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Two Decades Later, the Enduring Legacy of 9/11

By Hannah Hartig

Americans watched in horror as the terrorist attacks of Sept. 11, 2001, left nearly 3,000 people dead in New York City, Washington, D.C., and Shanksville, Pennsylvania. The impacts of the Sept. 11 attacks were deeply felt and slow to dissipate. Nearly 20 years later, they watched in sorrow as the nation's military mission in Afghanistan – which began less than a month after 9/11 – came to a bloody and chaotic conclusion.

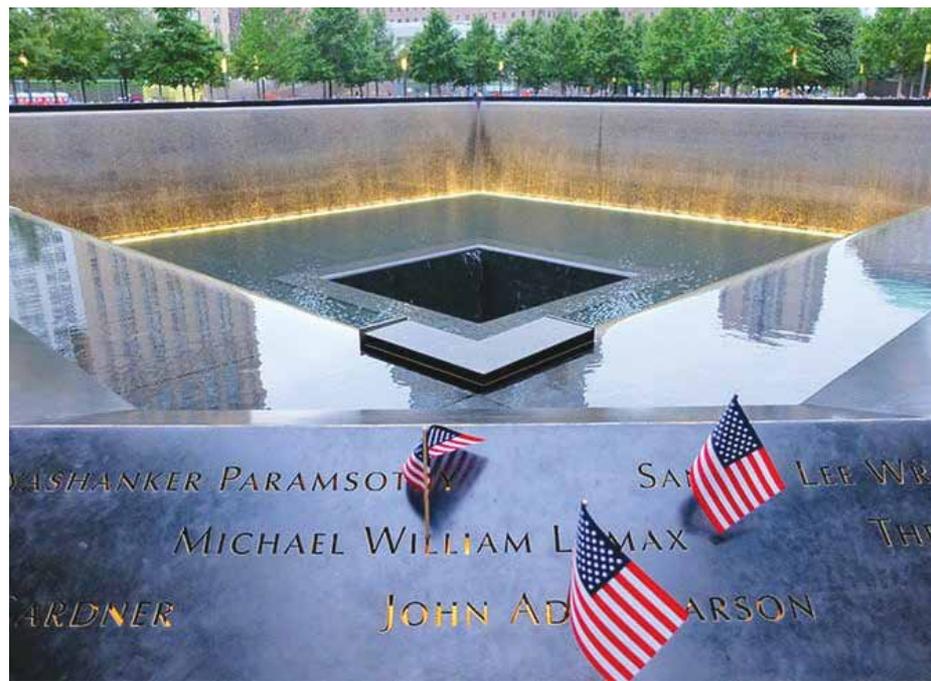
The enduring power of the Sept. 11 attacks is clear: An overwhelming share of Americans who are old enough to recall the day remember where they were and what they were doing when they heard the news. Yet an ever-growing number of Americans have no personal

memory of that day, either because they were too young or not yet born.

A review of U.S. public opinion in the two decades since 9/11 reveals how a badly shaken nation came together, briefly, in a spirit of sadness and patriotism; how the public initially rallied behind the wars in Afghanistan and Iraq, though support waned over time; and how Americans viewed the threat of terrorism at home and the steps the government took to combat it.

As the country comes to grips with the tumultuous exit of U.S. military forces from Afghanistan, the departure has raised long-term questions about U.S. foreign policy and America's place in the world. Yet the public's initial judgments on that mission are clear:

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Dos décadas después, el legado perdurable del 11 de septiembre

Por Hannah Hartig

Los estadounidenses vieron con horror cómo los ataques terroristas del 11 de septiembre de 2001 dejaron casi 3,000 muertos en la ciudad de Nueva York, Washington, D.C. y Shanksville, Pensilvania. Los impactos de los ataques del 11 de septiembre se sintieron profundamente y se disiparon lentamente. Casi 20 años después, vieron con pesar cómo la misión militar de la nación en Afganistán, que comenzó menos de un mes después del 11 de septiembre, llegaba a una conclusión sangrienta y caótica.

El poder perdurable de los ataques del 11 de septiembre es claro: una parte abrumadora de estadounidenses que tienen la edad suficiente para recordar el día recuerdan dónde estaban y qué estaban haciendo cuando se enteraron de la noticia. Sin embargo, un número cada vez mayor de estadounidenses no tiene ningún recuerdo personal de ese día, ya sea porque eran demasiado jóvenes o aún no habían nacido.

Una revisión de la opinión pública estadounidense en las dos décadas transcurridas desde el 11 de septiembre revela cómo una nación muy sacudida se unió, brevemente, en un espíritu de tristeza y patriotismo; cómo el público se unió inicialmente a las guerras en Afganistán e Irak, aunque el apoyo disminuyó con el tiempo; y cómo los estadounidenses vieron la amenaza del terrorismo en casa y las medidas que tomó el gobierno para combatirlo.

A medida que el país se enfrenta a la tumultuosa salida de las fuerzas militares estadounidenses de Afganistán, la salida ha planteado preguntas a largo plazo sobre la política exterior de los Estados Unidos y el lugar de los Estados Unidos en el mundo. Sin embargo, los juicios iniciales del público sobre esa misión son claros: una mayoría respalda la decisión de retirarse de Afganistán, incluso cuando critica el manejo de la situación por parte de la administración Biden. Y después de una guerra que costó miles de vidas, incluidos más de 2,000 miembros del servicio estadounidense, y billones de dólares en gastos militares, una nueva encuesta del Pew Research Center revela que el 69% de los adultos estadounidenses dicen que Estados Unidos en su mayoría no ha logrado sus objetivos en Afganistán.

Han pasado dos décadas desde los ataques terroristas en el World Trade Center y el Pentágono y el accidente del vuelo 93, donde solo el coraje de los pasajeros y la tripulación posiblemente evitó un ataque terrorista aún más letal.

Para la mayoría de los que tienen la edad suficiente para recordar, es un día imposible de olvidar. En muchos sentidos, el 11 de septiembre reformuló la forma en que los estadounidenses piensan sobre la guerra y la paz, su propia seguridad personal y la de sus compatriotas. Y hoy, la violencia y el caos en un país al otro lado del mundo trae consigo la apertura de un nuevo capítulo incierto en la era posterior al 11 de septiembre.



Blacks and Latinos Team Up to Fight Texas Voting Rights Laws

By Stefanie Brown

When Texas Democratic legislators fled the state to prevent Republicans from passing voter suppression laws, they made the most powerful case for voting rights merely with their presence — the group was diverse and inclusive. Looking at the legislators' images and hearing their names when they met with members of Congress in Washington, D.C., and hosted virtual events, it was hard not to wonder if the Black and Latino legislators present would have been there if the Voting Rights Act of 1965 had never passed.

Now, as Republicans fight to restrict voting access, we must ask ourselves two questions: What will state legislative chambers look like in 50 years if voter suppression laws succeed? What can Black and Latino communities, who

stand to lose the most under these laws, do to fight for their right to vote?

While voter suppression has appeared in the Black and Latino communities differently, there's no question that it has impeded their political growth in similar ways.

Jim Crow laws in the South kept Black voters from exercising their right to vote through racist laws, intimidation and violence, and similar laws and practices in Texas and other Southwest states also kept Mexican-Americans from the ballot box. Both communities were kept from choosing their elected representatives, from having a say in the laws that were passed that impacted their lives and running for office was practically impossible. However, once the Voting Rights Act of 1965 and its extension in 1975

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Experian se vuelve bilingüe con su chat líder en la industria de Twitter sobre crédito y finanzas personales

La serie #ChatDeCrédito mensual y el libro electrónico “Guía definitiva para el crédito” brindan acceso a los consumidores hispanohablantes para obtener respuestas a sus preguntas sobre crédito y finanzas personales

En un esfuerzo por educar a más consumidores sobre el crédito y las finanzas personales, Experian® anunció hoy nuevos recursos gratuitos creados específicamente para hablantes bilingües e hispanos, incluida una serie de chat en línea en Twitter, contenido de blogs y otros materiales educativos. La nueva serie mensual, #ChatDeCrédito, explorará temas financieros importantes para los consumidores hispanos y les proporcionará una plataforma divertida e interactiva para desarrollar su comprensión de temas importantes de crédito y finanzas personales.

#ChatDeCrédito comenzará al inicio del Mes de la Herencia Hispana el 15 de septiembre a las 3 p. m., hora del Este. Tanto los hablantes bilingües como los hispanos están invitados a unirse al chat para tuitear en inglés, español o una combinación de ambos, y aprender cómo se puede usar el crédito como una herramienta financiera, qué puede impactar los puntajes de crédito, consejos para generar crédito y más. Los consumidores pueden unirse y hacer preguntas buscando @Experian o #ChatDeCrédito en Twitter.

“Creemos que armar a los más de 40 millones de consumidores hispanohablantes de los EE. UU. con información en su idioma sobre crédito y finanzas personales es clave para mejorar el estado financiero de la comunidad hispana en general”, dijo Wil Lewis, director ejecutivo de diversidad, equidad e inclusión de Experian. “Si bien estamos entusiasmados con estos nuevos recursos para los hispanohablantes, se trata solo del comienzo. Estamos comprometidos a

ser un recurso continuo en el que las diversas comunidades puedan confiar para brindar información y recursos útiles para mejorar sus vidas financieras”.

La nueva serie #ChatDeCrédito sigue el modelo del galardonado programa #CreditChat de Experian que comenzó en 2012 para ayudar a los consumidores a aprender sobre el crédito. Desde su creación, el programa ha generado una red de seguidores en línea dedicada con cientos de consumidores que se unen cada semana. El programa ha ayudado a miles de consumidores a aprender sobre temas importantes y más de 300 expertos en finanzas personales se han unido para compartir sus conocimientos.

Los próximos temas de #ChatDeCrédito incluyen:

- 7 de octubre: Estrategias para saldar deudas
- 4 de noviembre: Cómo generar crédito y aumentar sus puntajes de crédito
- 2 de diciembre: Creación de metas financieras para el Año Nuevo
- 6 de enero: Formas de proteger su crédito y prevenir el robo de identidad

Buscar contenido sobre crédito en español

Entre los recursos adicionales en el idioma se incluye La Guía Definitiva para el Crédito, un libro electrónico en español en línea que incluye información sobre cómo generar y administrar el crédito de manera responsable. El libro electrónico también incluye información sobre herramientas financieras gratuitas en línea que ofrece Experian, como



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Experian es la compañía líder a nivel mundial de servicios de información. Durante los grandes momentos de la vida, como comprar una vivienda o un automóvil, enviar a un hijo a la universidad o ampliar un negocio al conectarse con nuevos clientes, le damos poder a los consumidores y a nuestros clientes para que gestionen sus datos con confianza. Ayudamos a las personas a que tengan el control

financiero y accedan a servicios financieros, a los negocios a tomar decisiones más inteligentes y a prosperar, a los prestamistas a que otorguen préstamos con mayor responsabilidad, y a las organizaciones a que prevengan e identifiquen fraudes y delitos.

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Obtenga más información en www.experianplc.com o visite nuestra plataforma de contenido mundial en nuestro blog de noticias mundiales para obtener las últimas noticias y perspectivas del Grupo.

Texas

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passed, Black and Latino voters could create their unique path to grow their political power and uplift the voting bloc that had been silenced for too long.

In a devastating setback to progress, the path granted by the Voting Rights Act was hindered when the Supreme Court gutted the Voting Rights Act in 2013. The ruling propagated a frenzied uptick in states attacking our right to vote. Republican lawmakers chose to use the power granted to them by their elected position to dismantle the civil rights and social justice progress achieved over the past six decades. By attacking voting rights and access, Republicans have also chosen to hobble the political power so painstakingly won by communities of color. Suppose voter

suppression laws continue spreading throughout states. In that case, Black and Latino communities' political power will suffer, and generations from now, we will have to contend with a government that lacks both meaningful representation and Black and Latino voices. This reality will be detrimental not only to Black and Latino communities but also to our democracy and our country's progress. Restricting voting rights for one group hinders the voting rights of every single American. We cannot afford to let that happen.

Black and Latino communities are not without recourse or voice. They command a combined voting bloc of 62 million voters — a growing presence in elected positions and a powerhouse

grassroots movement. If ever there was a time to mark a moment as the tipping point to stop voter suppression laws and expand voting rights — it is now.

While our histories may be different, Black and Latino communities find common ground on which we can tread in the path towards equality and justice. Both communities have suffered and continue to suffer systemic oppression that surfaces in violence, inequities in health care access, housing discrimination and economic distress. We can harness our shared experiences and unity to collaborate and mobilize our communities to vote for candidates who support voter and civil rights. Black and Latino voters overwhelmingly support Democrats, which reflects our shared priority issues and policies. We have the power to mobilize a formidable voting bloc to elect more Democrats who will fight for voting rights — in the state legis-

latures but most importantly, in the U.S. House and the Senate, which are in play in the 2022 election.

While the onus appears to be on voters to protect their right to vote in the face of laws designed to keep them from the ballot box, organizing or even breaking quorum won't protect us from the threats posed by voter suppression laws. Our communities deserve the same protection afforded by the Voting Rights Act. We must mobilize to urge members of Congress to pass federal legislation to safeguard voting rights, such as the For the People Act. For this to happen, the Senate must eliminate the filibuster and prevent Republicans from continuing to block any bill that protects the right to vote. Anything less than an act of Congress will continue us on a dangerous path of disenfranchisement and exacerbate inequality and systemic oppression.

9/11

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A majority endorses the decision to withdraw from Afghanistan, even as it criticizes the Biden administration's handling of the situation. And after a war that cost thousands of lives — including more than 2,000 American

service members — and trillions of dollars in military spending, a new Pew Research Center survey finds that 69% of U.S. adults say the United States has mostly failed to achieve its goals in Afghanistan.

It has now been two decades since the terrorist attacks on the World Trade Center and Pentagon and the crash of Flight 93 — where only the courage of passengers and crew possibly prevented an even deadlier terror attack.

For most who are old enough to remember, it is a day that is impos-

sible to forget. In many ways, 9/11 reshaped how Americans think of war and peace, their own personal safety and their fellow citizens. And today, the violence and chaos in a country half a world away brings with it the opening of an uncertain new chapter in the post-9/11 era.



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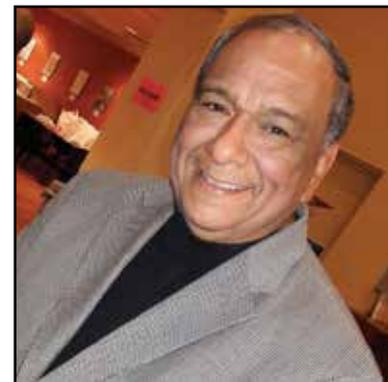
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Maternity Education at the Forefront at San Joaquin General Hospital and Clinics

San Joaquin General Hospital's Family Maternity Center prides itself in the high level of maternity education programs for SJ County mothers-to-be. The Hospital offers educational materials and counselors in both English and Spanish. Due to the COVID-19 pandemic, The Hospital's maternity department has taken every precaution to continue its maternity education with special steps to stay connected with mothers and babies locally. The Hospital's Family Maternity Center and NICU have made special internal adjustments in the era of COVID-19 to safeguard young mothers with dependable care that meets the highest standards of mother & child safety and quality.

The Hospital is internationally recognized as a Baby-Friendly Designated birth facility. This international designation was established in 1991 by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to recognize hospitals and maternity facilities in 152 countries around the world that offer exceptional breastfeeding support and care for both mother and infant in the maternity setting. Becoming a Baby-Friendly facility is a comprehensive journey toward excellence in providing evidence-based maternity care with the goal of achieving optimal infant feeding outcomes and mother /baby bonding. Currently there are only 344 Baby-Friendly designated hospitals in

the United States.

Some of the recognition the Hospital's maternity education programs have received include Health Net of California's designation to their honor role of hospitals that exhibit exemplary medical services directed toward childbirth. San Joaquin General Hospital's Family Maternity Center has also received the national award for its efforts toward Safe Sleep education. Safe Sleep education is an educational program to prevent Sudden Infant Death Syndrome (SIDS). San Joaquin General Hospital was among 400 hospitals nationally that were recognized for exceptional maternity education and follow-through. The Hospital's Maternity Department is now Safe Sleep certified

by the Cribs For Kids, a national hospital and health organization dedicated to the prevention of SIDS. The Maternity Dept. received a "gold" rating, the highest level of achievement with a 5 year certification.

San Joaquin General Hospital maternity education focuses on before childbirth and after childbirth. Counseling and education is customized on a family by family basis. The Hospital has worked diligently to gain the cultural and language skills to communicate safe childbirth to the entire communities of San Joaquin County. For more information contact (209) 468-6820 and request being connected to the Hospital's Maternity Center. www.sjquingeneral.org

San Joaquin Regional Rail Commission Brings Back ACE 07 and ACE 10

STOCKTON, Calif.) – The San Joaquin Regional Rail Commission (SJRRC) is pleased to announce the re-introduction of the Altamont Corridor Express (ACE®) 07 and ACE 10 trains back to the schedule, effective September 7, 2021. In addition, SJRRC is pleased to announce a new operating schedule for ACE 07. For many years, passengers and the community have asked that ACE 07 depart slightly later. With the re-introduction of service, ACE 07 will now depart Stockton at 7:32am and arrive in San

Jose at 9:44am. This adjustment provides more time in the morning for passengers to arrive at their respective stations and better synchronizes shuttle operations at the Great America station reducing the amount of time passengers need to wait for their shuttle to arrive.

"As we continue to operate out of this challenging time, our focus has been, and continues to be, how can the ACE trains best serve the needs of our communities," says Stacey Mortensen, SJRRC Executive Director, "The rein-

roduction of our final round-trip recaptures all of ACE's pre-pandemic service. Added to the excitement is being able to deliver ACE 07 approximately 25 min later than previously scheduled as requested by our loyal riders."

SJRRC's top priority is the health and safety of onboard personnel and passengers. SJRRC continues to follow recommendations from the Centers for Disease Control and Prevention (CDC) and State and local public health orders when implementing preventative mea-

sures and will do all that it can to keep our employees and riders healthy and safe.

The ACE train service is a growing commuter rail service that serves passengers Monday through Friday with service from Stockton to San Jose with stops in Lathrop/Manteca, Tracy, Vasco, Livermore, Pleasanton, Fremont, Great America, and Santa Clara. For additional information on the ACE Train schedule, please visit: <https://acerail.com/schedules/>



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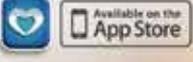
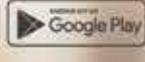
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Aprobación de Joe Biden cae al 44% por manejo del retiro de tropas de Afganistán

La aprobación del presidente de Estados Unidos, Joe Biden, cayó al 44% en septiembre desde el 50% que marcó en junio pasado, debido al manejo de la salida de las tropas estadounidenses de Afganistán, luego de 20 años de conflicto armado que comenzó después de los atentados del 11-S, reveló este domingo una encuesta privada.

La gestión de la situación en el país árabe fue desaprobada por un 60% frente a un 30% que la respaldó, detalló un sondeo difundido por el diario The Washington Post y la cadena ABC News. Además, un 49% reprobó el trabajo de su Gobierno en materia económica, en tanto que un 52% dio su visto bueno a la conducción de la estrategia para afrontar la pandemia del coronavirus.

En general, los porcentajes favorables al Gobierno de Biden disminuyeron: el apoyo al manejo económico bajó del 52% en abril al 45% en septiembre, mientras que la aprobación al trabajo contra la pandemia pasó del 62% en junio al 52% este mes.

Sobre Afganistán, un 77% está de acuerdo con el repliegue de las tropas estadounidenses de territorio afgano después de un conflicto de 20 años, frente al 17% que se declaró en contra.

Por partidos, la opinión positiva respecto a la retirada estadounidense alcanzó un 88% entre los demócratas (el partido de Biden), el 74% entre los



republicanos y el 76% de los independientes.

Sin embargo, un 52% dijo que apoya la salida, pero reprueba la forma en la que Biden manejó la evacuación y retirada de suelo afgano, que terminó el pasado 30 de agosto después de más de dos semanas de una gigantesca operación militar.

Solo el 26% se declaró a favor tanto de la retirada como del manejo por parte de Biden y un 17% no está de acuerdo con el fin de la guerra.

En medio de ese operativo, un atentado reivindicado por el grupo Estado Islámico (EI) se cobró la vida de 13 soldados estadounidenses y otros 18 resultaron heridos. Además, causó la muerte a decenas de afganos.

La caótica evacuación concluyó un día antes del fijado por Biden, quien ha sido blanco de críticas de líderes republicanos y veteranos de las Fuerzas Armadas por haber "dejado atrás" a estadounidenses en Afganistán.

La encuesta, que tuvo lugar entre el 29 de agosto y el pasado 1 de septiembre, consultó telefónicamente a una muestra nacional aleatoria de 1.006 personas adultas, con un margen de error de más o menos 3,5 puntos porcentuales.

Lee también: Departamento de Defensa desmiente abandono de decenas de perros de servicio en Afganistán

Lee también: Más de 20,000 afganos evacuados ya llegaron a Estados Unidos, según el Pentágono

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Newsom put himself in recall danger

by Dan Walters

A week from now we'll know – maybe – whether Gavin Newsom, the Democratic governor of a state utterly dominated by the Democratic Party, will lose his job.

If the recall election is as close as polls indicated just a few weeks ago, it might be weeks before the final verdict on Newsom and his governorship is delivered. However, as the month-long voting period nears an end, more recent polls, including one from the Public Policy Institute of California, and initial voter turnout data imply that Newsom is likely to prevail.

The earlier indications in polling of a too-close-to-call outcome were based on what appeared to be a yawning voter turnout gap. Republicans were motivated to turn out and Democrats appeared to be turned off, which gave the anti-Newsom faction a fighting chance of winning.

The polling clearly startled Newsom and his campaign advisors, so they turned from defending his record as governor for the past 30 months, particularly his handling of the COVID-19 pandemic, to offense, branding the recall as a power grab by disgruntled fans of ex-President Donald Trump, a political pariah in California.

Talk show host Larry Elder's emergence as the leading Republican successor candidate gave the Newsom camp a specific target and it unloaded

on Elder as right-wing radical who would wreak havoc on the state.

Belatedly, Newsom's aggressive assault has appeared to jolt apathetic Democrats, or at least enough of them, to narrow and perhaps close the turnout gap.

Given what's happened in the final weeks of the campaign, Newsom is now favored to survive. However, win or lose, he should understand that he wouldn't have been in danger of being dethroned had he conducted himself more judiciously.

His infamous unmasked birthday party with lobbyists in Napá's uber-expensive French Laundry restaurant, while urging Californians to wear masks and avoid gatherings, turbo-charged what had been a lackadaisical recall effort because it embodied the doubts about his character.

To many, Newsom came across as elitist, egomaniacal and hypocritical – and his lengthy internet monologues about the pandemic, his eagerness to suspend usual procedures and laws, his boasts about how well the state was managing the disease, and the evident unfairness of some of his decrees grated on many Californians.

The recall would probably not have made the ballot had Newsom heeded the examples of two predecessors, rather than insisting on doing things his way, whether we like it or not.

Republican Pete Wilson didn't



face pandemic, but his governorship was riddled with crises, including riots, drought, earthquakes and what was then the worst recession since the Great Depression. He just rolled up his sleeves, accepted that fate decreed him to be a crisis manager and did what was needed as each emergency erupted. Wilson didn't try to be lovable, but his gritty attitude helped him win a landslide re-election in 1994.

Newsom also would have well-served to have emulated the second governorship of Jerry Brown, his immediate predecessor and his quasi-uncle due to generations of interfamily

relationships.

Brown's first governorship was not unlike Newsom's – talking too much about grandiose schemes and delivering too little. Brown 2.0 exhibited a much maturer attitude. He made few promises, largely kept those he made and concentrated on the basics of governance. When he faced a crisis, such as the near-collapse of the Oroville Dam, he let the professionals do their jobs and stayed out of the limelight.

If he survives the recall, which seems likely, Newsom should be honest with himself about why it happened. It's time to grow up.

Celebrate College Savings Month and Hispanic Heritage Month this September with a ScholarShare 529 Account

SACRAMENTO, Calif., September 8, 2021 – September is both College Savings Month and Hispanic Heritage Month, the perfect time for families to celebrate two important concepts: financial literacy and the history and culture of the U.S. Latino and Hispanic communities. ScholarShare 529, California's official college savings plan, offers eligible families the opportunity to take the first step to make their college dreams a reality by providing them with up to \$225 in free money if they open an account and contribute regularly. The Matching Grant Program is uniquely designed to assist income eligible families with saving for their children's future higher education expenses such as tuition, room and board fees, books,

and other educational equipment, including computers and laptops. The program provides a dollar-for-dollar match on contributions up to \$200, plus another \$25 bonus for establishing a monthly recurring contribution plan.

"With so much to celebrate, September is an especially good time to inform and remind loved ones that a 529 plan is the easiest way to save for higher education," said Julio Martinez, Executive Director of the ScholarShare Investment Board. "We highly encourage families, especially those with first-generation college attendees and who are from low- to moderate-income households, to apply to the Matching Grant Program and start the path to saving for their future education."



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NOTICE OF PUBLIC HEARING AND COMMENT PERIOD FOR DRAFT CITY AND COUNTY 2022 ONE-YEAR ACTION PLANS AND PREVIOUS YEARS' ACTION PLANS

Sacramento Housing and Redevelopment Agency
801 12th Street
Sacramento, CA 95814
(916) 440-1393

The drafts for federally funded activities are available for public review for 30-days (9/17/2021 to 10/18/2021).

1. City of Sacramento 2022 One-Year Action Plan including amendments to previous years' Action Plans
2. County of Sacramento 2022 One-Year Action Plan including amendments to previous years' Action Plans

The One-Year Action Plans are budget appropriation documents and may include reprogramming of funds appropriated in previous years and amending previously approved project descriptions. The projects are subject to environmental review under the California Environmental Quality Act (CEQA) and the National Environmental Policy Act (NEPA) before the projects are approved for implementation. Appropriations will be made for projects under the following categories:

- Infrastructure and public facility improvements
- Housing development, preservation, and homeownership projects and programs
- Homeless, fair housing, and public service programs
- Grant planning and administration activities

The draft Action Plans will be available on or before Friday, September 17, 2021, in one of three ways:

1. Request copies by contacting the Agency at (916) 440-1393;
2. Online at the SHRA website on the Federal Entitlement Programs and Annual Plan and Report section using the following link <https://www.shra.org/financial-performance-and-strategic-planning-documents/>

A public hearing will be held by the Sacramento Housing and Redevelopment Commission on the following date and time:
Sacramento Housing and Redevelopment Agency's Commission Chambers

TELECONFERENCE MEETING ONLY

Wednesday, October 6, 2021, 6:00 p.m.
801 12th Street, Second Floor
Sacramento, CA 95814

Due to the State of California Governor's order related to the conduct of public meetings during the pandemic, the October 6, 2021 Sacramento Housing and Redevelopment Commission meeting will not be held in person but will instead be broadcast live on YouTube. To view the meeting, please visit the SHRA Governing Boards webpage using the following link <https://www.shra.org/transparency/board-agenda/> to obtain the meeting agenda which will contain the YouTube link. Meeting agenda will be posted on October 1, 2021.

Members of the public who wish to make comments can do so in a variety of ways including:

1. Email comments to publiccomments@shra.org which will be read into the record by the Clerk during the meeting.
2. Join by phone using the phone numbers provided in the Agenda.
3. Written public comments can be submitted to Community Development Federal Programs Manager Celia Yniguez at cyniguez@shra.org.

Sacramento Housing and Redevelopment Agency
Federal Programs Division
801 12th Street, Fourth Floor
Sacramento, CA 95814
Attn: Celia Yniguez

If for any reason these items are postponed, new hearing dates may be obtained from the Community Development Department at (916) 440-1393 or the SHRA web site at www.shra.org.

Americans with Disabilities Act: Meeting facilities are accessible to persons with disabilities. If you require special assistance to participate in the meeting, notify the Agency Clerk at (916) 440-1363 at least 48 hours prior to the meeting.

How to protect kids under 12 from Covid according to Fauci

By Madeline Holcombe

Dr. Anthony Fauci says there's an important step adults can take to protect children who are too young to be vaccinated against Covid-19.

"The way you protect children who, because of their age, cannot get vaccinated yet is to surround the children -- be it friends, family, school teachers, personnel in the school -- surround the children with vaccinated people," the director of the National Institute of Allergy and Infectious Diseases told CNN on Sunday.

More children have needed emergency room visits and hospitalizations in states with lower vaccination rates, according to a recent study from the Centers for Disease Control and Prevention.

In the two-week period in mid-to-late August, ER visits for kids up to age 17 were 3.4 times higher in the states with the lowest vaccination rates and hospitalizations were 3.7 times higher than in states with the highest vaccination rates.

Some states are working to get ahead of the latest surge by getting as many eligible people vaccinated as possible.

The state of Washington, which has an October vaccine mandate for teachers and staff going into effect, is seeing "great news" regarding youth vaccination efforts, according to state health secretary Umair Shah on Thursday.

At least 41% of children between 12 and 15 years old are vaccinated and just under half of the state's 16- to 17-year-olds are fully vaccinated as well.

"Washington schools have the structure, protocol and people to have success-

ful in-person education," Shah said.

If the US wants to keep children in the classroom this school year, people have to wear masks, Fauci said. But while some areas have adopted mask and vaccine mandates, others have curbed such measures.

In Kentucky, Gov. Andy Beshear said he's limited on what he can do because state officials opposed his attempt at a school mask mandate.

"If I had the ability to do it right now, we would have a masking order when you are in public and indoors. We know that's a proven way to slow the spread of the virus, and ultimately help our healthcare capacity," Beshear told NBC on Sunday.

Some hospitals in the United States are close to full capacity as Covid-19 continues to spread, and soon officials could be making choices about who gets an intensive care unit bed, Fauci said.

"We are perilously close," he said.

"You're going to be in a situation where you're going to have to make some very tough choices."

Fauci told CNN's Jim Acosta the best way to prevent health care workers from having to make those tough choices is to "pull out all the stops on everything we can do to prevent new infections."

Masking is important, Fauci noted, but "vaccination is the number one" method of lowering hospitalizations. Across the US, 79.83% of ICU beds are in use -- almost a third of which are occupied by Covid-19 patients, according to data from the US Department of Health



and Human Services. Eight states had more than 90% of their adult ICU beds occupied Sunday: Alabama, Georgia, Texas, Arkansas, Florida, Mississippi, Nevada and Kentucky.

A federal medical team arrived in Kentucky this weekend to help increase medical assistance and the ability to open more hospital beds in light of record-breaking coronavirus cases and hospitalizations, according to a statement from Gov. Beshear's office.

"Our situation is dire," Beshear told NBC's "Meet the Press" on Sunday. "We are hit very, very hard, but we are going to continue to fight. When you're at war, you don't get to cry about what you can or can't do. You've got to do your very best every day because this is a battle of life versus death."

Beshear said he sent the National Guard to the hardest-hit hospitals in the state to work on logistics and free up clinicians to attend to patients.

In Albany, Georgia, Phoebe Putney Memorial Hospital Director of Emergency Services Dr. James Black told CNN's Amara Walker on Saturday that his hospital nearly doubled its ICU capacity yet is still faced with an overflow of patients.

"The emergency department is full and the hospital is full," Black said. "Anytime a patient is discharged, we have patients waiting on those beds."

With the spread of the highly transmissible Delta variant disrupting life across the US, officials and health experts are working toward administering a

See COVID Page 10

Catholic Cemeteries

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• COVID 19 GUIDELINES •

Due to the state COVID-19 Guidelines, the Catholic Cemeteries have made changes to both visitation and burial options for our families.

- The cemetery gates and mausoleum at San Joaquin Catholic Cemetery in Stockton are open daily between 8:00am and 4:30pm.
- All cemetery offices are open by appointment only. These appointments must be scheduled with the cemetery staff.
- Please limit visitations to our cemetery grounds. We ask everyone to follow the state and county shelter-in-place guidelines.
- Burial services are being held following cemetery guidelines.

We thank you for your cooperation during this difficult time.

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Jackson Rancheria Casino Resort Recognizes Employees for Hard Work and Dedication

JACKSON, CA – Jackson Rancheria Casino Resort is proud to implement a series of new employee appreciation efforts to celebrate and commend its dedicated team.

To kick off the summer, Jackson Rancheria recognized employees by holding raffles and drawings with prizes and offering special meals, treats and food truck celebrations.

“At Jackson Rancheria, we recognize and acknowledge the unprecedented challenges that our team has been facing throughout the pandemic,” said Crystal Jack, CEO of Jackson Rancheria. “The Tribe is committed, now more than ever, to showing sincere appreciation to our outstanding team in a meaningful way. Our workforce is critical to the success of Jackson Rancheria, and we are truly thankful for our phenomenal employees.”

To thank employees for their extra efforts during these challenging times, Jackson Rancheria will pay all hourly employees double time for hours worked

in excess of 40 hours per week from now through the remainder of the year.

Jackson Rancheria is also launching a new, creative campaign to celebrate many of their loyal employees and recognize them for their years of service by sharing a series of personalized employee profiles on social media and on posters throughout the property.

“We take great pride in making Jackson Rancheria Casino Resort the premier place to work and play,” said Melody Mauck, Executive Director of Human Resources. “We are always striving to provide the best working conditions possible, where our team feels supported and valued.”

In fact, Jackson Rancheria is actively seeking qualified candidates to fill over 30 full and part-time positions.

Jackson Rancheria offers a comprehensive benefits package to all eligible employees, which includes medical, dental and vision insurance, an on-site medical center with no out of pocket cost, generous 401(k) program, on-site



childcare facility, paid holidays, paid time off, employee recognition programs, employee dining room with a free meal each shift and much more.

“Jackson Rancheria is proud to offer competitive wages and benefits. We are actively seeking individuals who exhibit integrity, dedication, competence

and a desire to excel in the hospitality industry,” said Mauck.

To view a complete list of career opportunities at Jackson Rancheria, please visit: <https://careers-jacksoncasino.icims.com/jobs/search>. Interested candidates are encouraged to complete an online application.

COVID

continued from Page 9

booster dose of vaccine to Americans. President Joe Biden had planned to roll out booster doses for Pfizer and Moderna at the same time, but Fauci told CNN on Sunday that may not happen.

Fauci said vaccine maker Pfizer has gotten its information to the US Food and Drug Administration, the information has been examined and “things look like they’re ready to go.”

But, he said Moderna might be a little bit behind Pfizer, and if it is, rather than seeing a simultaneous rollout of both products, it would be a sequential roll out by about a week or two.

“I don’t think that is a major issue there, but we would have liked to have seen it happen all together, simultaneously. But ultimately the plan will be implemented, as was put forth,” Fauci said.

The plan is contingent, first, on the companies submitting the appropriate data to the FDA, and second, getting an approval from the FDA and then a recommendation from the CDC’s vaccine advisers, he said.

Medical staff attend to a Covid-19 patient in the Surgical Intensive Care Unit at Cleveland Clinic Indian River Hospital in Vero Beach, Florida, on August 20.

With the potential timing discrepancy, researchers are looking into whether different types of Covid-19 vaccines can be mixed and matched.

“We’re lining up Pfizer against Pfizer, Pfizer for Moderna, and vice versa,” Fauci told Weijia Jiang on CBS’ “Face the Nation” on Sunday. “Hopefully within a reasonable period of time, measured in a couple weeks, we will have that data.”

Fauci said hopefully it will work out

that people who got Pfizer will boost with Pfizer, and people who got Moderna will boost with Moderna.

“But we are doing the studies to determine if you can ... switch one with the other,” he said.

This Labor Day weekend, the 7-day average of new coronavirus cases was more than four times higher than it was on Labor Day 2020, according to data from Johns Hopkins University.

Covid-related deaths have also increased, according to JHU, and the US Department of Health and Human Services reports that Covid-related hospitalizations have gone up, too.

Here’s how the Covid statistics have changed from Labor Day 2020 to Labor Day 2021, according to data from JHU and the DHHS.

Daily cases (7-day average)

• Labor Day 2020 (September 7): 39,355

• Labor Day 2021 (September 5): 163,728

Daily deaths (7-day average)

• Labor Day 2020 (September 7): 804

• Labor Day 2021 (September 5): 1,561

Hospitalizations (Totals on these dates)

• Labor Day 2020 (September 8): 40,600

• Labor Day 2021 (September 6): 99,270

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Santa Barbara County's No. 1 sweet crop: strawberries

Strawberries are the No. 1 crop in Santa Barbara County as of 2020, with over 10,500 acres planted countywide at a value of \$727,444,000. Avocados are second, with 5,768 planted acres.

I had no idea strawberries were such a major crop in Santa Barbara County, and as I started researching, many questions arose: Why are the seeds on the outside of the berry and not on the inside like other fruits? Why are they called strawberries? Do they grow worldwide or just in the U.S.?

Today, China is the top producer of strawberries globally, producing 3 million tons a year, or 40% of the total. The United States is second with 1.4 million tons, of which California has 70%. Mexico, Turkey and Spain round out the remaining top five producers worldwide.

History of the strawberry

Strawberries grew natively in Asia, Europe, and North and South America. Africa, Australia and New Zealand are the only areas that strawberries did not initially grow. When the colonists arrived in Virginia, the Native Americans were using wild strawberries in many dishes. A special one was a pastry made with strawberries and cornmeal. The natives and early colonists did not bother cultivating strawberries because they were so abundant in the wild.

The colonists sent wild strawberry plants back to Europe, as the Ameri-

can strawberries were larger and better tasting than those in Europe.

Fast forward to 1714, when a French spy on a mission in Chili to get information on Spanish fortifications spotted some local strawberries that were very large. He brought the plants back to France and planted them near some of the strawberry plants from Virginia. The two varieties cross-pollinated, and the result was big, bright, tasty, plentiful berries that no one in the world had seen before. These plants, grown purely by accident, are the ancestors of all the strawberries grown commercially today.

Over the years, more research has led to the creation of hybrids with better flavor, production of more and larger berries, the ability to resist disease, etc. Still, all stem from the cross of their Virginia and Chilean ancestors. The botanical name for the strawberries of today is *Fragaria x ananassa*. The letter "x" in its name indicates that the modern strawberry is of hybrid origin and, in the case of our contemporary strawberries, of two different species — one from Virginia and one from Chili.

Botanically, the "fruit" of the strawberry is not a berry at all. Strawberries are part of the rose (*Rosaceae*) family. The fleshy, edible part of the plant is derived not from the plant's ovaries but from the receptacle that holds the ovaries. Each "seed" on the outside of the fruit is one of the



ovaries of the flower. That is why the seeds are outside the berry, not within it as the seeds of actual fruits and berries are. When birds eat strawberries, they do not digest the seeds but pass them through along with their feces. When the seeds find fertile ground, they grow new plants with both the soil and fertilizer. That is why strawberries were so common in the wild.

How did strawberries get their name? One theory is that it originates from the fact that strawberry plants were often mulched with straw during the winter to keep the plants from freezing. Another idea is that strawberry is probably a corruption of "strewn berry" because the plants produced runners and spread. As a result, its berries were strewn about the

ground. A third theory is that English children picked wild strawberries, impaled them on grass straws and sold them to the public. No one knows for sure, but today, strawberry it is.

Commercial strawberry production

For commercial production purposes, plants are grown from runners and, in general, distributed as either bare-root plants or plugs. Cultivation follows two general models — annual plasticulture or a perennial system of matted rows or mounds. Greenhouses produce a small number of strawberries during the off-season.

Most modern commercial production uses the plasticulture system. In this method, raised beds are formed

See **STRAWBERRIES** Page 15

SAN JOAQUIN
— COUNTY —

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Redistribución de Distritos para Supervisores del Condado de San Joaquin

El Condado de San Joaquin está comenzando el proceso de volver a trazar sus 5 límites de Distrito de Supervisión basados en los nuevos datos del Censo Federal. **Las líneas de distrito pueden moldear la capacidad de una comunidad para elegir al representante de su elección, por lo que es importante que escuchemos de ustedes.**

Te invitamos a que nos cuente sobre su comunidad, asista a una reunión y incluso dibuje su propio mapa en línea (através de internet).



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"Esperamos involucrar a nuestra comunidad local y esperamos ver una buena participación en las reuniones comunitarias. En cuanto más participe nuestra comunidad, mejor servirán estos nuevos distritos a las personas que llaman hogar a este gran condado."

- Supervisor del Condado de San Joaquin, **Miguel Villapudua**

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Community Hospice Foundation Welcomes Mrs. Francine Foley as New Executive Director

Community Hospice Foundation a charitable organization dedicated to raising funds and awareness to support the patients and families of Community Hospice, is pleased to announce Mrs. Francine Foley as their new Executive Director.

Mrs. Foley has served in the non-profit sector for more than 20 years. She brings to the Community Hospice Foundation strong experience and expertise in leadership and management, with extensive relationship and fund development skills.

“Community Hospice is delighted to welcome Mrs. Francine Foley to our organization and look forward to

her serving as our Foundation Executive Director,” said C. DeSha McLeod, President and CEO of Community Hospice. “Mrs. Foley is a mission driven and a respected member of our community who exudes positive energy, passion for nonprofit work and compassion for the mission of Community Hospice. I am confident she will provide strong leadership for our Board members, donors, Friends of Community Hospice auxiliary members, staff and volunteers.”

Before joining Community Hospice Foundation, Mrs. Foley served 14 years as the CEO of United Way of

Stanislaus County playing a critical role in the development and success of the organization. Prior to United Way she served 8 years as the Executive Director of the Parent Resource Center. Mrs. Foley holds a bachelor's degree in Public Administration-Nonprofit from the University of San Francisco.

The Community Hospice Foundation is comprised of a volunteer Board of Directors as well as the Friends of Community Hospice auxiliary; both groups serve to raise funds and awareness of Community Hospice through diverse channels such as planned gifts, memorial donations and special events.



Francine Foley

Community Hospice Appoints New Medical Director

On September 1, 2021, Community Hospice, a nonprofit hospice agency serving the Central Valley since 1979, will welcome a new Medical Director. Dr. Peter Lai will serve as a full-time Medical Director serving Community Hospice patients and families throughout the Central Valley including those residing at the Alexander Cohen Hospice House. Dr. Lai will also play a vital role in the development of new specialty programs for palliative and hospice patients.

“Community Hospice is very pleased and honored to have Dr. Peter Lai accept our Medical Director position,” said C. DeSha McLeod,

President and CEO of Community Hospice. “As a respected and dedicated member of our medical community, Dr. Lai has extensive medical expertise and patient involvement, education and leadership skills that fully support our mission. We are proud to welcome him and feel he will be a great addition for our patients and families as well as our Community Hospice family.”

For more than 35 years, Dr. Lai has served in various leadership positions in our community to promote health and wellness. Dr. Lai previously served as the Director of Cardiovascular Research and Chief of Cardiology at

Sutter Memorial Medical Center, as well as the Department Chair of Medical Specialties and Chief of Cardiology for Gould Medical Group in Modesto, California. He is a Fellow of the American College of Cardiology and Society of Cardiac Angiography and Intervention, and a Member of the Heart Rhythm Society, Mayo Clinic Alumni, Stanislaus Medical Society and American Medical Association.

Dr. Lai received his Medical De-



Dr. Peter Lai

gree from the National University of Singapore. He completed an Internship in General Medicine at United Christian Hospital, Hong Kong and Internal Medicine Residency at the Mayo Clinic in Rochester, Minnesota. Dr. Lai furthered his education completing a Fellowship in Cardiology and Angioplasty and received specialized training in Pacemaker Implantation at the University of Michigan Medical Center in Ann Arbor. Dr. Lai is licensed by the State of California, Board Certified in Internal Medicine and Cardiovascular Disease and Sub-specialty Board Certified in Interventional Cardiology.

Waiting to get vaccinated?

The COVID-19 Delta variant is spreading. Let's get ahead of this viral illness. Protect yourself and those you love by asking the important questions that will help you understand the risks of COVID-19. Getting vaccinated is up to you- take time to learn more.

ASK.

- What are the reasons I have not been vaccinated yet?
- What information do I need to help me make a decision?

LEARN.

Use these resources to help make a decision, and learn more about COVID-19 vaccines.

1. Your doctor or a trusted health care provider
2. California Department of Public Health: www.cdph.ca.gov
3. Centers for Disease Control and Prevention: www.cdc.gov

DECIDE.

When you are ready, visit MyTurn.ca.gov or vaccines.gov and make an appointment to get vaccinated at a site near you.

Health Plan
of San Joaquin



There are no-cost COVID-19 test sites near you.

Think you or a loved one have been exposed to COVID-19?

Call your primary care doctor or go to covid19.ca.gov/get-tested to find a test site near you.

There is no cost to HPSJ members for medically-needed screenings, testing, and treatment for Coronavirus.

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Source: Centers for Disease Control and Prevention, www.cdc.gov/flu/prevent/index.html, www.cdc.gov/coronavirus/2019-ncov/vaccines/

Kingdom of New Spain 1794 - Capital: Mexico City

The viceroyalty of New Spain was founded by greatest Aztec city, Tenochtitlan in 1521. At its height, New Spain governed North America, Central America, the Caribbeans, and Asia-Pacific. The Kingdom of New Spain was a multi cultural Kingdom. To maintain its vast Empire. The Spanish needed the help of many Indigenous kingdoms and confederacies. The Indigenous nobility kept their titles, lands and power. In return Native Americans became Spanish subjects. You had Aztec, Maya, and Inca knights, explorers, business men and Conquistadors. Many of them founded cities throughout the U.S. and all over the world. Interracial marriages was allowed in 1513. Over 400 years before the U.S. The first University built in America was University of Mexico in 1555. During the Renaissance New Spain education taught Native American languages

Alexander Von Humboldt (Berlin 1769-1859), geographer, astronomer and naturalist. Father of universal modern geography.

Book: Political essay on the kingdom of New Spain, 1811:

Letter dated 8-11-1803, addressed to Manuel Espinosa y Tello. Published in: Moheit, Ulrike (ed.), Humboldt. Briefe aus Amerika. 1799-1804. Berlin: Akademie Verlag, 1993, p. 253:

“Mexico is one of the most beautiful cities that Europeans have founded in both hemispheres, clearly surpassing Washington. None of the rulers of Mexico can be accused of corruption or

lack of integrity. “

Our ancestors also had won many great battles all over the world. In 1541, New Spanish Forces fought to gain Algiers for Charles V of the Holy Roman Empire. The Spanish lead an amphibious attack against the Ottoman Empire's stronghold of Algiers. It was a Spanish defeat. In April 1547, they fought the Lutheran Protestants in the victorious Battle of Muhlberg (Germany). They accompanied King Philip II in the battle of San Quintin. The Battle of San Quintin of 1557, was a decisive engagement, during the Italian War of 1559, between the Kingdom of France and the Spanish Empire at San Quintin. A Spanish force defeated the French army in France. In 1578 The Spanish Empire and the Ottoman Empire fought to take control of the Pacific Ocean. You had Aztec, Inca, and Maya combine Forces defeating The Ottomans in Castilian War. The Ottoman Empire soldiers were diverse army themselves. They had Egyptian's, Turk's, Indians, and Somalians. The Philippines ended up becoming part of the Kingdom of New Spain. In 1596 New Spain defeated the great English Pirate Francis Drake off the coast of Panama. In 1783 New Spain defeated English Forces and recaptured La Florida, Luisiana, and Alabama. In 1813 Kingdom of New Spain defeated the U.S. invasion of Tejas in the battle of Medina. After 20 years of Civil War and English, French, U.S, and Russian invasion of New Spain. The Kingdom Of New Spain collapsed.



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Si hacemos estos simples ajustes en nuestro uso de energía, podremos seguir en marcha este verano.

ENFRÍA la casa temprano para mantenerla fresca y sube el termostato a 78° de 4 a 9 PM.

APLAZA el lavado de platos o de ropa hasta después de las 9 PM.

SUSCRÍBETE a las Flex Alerts para saber cuándo actuar.



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The Big Picture: A Presidency Tested

By Domenico Montanaro

It was the worst week of the seven-month-old Biden presidency.

The U.S. was hoping to get out of Afghanistan, with every American citizen and every Afghan who served as a U.S. ally, without American casualties. Instead, a suicide bomber at the Kabul airport killed at least 13 U.S. service members, injured 18 others, and killed and wounded scores of Afghans.

It seems almost certain now that there will be some Americans and Afghans who helped the U.S. in its

almost-20-year involvement in the country left behind under Taliban rule. It's been a nightmare scenario that's played out for Biden, who pledged to get out of Afghanistan in an orderly and responsible way.

The chaos has given Republican opponents a new line of political attack, while Biden's plate of troubles is already pretty full. The Biden White House has proved adept when things are on its timeline. When it comes to legislation, even with only slim majorities in both chambers of Congress, the administra-

tion has been highly organized.

But beginning with the surge of the delta variant of the coronavirus and now with the withdrawal from Afghanistan, Biden has taken a hit politically. Biden's approval ratings have fallen across the board.

For Biden — someone who talks of ten of his values instilled by his parents that you get up when you're knocked down — the question is, how does he respond? After all, it's the unplanned crises, the unforeseen circumstances, that test the real mettle of a president.



NEW Regional Transit Agency Welcomes Riders with Free Rides in August and September

Modesto, CA — The Stanislaus Regional Transit Authority (StanRTA) announced today that all rides will be free for passengers during August and September 2021 as part of a welcome back to public transit promotion. This includes all fixed routes; MAX to BART Commuter Express; MAX to ACE Commuter Express; StaRT's BART Commuter bus services; and ADA Paratransit, Medivan, and Dial-a-Ride services.

"With the merging of Modesto

Area Express (MAX) and Stanislaus Regional Transit (StaRT) to form the new StanRTA, we are excited to invite riders back to public transit with free rides now that many COVID-19 restrictions have been lifted," said Adam Barth, StanRTA Director of Operations and Planning. "We want to let the community know that transit is safe and here for them whether they are new or seasoned transit users."

The goal of the free ride promotion

is to reduce the use of single occupant vehicles in an effort to reduce traffic congestion, pollution, and countless hours wasted on freeways. Public transportation ridership has fallen since the onset of the COVID-19 pandemic. StanRTA hopes to use the free rides to reassure the community that public transportation is safe to ride. "MAX & StaRT buses are sanitized nightly with hospital-grade disinfectant and masks are required by the Federal Transit Ad-

ministration until September 13 regardless of vaccination status," said Barth.

Residents are encouraged to make the most of this free ride promotion by planning their trips in advance. Trip planning tools are available on the websites of the transit operators, as well as through smartphone apps such as Google Maps and an app called Transit. NO SALL public transit buses in the county are accessible to individuals with disabilities as required by the Americans with Disabilities Act (ADA).

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Delta variant COVID has evolved and so must we

By Dr. Lakshmi Dhanvanthari

The latest variant of COVID is more infectious than the strain we have been confronting for more than a year. Regardless of vaccination status or previous COVID infection, anyone can carry and infect others with the virus. Those who remain unvaccinated against COVID are at greater risk for severe illnesses and hospitalization. Evidence shows the Delta variant causes more infections and spreads more rapidly than the initial strain of COVID. This is not the same virus we were fighting months ago.

While few vaccinated people experience symptoms of COVID, most vaccinated carriers are asymptomatic and unlikely to get sick enough to go to the hospital or die. Over half of all Americans are fully vaccinated and the vaccine is continuing to do its job, protecting people against the worst consequences of COVID. Currently, 99% of the people hospitalized for COVID are NOT vaccinated.

Young adults are presenting more often with COVID symptoms due to lower vaccination rates and predominance of the Delta variant. Infection rates among children also are increasing with the Delta variant. The American Academy of Pediatrics notes in its latest update, "More than 4 million children have tested positive for SARS-CoV-2 (COVID-19) in the United States." Although young adults and children may experience less severe illness than other populations, COVID can cause many complications that may be chronic and severe, regardless of initial disease severity.

Protect yourself and others from COVID. Consider information from trusted sources on the COVID vaccine. If you are NOT vaccinated... Talk with your health care provider to determine whether being vaccinated against COVID is right for the health of you and your loved ones. Ask, learn, then decide for yourself based on the facts. If you are partly vaccinated, you can get fully protected by receiving the second dose.

Both doses of the COVID vaccine are vital to optimizing its effectiveness. Those who received the first shot may still get the second, even if it has been a while between shots. You do not need to restart the vaccine series if you missed your scheduled second dose. To help you decide, reliable resources include your healthcare provider, County Public Health Services, for San Joaquin and Stanislaus counties, California Department of Public Health; Centers for Disease Control and Prevention; California Medical Association, HPSJ Myth Busters, COVID-19 Vaccines

Masks protect us all. We know the Delta variant can infect everyone; continuing to adopt the habit of wearing a mask to cover the nose and mouth is the best chance to protect those at greatest risk for severe COVID infection – the unvaccinated, young children, and those with underlying health concerns.

Physical distancing and frequent

hand washing are additional habits that have guarded us from COVID, as well as the flu and other preventable illnesses.

Avoid crowded places. Not only are vaccinated and unvaccinated attendees likely to spread the virus to each other, events where there is cheering, or singing can easily become super-spreader events.

99.5% of hospital deaths from COVID are among NOT vaccinated people. One of the most tragic messages we hear from health care providers is the number of patients hospitalized with COVID who are pleading for vaccinations at a stage in the illness too late to be effective. Being vaccinated against COVID may prevent the illness, but it is not a form of treatment once someone gets sick.

As COVID evolves, so must we. Practical actions to protect ourselves and loved ones can help us from severe COVID infections, save lives, and eventually beat the virus.

Los Servicios para Víctimas y Testigos de SJ se cuadriplican en el personal

La Oficina del Fiscal de Distrito, bajo de la dirección de Tori Verber Salazar, la Fiscal del Distrito, ha cuadriplicado los servicios del programa Víctimas y Testigos desde 2015 y ha fundado el Centro de Justicia Familiar en el Condado de San Joaquin. La administración se ha comprometido a guiar el Condado de San Joaquin a través de la educación, la prevención, la investigación, el procesamiento, y la rehabilitación.

Desde su principio en 2018, el Centro de Justicia Familiar del Condado de San Joaquin ha asistido a más de 7,000 víctimas de violencia doméstica, tráfico de humano, abuso de los mayores, asalto sexual, acoso, y abuso de los niños. El Centro de Justicia Familiar es un lugar para servicios. No es requerido hacer un reporte de crimen para recibir nuestros servicios.

Dentro de las puertas del Centro de Justicia Familiar, nuestra administración se asocia con proveedores de servicios en el

condado para ofrecer acceso y asistencia en tiempo real para los que lo necesita. Las víctimas solamente tienen que ir a un lugar para reunirse con nuestros proveedores – reduciendo el tiempo de viaje y la retransmisión repetida de su historia a entidades diferentes. Los socios del Centro de Justicia Familiar incluyen:

- La Oficina del Fiscal de Distrito del Condado de San Joaquin- asistencia con órdenes de restricción, aplicaciones de reclamos de compensación de víctimas, planificación de seguridad, y discusiones y explicaciones del proceso de justicia criminal.
- Centro de Servicios para Mujeres Jóvenes y Familia- servicios de apoyo, apoyo en corte criminal y familiar, refugio en emergencias, y más.
- Departamento de Policía de Stockton- hacer reportes de crimen y participar en entrevistas en un ambiente seguro y protegido.
- Oficina de educación del condado-

asistencia con el programa "Come Back Kids"- ayuda para obtener el diploma de escuela secundaria a los mayores de 18 años, y el programa "Parent Project" para los padres necesitando guía para sus adolescentes.

- Departamento de Servicios de Manutención Infantil- asistencia con reclamos de manutención de niños, parentación legal, localizando padres ausentes, exámenes genéticos, e imponiendo ordenes de manutención de niños.
- Agencia de Servicios Humanos- asistencia para acceder ayuda financiera, bienestar de los niños, y el servicio de protección para adultos.
- Consejo de Prevención de Abuso Infantil- proveer cuidado de niños local para los que necesitan servicios inmediatos y conectando con terapeutas certificados en trauma de niños.
- Centros Médicos Comunitarios- proveedor de servicios para cuidado de la salud incluyendo ayuda médica,

dental, uso de sustancias, y manejo de casos.

¡Y a partir del 13 de septiembre 2021, el Centro de Justicia Familiar se enorgullece en dar la bienvenida a El Concilio a nuestro equipo de socios! El Concilio ayudara con el bienestar familiar, servicios de traducción, servicios para inmigrantes, y ordenes de restricción.

Víctimas y sobrevivientes pueden encontrar esperanza y comenzar a sanar en la Oficina del Fiscal de Distrito del Condado de San Joaquin y en el Centro de Justicia Familiar. Empoderando víctimas y curando traumas son de suprema importancia a la administración, y para poderlo hacer, tenemos que conectarnos con nuestra comunidad para proveer servicios completos. Para más información sobre Oficina del Fiscal de Distrito del Condado de San Joaquin o del Centro de Justicia Familiar, visita SJGOV.org/DA, SJCFamilyJusticeCenter.com, o llama al (209)468-2600.

Strawberries

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each year, fumigated, and covered with plastic to prevent weed growth and erosion. Plants are planted through holes punched in this covering, and irrigation tubing is run underneath. Runners are removed from the plants as they grow to encourage them to put most of their energy into fruit development. The plastic is removed at the end of the harvest season, and the plants are plowed into the ground.

Because strawberry plants more than a year or two old begin to decline in productivity and fruit quality, the system of replacing the plants each year allows for improved yields and denser plantings. However, because it requires a longer growing season to allow for the establishment of the plants each year, and because of the increased costs in terms of forming and covering the mounds and purchasing plants each year, it is not always practical in all areas. (Our mild climate and long growing season favor this method.)

The other major method, which uses the same plants from year to year growing in rows or on mounds, is most common in colder climates. This is because it has lower investment costs and lower overall maintenance requirements. However, yields are typically lower than in plasticulture.

The harvesting and cleaning process has not changed substantially over time. The delicate strawberries are still harvested by hand. Grading and packing often occur in the field rather than in a processing facility. To maintain top quality, berries are harvested at least every other day. The berries are picked with the caps still attached and at least half an inch of stem left.

Strawberries need to remain on the plant to fully ripen because they do not continue to ripen after being picked. Rotted and overripe berries are removed to minimize insect and disease problems. The berries do not get washed until just before consumption,

so always wash your strawberries before eating, not only to get any dirt off but to rinse off pesticides. There are over 200 species of pests that can attach to strawberries.

Nutrition

Strawberries are very nutritious. They are 91% water, 8% carbohydrates, 1% protein and almost no fat. At only 33 calories per cup, strawberries provide 71% of the daily required vitamin C, 18% manganese, and small amounts of other essential vitamins and minerals such as folate, potassium, fiber and antioxidants.

The ancient Romans considered strawberries a medicine and used them to treat many health issues such as melancholy (depression), fainting, inflammation, fevers, throat infections, kidney stones, bad breath, gout and diseases of the blood, liver and spleen.

In the United States, by weight, strawberries are the fifth highest-consumed fresh fruit behind only bananas, apples, oranges and grapes. The annual per-person consumption of strawber-

ries has increased steadily since 1970, from 3 pounds to over 6 pounds today.

Freeze your berries

Most people do not realize you can freeze fresh strawberries to eat later. First, wash the berries, hull them, lay them on a parchment-lined baking sheet so they are not touching, and freeze them until solid. Then, transfer the individually frozen berries to a freezer-safe zip-top bag and keep frozen for up to one year. We are fortunate here as we can get fresh strawberries year-round. However, I have found it is good to have some in the freezer to make that quick smoothie or ice cream topping.

It is no wonder that the strawberry was a symbol for Venus, the goddess of love, because of its heart shape and red color — let alone its sweet taste. We are fortunate to have fresh strawberries year-round. Enjoy them, as where else can you get great taste and excellent nutrition for so few calories, all while supporting our local farmers?

Such a win-win food. Enjoy!



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