

Author helps abuse victims

Former resident forms foundation

BY MARY WICOFF

Ochoa has had an amazing life — she's traveled across the world, hobnobbed with celebrities in Los Angeles, written a book about the music business and released several CDs.

"I've had a storybook life. But it was time to give back," Ochoa, formerly of said.

In 2007, she formed the P. Lusa Foundation, a nonprofit group that aims to help male victims of abuse. Proceeds from her book, "The Music Business," and her CDs go toward the foundation.

Ochoa, who now lives in San Francisco, was in during the Thanksgiving holiday to visit her parents.

and Ochoa, Shreathend School and graduated from High School in 19.

Ochoa is a musician by trade, going by her stage name, Petra Lusa. But her life revolves around her foundation. Her nickname is "artist for the abused," as many of her songs deal with the subject of child abuse.

LOCAL/STATE

Saturday, Dec. 3, 2011 5A

Author

Continued from Page 1A

"Every music fan it's not what I get up for every day," she said. "My passion is to help young men."

The foundation will sponsor the fourth annual Male Abuse Awareness Week, Dec. 1-8. A website — <http://www.help4guys.org> — has information and resources for male victims of abuse, and accepts donations to help provide therapy for underprivileged males, it's geared to ages 18-30.

While so many programs focus on female victims, Ochoa noticed that abused boys and young men seldom seek help. Abused males who do not receive therapy often are at higher risk for addiction, violent crime, self-mutilation and suicide. Some of the abused are at risk of becoming abusers, thus perpetuating the cycle of abuse.

Inspired by the cause to fight breast cancer, the foundation's goal is to make Male Abuse Awareness Week a major cause campaign. The problem is especially noticeable during the holidays, when domestic tensions rise, Ochoa said.



Ochoa holds the book she wrote, "The Music Business."

AP Photo/Chris Wedel