

APRIL 2021

SCENE

A MONTHLY PUBLICATION OF THE CITY OF CUPERTINO



Looking to the Future
Cupertino Youth
Leading Us Forward

PLUS: FAQ ABOUT THE **COVID-19 VACCINE** | **VIRTUAL EARTH**
AND ARBOR DAY FESTIVITIES | **SELF-CARE TIPS** FOR TEENS

CITY OF



CUPERTINO



We all hope for a brighter future and a better tomorrow. But that cannot happen if we don't nourish and care for what we have today.

This month's Scene focuses on a couple of things near and dear to the hearts of many, including myself: our children and the environment. Both are integral for a healthy future for our community, country, and society.

I encourage readers to jump to Page 7 to read a Q&A with the Teen Commission Chair. It's easy as adults to think we know best for our kids and believe we know what's going on with them. It's refreshing to hear their perspectives about their expectations, wants, and dreams as contributing members of our community.

As a mother of two, I know that I give great advice. 😊 But I also know that my children don't always listen. That's why the article, "The Importance of Self-Care in Youth and Teens," by Youth Activity Board Vice President Ellie Kim is so important. Teens listen to teens. Give it a read (Page 5) and, if you agree, pass it along to a teen in your life.

For the second year in a row, the City will not be able to host an in-person Earth and Arbor Day Festival. It's a shame as it's one of the most popular events the City hosts each year. But we have a surprise... It's back this year as a virtual event!

This year's theme is "Restore the Earth." An apt topic for where we

are right now. The event itself will be held all day on Saturday, April 24 on the City's YouTube and Facebook pages. You can learn more about it on Page 4.

But not all ways of caring for our environment have to be so big. Much of it can be done closer to home for the benefit of our neighborhoods. That's why I encourage you to turn to Page 9 and read about pet waste (please pick it up) and leaf blowers (we're turning down the noise).

Happy reading.

Deborah Feng
City Manager

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Your Questions About COVID-19 Vaccines Answered

How safe are the vaccines?

The vaccines that have been authorized have been tested in large clinical trials with tens of thousands of volunteers to assess their safety. The Food and Drug Administration (FDA), Centers for Disease Control and Prevention (CDC), and the Advisory Committee on Immunization Practices (ACIP) have all evaluated the trial information and determined the vaccines to be safe, effective, and of high quality. These groups are continuing to monitor the safety of COVID-19 vaccines to make sure even very rare side effects are identified and appropriate precautions are taken.

Did developing the vaccines so quickly compromise safety?

No. None of the normal steps in the vaccine vetting process were skipped in order to quickly develop these vaccines. Quick development was possible because:

- manufacturing started while clinical trials were underway, normally this doesn't begin until after the trials are completed,
- mRNA vaccines are faster to produce than other kinds of vaccines,
- FDA and CDC prioritized the review process for COVID-19 vaccines,
- researchers used existing clinical trial networks to quickly begin conducting the COVID-19 vaccine trials.

How effective are the COVID-19 vaccines?

Very effective. Clinical trials involving tens of thousands of individuals have demonstrated that all current available vaccines—Pfizer-BioNTech, Moderna, and Janssen (or Johnson & Johnson)—are highly effective at preventing symptomatic COVID-19.

How long does it take for the vaccine to take effect?

One to two weeks after receiving the second dose for Pfizer-BioNTech and Moderna. Two to four weeks for Janssen (J&J).

Can children be vaccinated?

No. The Pfizer-BioNTech vaccine is only for patients 16 years and older, and the Moderna and Janssen (J&J) vaccines are for patients 18 years and older. Clinical trials are underway for children, but at this time there is no vaccine approved for children.



What are the side effects of the COVID-19 vaccine?

Serious side effects are very rare. Many vaccine recipients experience mild or moderate side effects. These are normal signs that your body is building protection. Common side effects include mild to moderate pain, swelling, or redness at the injection site, or mild to moderate flu-like symptoms such as fever, fatigue, headache, or chills. All side effects should resolve in a few days.

Do I still need to follow the public health orders and directives after I've been fully vaccinated?

Yes. At this time, unless a public health order or directive says otherwise, your vaccination status does not exempt you from State and County public health orders and directives. The Santa Clara County Public Health Department still recommends you get tested regularly, wear a mask, and avoid indoor gatherings even if you've been fully vaccinated. Public Health will adjust its recommendations in the future based on new data and evidence as it comes in.

How do I know when it's my turn to get the vaccine?

Visit the County's website [sccfreevax.org](https://www.sccfreevax.org), the State's website at myturn.ca.gov, or call (833) 422-4255 to see if it's your turn to get the COVID-19 vaccine. You can also talk to your healthcare provider to find out how they plan to notify you when you become eligible.

For more information, visit [sccfreevax.org](https://www.sccfreevax.org).

Restore The Earth: Earth and Arbor Day Festivities

The Earth and Arbor Day Festival is traditionally a one-day event held at the Civic Center where we come together and celebrate our planet and community. This year, the City is celebrating with various activities for everyone to enjoy throughout the month of April.

This year's theme is "Restore our Earth." Join us in one of the following activities:

Restore our Earth Speaker Series will be held virtually on Saturday, April 24 live on the City's YouTube Channel and Facebook Page. Tune in and hear about topics such as Tree Talk with an Arborist, Waste Zero Cooking Demo, Fast Fashion and Equity, and a conversation on Sustainable Career Pathways.

TREEcycle Scavenger Hunt is available to those looking to spend time outdoors and celebrating trees. Throughout the month, bike riders can enjoy a trip through Jollyman Park, Memorial Park, and McClellan Ranch to identify, learn, and complete the scavenger hunt for a chance to win a prize!

For those who like to volunteer, Cupertino has teamed up with CivicSpark to bring you Clean City, Green City. Take the pledge to clean up litter in and around Cupertino at a time convenient for you.

More information on these events is available on cupertino.org/earthday.



Facts About Air Pollution in the Bay Area

The Bay Area Air Quality Management District works year-round to educate the public about the various sources of air pollution, how to protect yourself from the harmful effects, and what you can do to help improve air quality throughout the region. The most common pollutants that impact air quality and public health in the Bay Area are ozone and particulate matter pollution:

- **Ozone pollution**, also known as smog, mainly occurs in the warmer months when tailpipe exhaust combines with hot temperatures and sunlight to cause ozone buildup at ground level. When inhaled, ozone pollution can cause many negative health effects, including a scratchy throat, and itchy, watery eyes, and can even trigger long-term health effects such as respiratory conditions like asthma, or more serious conditions like heart disease.
- **Particulate matter pollution** consists of microscopic particles that come primarily from wood smoke and wildfire smoke. These fine particles easily bypass the body's natural filtration system, enter the lungs and even the bloodstream. Particulate matter can cause lung irritation and inflammation, exacerbate respiratory conditions and trigger asthma attacks. Particulate matter pollution occurs mainly in the winter months when wood smoke can become trapped close to the ground by an inversion layer, typically formed when a layer of warm air acts as a lid over a layer of cooler air. Inversions prevent the air below from rising, which causes pollutants to build up.

An amendment to the Wood Burning Rule was adopted in 2019, allowing the Air District to ban wood burning year-round when a Spare the Air Alert for particulate pollution is called. For more information and to sign up for Spare the Air Alerts, visit sparetheair.org.

The Importance of Self-Care in Youth and Teens

From long daily walks and eating healthy to simply accepting and expressing oneself, self-care has taken many different forms for youth and teens in Cupertino, but each with the same goal of maintaining good physical and mental health.

Today, we are living in a time filled with uncertainty and isolation. According to the Journal of the American Academy of Child and Adolescent Psychiatry, 1 in 5 teens are affected with mental illness, behavioral problems, anxiety, or depression. Feeling glum, anxious, stressed, or unmotivated should no longer be silently endured and ignored. It has become increasingly important for individuals to become more educated on taking care of one's mental health and how to provide support to their peers.

Here are some ways teens and adults alike can engage in self-care:

- **Get enough sleep!** Sleep can have a profound effect on how you feel both emotionally and physically. Consider having a nighttime routine and leave distractions like your cell phone out of your routine.
- **Talk to a friend or family member.** By reaching out to a close friend, confidant, or family member you can express your thoughts and experiences. If you are speaking to a friend who needs support, let them know you are there to listen and support them.
- **Eat right and incorporate some exercise.** Eating right keeps your body healthy, and exercising can release those brain chemicals which send positive messages throughout your nervous system. Even walking around your neighborhood can help.
- **Do some of your favorite things!** Whether it be listening to music, reading, baking, or engaging in your favorite hobby doing activities you enjoy can be soothing.
- **Seek out professional help.** Just like you visit a physician for your physical health, it is equally

important to visit a mental health professional for your mental health.

Ultimately, tackling mental illness requires a community of support. Self-care may look and feel differently for everyone but engaging in self-care is significant and effective. Due to stigma as well as social and cultural norms, mental health issues often go unnoticed and it is crucial to eliminate our tendencies to judge those seeking help. We can unite as a community, practice compassion, and encourage everyone to engage in self-care.

The Cupertino Youth Activity Board has shared the following list of organizations which offer various mental health support resources:

- **Santa Clara County Behavioral Health Services** – the County has put together and created a list of robust resources for people of all ages.
- **Community Health Awareness Council** (chacmv.org) - Telehealth for individuals, families, and groups via phone or video sessions.
- **Family & Children Services of Silicon Valley** (Fcservices.org) - Counseling, prevention, and support programs.
- **NAMI Santa Clara County** (Namisantaclara.org) - Support and education programs for families and individuals.
- **Apart but Not Alone** (apartbutnotalone.org) – a local youth-led organization that provides a free online platform for teens and young adults worldwide to practice mindfulness in a live guided format with a certified meditation coach.
- **Billy DeFrank LGBTQ+ Community Center** - provides community, leadership, advocacy, services and support to the Silicon Valley's LGBTQ People and their Allies.

The Cupertino Youth Activity Board (YAB) and Counseling and Support Services for Youth (CASSY) will be hosting the Info-Teeno: Youth Mental Health two-day webinar on Monday, April 12 and Tuesday, 13. The first webinar is catered to students and will provide information on ways to cope with the daily stresses of school and life. The second webinar is for parents and will cover reducing the stigma around discussing mental health and provide parents with resources they need to support their child. For more information, visit cupertino.org/teens.



Drafting Cupertino's Future: Essay Contest Winners

Congratulations to the winners of the inaugural Drafting Cupertino's Future Essay Contest! Students in 7th and 8th grade were asked, what would you do if you could make a change in Cupertino? Youth civic engagement is crucial to building a new tomorrow, and who knows? One of these winners could be a future Commissioner or Councilmember!



1st Place Winner: Victoria Hunt

Victoria is a seventh grader at Miller Middle School. Victoria's essay is about reducing the use of plastic in the City with an ordinance to ban plastic produce bags.

"Some facts about plastic waste are shocking. Even though plastic is supposed to be recycled, 91% of plastic isn't recycled. If humans continue to waste plastic at the current rate, there will be more plastic than fish in the ocean by 2050. Plastic bottles, bags, and straws are the top three plastic waste items. Even though plastic bags have been banned from grocery stores, fresh produce bags are still an issue.

I think an ordinance banning plastic produce bags will improve Cupertino by helping people make changes to help the environment. This ordinance would charge people five cents for regular plastic produce bags and could incentivize people to use biodegradable bags. Additionally, this gives an opportunity to create a fund for the environment with the money collected from regular plastic bags."



Runner-Up: Emma Koch

Emma is a seventh grader at Miller Middle School. Emma's essay is about her idea to partner younger students with high schoolers for tutoring, homework, and other activities.

"I have also noticed in my own distance learning that while online, students don't seem to understand the concepts of their subjects as clearly as they would at school. Students don't want to ask questions for fear of embarrassment. In order to prevent the problems of depression and falling behind in school work, a website could be created to encourage high schoolers who feel confident to tutor younger children that need help with their work or just want to study more STEAM related subjects."

You can read the winners' full essays at <https://bit.ly/3tAawQz>.

A Chat with Teen Commission Chair, Rushil Jayant



Why did you join the Teen Commission?

I wanted to create a positive impact in my community and make a long-lasting change. I first heard of the Teen Commission on social media and found that it was the perfect opportunity to make a difference. We are able to advise City Council and staff on important issues that affect teens, and work on special City-wide projects and events that engage community members while having fun.

What Teen Commission accomplishment are you most proud of?

Like most commissions in the City, our meetings were held on Zoom, and we worked on how we can make the Teen Commission succeed in a digital environment. Despite the effect of the pandemic on our planned events, I am most proud of the fact that we were able to run <hack> Cupertino, Pizza and Politics, collaborate with the library on the TEDx@Torre Ave event, and run our regular meetings successfully.

What are some common misconceptions of the Teen Commission?

One of the misconceptions of Teen Commission is that it's a group conducting fun events for teens. Although this is partly true, civic engagement and providing counsel to the City is our primary responsibility. It's a serious duty that is thrust upon us by the City to advise them on issues impacting the teens of

Cupertino. There is also a misconception that the Teen Commission meetings are informal and do not have rules. We have worked really hard to ensure that the meetings proceed according to the set agenda and in compliance with the the established City process.

Why is it important for youth and teens to be civically engaged?

As a concerned community member, I believe that youth need to understand the work of the governing bodies that run their City. By being part of the commission, I am a lot more educated now on the City initiatives. It has created a platform for me to think broader from a City to State level, and about problems that could affect our day to day lives. Also, with Teens gaining this perspective early on, they become community focused, empathetic individuals, who will become the leaders and innovators of tomorrow.

Should youth and teen community members attend Teen Commission meetings? Why or why not?

Yes, absolutely! Learning how teens make an impact in the City as well as learning about government is important. Meetings are open to the public, and we encourage community members to attend or share their thoughts during public comment. It's a great way for community members to make their voice heard and share the issues that affect them.

Recognizing Youth-Led Organizations Making an Impact in the Cupertino Community

In a City vibrant with actively engaged youth, the Teen Commission would like to recognize local Youth-Led Organizations who are making positive impacts in the Cupertino community by featuring them as part of an ongoing monthly-social media campaign. Youth-Led Organizations can include student-run non-profit organizations, school clubs, grassroots efforts, or any other group of students who are helping improve life within the City of Cupertino.

Organizations will be evaluated by the Teen Commissions and the selected organizations will have their profiles featured in one of the City's social media and engagement platforms. Cupertino residents who would like to nominate a local youth organization are encouraged to visit cupertino.org/teencommission to get more information and submit their nominations.



Middle School Bike Skills Workshop

Cupertino Safe Routes to School is pleased to announce the return of our Middle School Bike Skills program! This bike safety program, modified to comply with County Guidelines and maintain social distance, prepares rising 6th, 7th, and 8th graders for biking to middle school and beyond. Students will learn how to become confident riders by learning the rules of the road, practicing bike handling skills, and participating in a group ride.

This Middle School Bike Skills program is run by Wheel Kids once a month, June through September. The program includes an evening, one-hour online interactive bike class to learn rules of the road, plus an on-bike, in-person half-day workshop to practice bike skills and go for a group bike ride, all while socially distanced.

Please register at least four weeks in advance at wheelkids.com/msbs-cupertino

Learn more here: cupertino.org/msbs

Safe Routes to School Video Contest

Participate in the Cupertino Safe Routes to School student video contest! Students in 6th through 12th grade who live or go to school in Cupertino can enter this competition by making videos that advance the mission of Cupertino Safe Routes to School (SR2S). Submit a video that inspires or educates others to use active transportation such as walking, biking, or taking a scooter or wheelchair to school and beyond. Content could be a music video, short story, public service announcement, TikTok, animation, or any other type of video. Winning videos will be linked to on the Cupertino website and marketing materials, and may be played during Cupertino bike education classes and at City or school events or meetings. Winners will also receive SR2S gear, an interview in the Scene, and public recognition from City Council. For details, rules, and entry form, visit: cupertino.org/videocontest.

Important Dates:

- **April 28 (Wed):** Q&A Session co-hosted by SR2S and the Teen Commission
- **May 28 (Fri):** Submissions due
- **August 11 (Wed):** Winners announced



Turning Down the Noise

City Council Passes Leaf Blower Ordinance



The winds of change have come to Cupertino.

The Cupertino City Council passed a leaf blower ordinance last November to help decrease noise pollution throughout the community, with the new regulations going into effect on **Sunday, November 6, 2022**. This two-year period allows residents and

landscapers to familiarize themselves with new regulations and acquire permitted equipment.

Under the new regulations, leaf blowers used within City limits must be certified by the manufacturer to produce no more than 65 decibels at a 50-foot distance. There are numerous commercially available leaf blowers that meet this criteria, with new models continuing to improve in efficiency and noise reduction. They are often labeled with the American National

Standards Institute (ANSI) B175.2 sticker, and this manufacturer's label (pictured). The sticker, label, or product information will be used to verify compliance. Property owners are responsible for ensuring compliance on their property, regardless of who is using the leaf blower.

For more information and updates, please visit the City's Leaf Blower Ordinance – FAQ page at cupertino.org/leafblowers.

65 dB(A) **Category 1**

Measured at 50 ft (15m) per ANSI B175.2

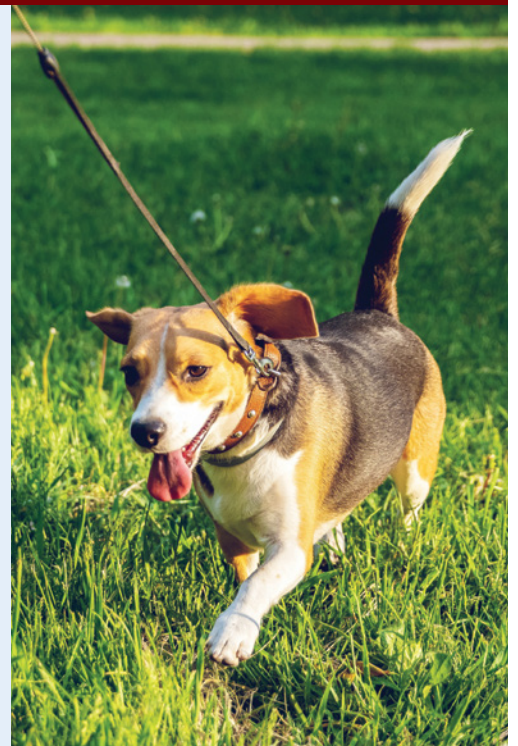
The Tail End of Pet Waste

A friendly reminder to those of you with furry family members, make sure you don't leave behind any waste that your dog may drop when you take them out for a walk. It's incredibly important to pick up after your pet to help keep your neighborhood clean and safe.

Dog waste can be harmful to plants and wildlife and does not act like a fertilizer. Even if your dog is healthy, waste may still carry parasites or bacteria that can cause illness to people and other animals. Dog waste that also gets washed into water ways may carry pathogens that harm our local ecosystems.

It's common courtesy to clean up after your pet and dispose the waste properly. Pet waste can smell bad, be hazardous, and accidentally stepping in some will ruin your day. Owners that do not pick up after their pets are subject to a fine, as per the City of Cupertino Municipal Code.

By taking the extra minute to pick up after your pup, you're helping save the environment, doing your diligence as a Cupertino resident, and being a responsible pet parent.



The Spring Recreation Schedule is Here

Winter is coming to an end, so it's time to put a spring in your step with the Spring Recreation Schedule. With more than 150 in-person and virtual activities, camps, classes, and events, there is something for everyone.



Register for an activity today

cupertino.org/recreation



Esports are coming to Cupertino

Video games are one of the most popular media in the world today with over two billion active gamers across the world, two-thirds of them in the United States alone. It is no surprise that esports is rapidly growing both nationally and globally, and the City is happy to bring this phenomenon to Cupertino. Beginning in April, teens will be able to join the **Cupertino Esports League** and participate in their favorite games like Super Smash Bros, Mario Kart, and more with prizes being available to league winners. Adult leagues are slated for fall 2021.

If you are on the fence, consider that the wide accessibility of video games creates a fully inclusive environment and they are shown to benefit gamers by strengthening cognitive skills, improving teamwork and communication skills, and fostering socio-emotional development. Additionally, parents can join in esports and create additional family bonding opportunities. Who knows? You may find yourself in a friendly competition against the family next door!

For additional Cupertino Esports League information, visit cupertino.org/esports.



Blackberry Farm Golf Course is Open

Daily tee times are between sunrise to one and a half hours before sunset.

Book a tee time online at blackberryfarmgolfcourse.com or during business hours by phone (408) 253-9200.

Blackberry Farm Golf Course follows guidance from the State of California and County of Santa Clara regarding operating procedures and requirements.



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City Directory

City of Cupertino

Department	Phone / Email
Building Department.....	(408) 777-3228 Building@Cupertino.org
Business License.....	(408) 777-3221 BL@Cupertino.org
City Clerk.....	(408) 777-3223 CityClerk@Cupertino.org
City Manager	(408) 777-3212 Manager@Cupertino.org
Code Enforcement.....	(408) 777-3182 Code@Cupertino.org
Planning Department	(408) 777-3308 Planning@Cupertino.org
Recreation	(408) 777-3120 Recreation@Cupertino.org
Senior Center.....	(408) 777-3150 SeniorCntr@Cupertino.org
Sports Center.....	(408) 777-3160 Recreation@Cupertino.org
Street Light Maint.	(408) 777-3342 StreetDivision@Cupertino.org
Street Sweeping	(408) 777-3269 Public_Works@Cupertino.org
Tree Maint.	(408) 777-3410 Public_Works@Cupertino.org

Other Agencies

Organization	Phone Number
Animal Control	(408) 794-7297
AT&T	(800) 331-0500
California Water Service.....	(650) 917-0152
Chamber of Commerce	(408) 252-7054
Comcast	(800) 945-2288
Cupertino Library.....	(408) 540-3947
Cupertino Sanitary District:	(408) 253-7071
Cupertino Union School District	(408) 252-3000
Fremont Union High School District	(408) 522-2200
Hazardous Waste Drop-off	(408) 299-7300
PG&E.....	(800) 743-5000
Project Sentinel (Landlord/Tenant Issues).....	(408) 720-9888
Recology (Garbage & Recycling)	(408) 725-4020
San Jose Water Company	(408) 279-7900
Santa Clara Registrar of Voters.....	(408) 299-6863
VTA (Transportation Authority)	(408) 321-2300
Vector Control, Santa Clara County	(408) 918-4770

First Responders

Emergency Calls.....	911 or (408) 299-3233 (Police, Fire, Medical)
Santa Clara County Sheriff's Office	(408) 299-2311 (Non-Emergency)
Santa Clara County Fire Department.....	(408) 378-4010 (Non-Emergency)

Need to report an issue or have a City-related question?
Visit: cupertino.org/cupertino311 or call (408) 777-3200.



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