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Redwood City 2020 Tuesday Tidbits

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Sequoia AVID Bike Drive

Prior to the winter break, Senior and Sophomore students in the AVID program at Sequoia High School teamed up for the AVID Bike Drive, which helped pair students with new bikes, locks, and helmets.

Donations included over 20 used bikes of all sizes, \$350 to purchase supplies and accessories, and a very generous donation from Johnathan Fearn on Behalf of Greystar who provided four new Trek bikes, four helmets, and four locks from Chain Reaction Bicycles.



Redwood City 2020's Safe Routes to School program partnered on the event by donating helmets for other students, including their elementary school aged siblings. In addition to the support from the Sequoia community, the Bay Area Bike Mobile came out to make sure the bikes were rideable and ready for the road.

If anyone is interested in donating a bike in good condition, there are still students interested in getting a bike. To donate a bike or get more information, please contact Scott Stalder-Skarmoutsos at sskarmoutsos@seq.org for further information.

Alcohol and Other Drugs Community Education Workshops

As of the 2018-19 program year, the Alcohol and Other Drugs (AOD) Prevention Partnership will be spearheaded by the Sequoia Union High School District (SUHSD). After being incubated by the collaborative at Redwood City 2020, the initiative will expand and deepen under the stewardship of the SUHSD.

Community Education Workshops are part of a larger effort within the Alcohol and Other Drugs Prevention Partnership to raise awareness about the effects of drugs on our community. The



workshops seek both to open and develop dialogue about alcohol and other drugs that challenge the health of our residents. With the legalization of recreational marijuana and the growing popularity of e-cigarettes and vape pen, the health risks for communities and for youth in particular has increased.

Recently, AOD Project Coordinator, Gregg Zaire delivered a Community Education Workshop presentation to members of the Black Student Union at Sequoia High School. The workshop focused on "vaping" (using e-cigarettes and vape pens), the chemicals in vape liquids, and the relationship between vaping and other tobacco products including marijuana. The students were introduced to the science of addiction-how vaping affects brain development, mood, depression, anxiety, and overall health. The students displayed genuine concern, collectively expressing an interest in how to avoid the

dangers as well as recognize when their peers may be partaking in the activity and how to encourage cessation.

For more information about upcoming Community Education Workshops (or to host one at your organization's site), please contact Gregg Zaire at gzaire@redwoodcity.org.

Missed a previous edition? Find it on our [Resources page](#).

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