best to let it settle down before you start making expensive decisions.

**PISCES** (February 19 to March 20) Your life, your decisions. Good enough. But be sure you have all the facts you need to put into the decision-maker mixing bowl and hope it will come out as it should.

**BORN THIS WEEK:** You find much of your creativity with new people who give you much to think about.

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# Showtime

Streaming Spotlight by Cindy Summers

## The Map of Tiny Perfect Things

Amazon Originals



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

“The Map of Tiny Perfect Things” is the story of a charismatic teenager Mark (Kyle Allen), who was stuck in a time loop endlessly living the same day. He was quite content with how he had perfected his never-ending day until he met Margaret (Kathryn Newton), who was also stuck in the same time loop. As they set out together to find all the tiny little things that make a perfect day, they also find some romantic chemistry and a special insight that could help them escape the day, if indeed that’s what they each actually want.

Mark was a carefree teenager who was conscientious and seemed to have quite a synchronistic morning catching the toast out of the toaster as well as the cup that fell off the table before hitting the floor. He also seemed to have psychic knowledge of people and events that happened throughout his day, but this was all due to the fact that he was stuck in a loop reliving the same day over at the stroke of midnight.

Mark learned to embrace the situation by believing he was meant to do something good, like cure cancer which was too difficult to do in just one day, so he focused his efforts on the little things like stopping someone

from getting bird poop on their head. Of course it took dozens, maybe even hundreds of repeat days to get the timing right, but Mark seemed to be doing well in discovering little things that he could effect in positive ways with each repeat day.

The only downside Mark found in his repeat day was that it was the day that his father Daniel (Josh Hamilton) decided it was time for him to have a talk with his son Mark about what he planned to do with his life and future - a talk Mark had to experience over and over again, though in his reality there was no future, just the same day.

One day when Mark was working out how to get a girl interested in him by saving her from getting a beach ball smacked in her face at the community pool, another girl that was never in the loop before stepped in the way, deflected the ball and walked out of the pool to the convenience store across the street. Mark was shocked and knowing that there was something that changed, followed her over to the store to see if he could learn anything.

As it turned out, Margaret was also aware of the time loop, but had her own way of dealing with the day and left Mark to search for her for several days until he found her again to share a plan of together finding all the little perfect things they had each found in the loop. Mark was an artist, so drew a new map each day of the town and places they found in hopes of finding a pattern to break the cycle. Little did he know it was Margaret’s geometric theory that would become the key to understanding everything.

“The Map of Tiny Perfect Things” is similar to “Palm Springs” with its “Groundhog Day” scenario of being stuck in the same day, but instead of the being hedonistic and hopeless, it focuses on the simple

heart-felt moments many people miss in daily life and finding ways of making the best of the situation by making positive impacts with each same day they do over.

Rated: PG-13  
Runtime: 1h 39m

### Mailbox

Continued from page 4

participate in the process. With City Hall closed to the Public, and City employees WFH, the public is further closed off from the process of local government participation. Government employees are becoming super elitists. Very little to no meaningful public attendance to live meetings in a year. Many people do not know how to interact with Council meetings as many do not know how to use WebEx. We don’t even know how to properly object to the Water Bill increases with Prop 218. The City bought out the Breeze (with Ad buys) which was the last remaining independent source of local, independent, and objective news.

George Amandola

The website to obtain the water bill protest is [www.VenturaWaterRates.net](http://www.VenturaWaterRates.net) which has a rate protest form.

To contact city council members:

- Rubalcava, Sofia: Mayor - District 1 [srubalcava@cityofventura.ca.gov](mailto:srubalcava@cityofventura.ca.gov)
- Schroeder, Joe: Deputy Mayor - District 7 [jschroeder@cityofventura.ca.gov](mailto:jschroeder@cityofventura.ca.gov)
- Brown, Lorrie: Councilmember - District 6 [lbrown@cityofventura.ca.gov](mailto:lbrown@cityofventura.ca.gov)
- Friedman, Jim: Councilmember - District 5 [jfriedman@cityofventura.ca.gov](mailto:jfriedman@cityofventura.ca.gov)

- Halter, Doug: Councilmember - District 2 [dhalter@cityofventura.ca.gov](mailto:dhalter@cityofventura.ca.gov)
- Johnson, Mike: Councilmember - District 3 [mike.johnson@cityofventura.ca.gov](mailto:mike.johnson@cityofventura.ca.gov)
- Sanchez-Palacios, Jeannette: Councilmember - District 4 [jpalacios@cityofventura.ca.gov](mailto:jpalacios@cityofventura.ca.gov)

### St. John’s nationally recognized

Continued from page 12

the award. And patients treated at hospitals that did not receive the award were 1.39 times more likely to die than if they were treated at hospitals that received the award.

During this same period, patients treated at hospitals receiving America’s 100 Best Hospitals for Coronary Intervention Award™ have, on average, a 47 percent lower risk of dying than if they were treated in hospitals that did not receive the award. And patients treated at hospitals that did not receive the award were 1.90 times more likely to die than those treated at hospitals that received the award.

Other notable 2021 Healthgrades recognitions at St. John’s Regional Medical Center include:

- America’s 250 Best Hospitals Award™ (2021)
- America’s 100 Best Hospitals for Critical Care Award™ (2021)
- Gastrointestinal Care Excellence Award™ (2021)
- Pulmonary Care Excellence Award™ (2021)
- Stroke Care Excellence Award™ (2020-2021)

To learn more about how Healthgrades determines award recipients and more information on Healthgrades Quality Solutions, please visit [Healthgrades.com/quality](http://Healthgrades.com/quality).

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