

April 5, 2021



## In this issue:

Informative Articles

Travel to Italy

Tarragon Chicken Sheet Pan Recipe

At Home... Comics, Puzzles & Exercise

## 10 Things the Fully Vaccinated Need to Know

Here's what you should and shouldn't do post-vaccination, according to health experts

by Michelle Crouch, AARP, March 19, 2021

If it has been at least two weeks since you received your last dose of the COVID-19 vaccine, congratulations! You are now considered "fully vaccinated." You are armed with our best weapon against a virus that has killed more than 2.6 million people worldwide and upended our lives in unimaginable ways.

That is truly something worth celebrating.

But before you toss aside your mask and throw a party, it's important to remember that the coronavirus is still spreading and the majority of Americans have yet to be vaccinated — so precautions continue to be necessary to protect yourself and the people around you.

The U.S. Centers for Disease Control and Prevention (CDC) has published some specific guidance about what the fully vaccinated can do and cannot do, and AARP has asked experts to answer other common questions about life after vaccination. Here are 10 things you should know now that you've been jabbed.

### 1. You still need to wear a mask

Even though COVID-19 cases are down from their peak in January, the coronavirus is still circulating in the U.S., and new and more contagious variants have emerged. So wearing masks and social distancing are still important in helping slow its spread until we can reach herd immunity — when an estimated 70 to 85 percent of the population is vaccinated. "Until more of the population is vaccinated, masking is important, not just to protect yourself but also other people," says Purvi Parikh, M.D., an allergist and immunologist at NYU Langone Health and an investigator in COVID-19 vaccine clinical trials.

Masking will also help slow the spread of coronavirus variants — and prevent the emergence of new ones — because the virus can't mutate if it is not spreading.

### 2. You could still catch COVID-19

This is the other reason experts don't want you to put aside your mask just yet. Although all three vaccines authorized for emergency use in the U.S. were found to be highly effective against severe disease and death from COVID-19, there's still a chance you could get infected with the virus.

The Pfizer-BioNTech and Moderna COVID-19 vaccines were about 95 percent effective in preventing symptomatic COVID-19 after two doses in clinical trials. The Johnson & Johnson vaccine was 66.1 percent effective in multi-country clinical trials and 72 percent effective in U.S. trials.

"The whole point of a vaccine is that it prevents you from dying or ending up in the hospital," Parikh says. "But you may still get sick."

### 3. You could infect someone else

There's also a small chance that you could get infected with the virus and not even realize it, and then you could transmit it to someone who is not vaccinated, says Kristen Marks, M.D., an infectious disease specialist at New York-Presbyterian/Weill Cornell Medicine who leads COVID-19 vaccine trials.

Researchers are still studying whether the vaccines prevent the asymptomatic spread of the virus, she says; early data indicates that they likely do. But the evidence is preliminary and more research is needed.

### 4. You can visit friends and family

Fully vaccinated people can gather indoors with others who are also fully vaccinated, without wearing masks or physical distancing if you choose, the CDC says, because the chance of anyone getting infected would be remote.

You can also spend time inside with unvaccinated people from a single household without wearing masks or physical distancing if you choose, the CDC says, as long as no one is at increased risk for severe COVID-19 disease and no one lives with somebody who's at increased risk as well.

continued on page 2...

## 10 Things the Fully Vaccinated Need to Know

continued from page 1...

That means you can visit (and hug!) your unvaccinated children and grandchildren. What's important, the CDC says, is to keep two unvaccinated households from mingling. The agency offers this example: If fully vaccinated grandparents are visiting with their unvaccinated daughter and her children, and the daughter's unvaccinated neighbors also come over, the visit should then take place outdoors, with everyone wearing well-fitted masks and maintaining physical distance (at least 6 feet). This is due to the risk the two unvaccinated households pose to one another. The CDC still recommends avoiding medium-size and large gatherings.

### 5. \*You don't have to quarantine after exposure

You do not have to quarantine or get tested after an exposure to someone with the coronavirus, as long as you aren't experiencing any symptoms, the CDC says. If you develop a cough, fever, shortness of breath, diarrhea or other symptoms of COVID-19, however, you should get tested. \*NOTE: Alameda County still requires you to quarantine or get tested after an exposure!

### 6. You should keep your vaccine record card handy

In the future, you may need proof of vaccination to travel, work in certain industries or attend large events, Parikh says. Several other countries already have a validation system in the works, and a number of private companies in the U.S. are working on creating a digital passport that would include your vaccination status. "Obviously, your vaccine card is your main proof right now," Parikh adds.

Your card may also come in handy to confirm which vaccine you received, and when you received it, if a booster dose is required. Some people are laminating their cards; another way to preserve it is to take a photo and store it on your phone. If you didn't hang on to your card, the provider that administered your vaccine should have an electronic or paper record of it.

### 7. Travel is still discouraged

Even though the number of airline passengers has been rising, the CDC continues to recommend against travel, even for those who are vaccinated. In explaining the decision on March 8, CDC Director Rochelle Walensky said:

"In terms of travel, here's what we know: Every time that there's a surge in travel, we have a surge in cases in this country. We know that many of our variants have emerged from international places, and we know that the travel corridor is a place where people are mixing a lot. We are really trying to restrain travel at this current period of time, and we're hopeful that our next set of guidance will have more science around what vaccinated people can do, perhaps travel being among them."

### 8. It's a good time to go to the doctor or dentist

Countless Americans put their health care on hold due to the pandemic. Now that you're vaccinated, it's time to schedule that colonoscopy, dental cleaning or elective surgery you've been putting off. "Being vaccinated, now is the safest it has been to have surgery in well over a year," says Beverly Philip, M.D., president of the American Society of Anesthesiologists.

The only screening you may want to hold off getting right away is your mammogram. Many women develop swelling in the lymph nodes in their underarm after vaccination, the CDC says. Although the swelling is a normal sign that your body is building protection to the coronavirus, it could cause a false mammogram reading. For that reason, some experts recommend waiting four to six weeks after you are fully vaccinated to get a mammogram.

### 9. You may need a booster shot

Marks says there are two reasons we might need a booster shot: If our immunity wears off naturally or if the virus changes so much that the immunity we have from the current vaccines proves inadequate. Researchers still don't know how long immunity from the vaccines will last. "We're collecting data," Marks says. "The phase 3 trials only started last summer, and the data lags a few weeks behind that."

The current vaccines should provide some protection against the coronavirus variants circulating right now. But a few contain a mutation that may allow the virus to elude some of the antibodies produced through vaccines. The vaccine manufacturers are working to create booster shots or updated versions of their shots to improve protection against those variants. Chances are that we will have to get some kind of COVID-19 shot on a regular basis, perhaps once every three years or every year, like the flu shot.

### 10. A return to normal hinges on herd immunity

Before life can get totally back to normal, experts say that first we need to reach herd immunity – when enough Americans are vaccinated to significantly slow the spread of the virus. Estimates of when we will reach that point range from this summer to early 2022.

"I'm very optimistic about summertime, when rates will naturally reduce and the number of people we've been able to vaccinate will make it so that the virus is not being transmitted as quickly," Marks said. "The wild card is the variants."

Factors that will affect that timeline include the percentage of Americans willing to get the vaccine, how quickly a vaccine for children is authorized and how well the vaccines work against more contagious variants of the virus.

<https://www.aarp.org/health/conditions-treatments/info-2021/fully-vaccinated.html>

Tired of Sheltering  
in Place at Home?

Ready to Travel  
the World?



Join your Newark Senior  
Center Friends on a  
Virtual Trip to

**Italy, Sicily, Malta  
and Sardinia**

Tuesday, April 20  
10:00am - 12:00pm  
\$5/person

Hosted via Zoom by  
World Traveler, Nino Mohan

Pre-registration required online  
or use the registration form  
attached. The zoom link will be  
sent via email prior.

## RIDE-ON TRI-CITY!

Funded by the Alameda County  
Transportation Commission through  
Measure B/BB sales tax revenues. For more  
information on Measure B/BB, visit:  
[www.alamedactc.org](http://www.alamedactc.org)

### Ride-On Tri-City!

Services to Newark residents are provided through a partnership between the City of Newark and the City of Fremont's Human Services Department.

Eligibility Requirements for RIDE-ON TRI-CITY!  
transportation services:

- Newark residents who are 70 years of age or older; OR,
- Newark residents who are unable to use public transportation independently due to a disability or disabling health condition.

RIDE-ON TRI-CITY! registrants can use the following:

### Taxi Service:

Subsidized curb-to-curb taxi rides in the Tri-City area using a taxi voucher. Taxi vouchers cost \$4 each and subsidize up to \$20 of taxi meter fare.

### Ride-Hailing Service (through Lyft):

Pilot program... Subsidized curb-to-curb rides on Lyft in Tri-City area. Participants pay for the first \$4 of their trip and up to \$16 of additional trip costs will be subsidized.

### Wheelchair-Accessible Van Service:

Participants requiring special door-to-door assistance can get subsidized wheelchair-accessible van rides in Tri-City area. Participants pay \$4 per one-way trip, using a pre-paid voucher.

Call (510) 574-2053 for more information.

### Transportation Questions Answered...

A Transportation Resources Specialist from RIDE-ON TRI-CITY! can assess your individual needs and work with you over the phone or by email to answer any questions you have about transportation and how to get around the community.

- Learning how to ride public transit buses or BART
- Obtaining and learning how to use a Clipper card
- Finding and applying for affordable transportation alternatives if you no longer drive and cannot take public transit
- Learning how to use ride-hailing services, like Lyft.
- Renewing your driver's license, obtaining a DMV Disabled Parking placard or figuring out how to maintain driving safety as you age.

For more information, call (510) 574-2053 or email [rideontricity@fremont.gov](mailto:rideontricity@fremont.gov)

### Senior Clipper Card

Seniors 65 years of age or older can obtain a Senior Clipper Card by visiting: [www.clippercard.com/discounts](http://www.clippercard.com/discounts)  
MAIL your application form and a copy of your proof-of-age document to: Clipper Youth/Senior Applications, PO Box 318, Concord, CA 94522-0318. Do not send originals, as documents will not be returned. Or EMAIL scans or photos of your application form and your proof-of-age document to [senioryouthapps@clippercard.com](mailto:senioryouthapps@clippercard.com).  
Or FAX your application form and proof-of-age document to 877.565.3149.

Please allow 7 business days for delivery.



# CINCO DE MAYO

# DRIVE-THRU LUNCH

Wednesday, May 5... \*\$5/senior

Drive-Thru 12:00-12:15pm

Silliman Activity Center Front Parking Lot

**MENU: CHICKEN TACOS, RICE, BEANS & DESSERT**

Space is limited. \*Pre-registration required at [newarkca.activityreg.com](http://newarkca.activityreg.com) or use the mail-in registration form on the final page of our Weekly Update.

**PLEASE WEAR A MASK AND REMAIN IN YOUR VEHICLE.**



## Sudoku Puzzle #9

## Sudoku Puzzle #10

The rules to play Sudoku are quite simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

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

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

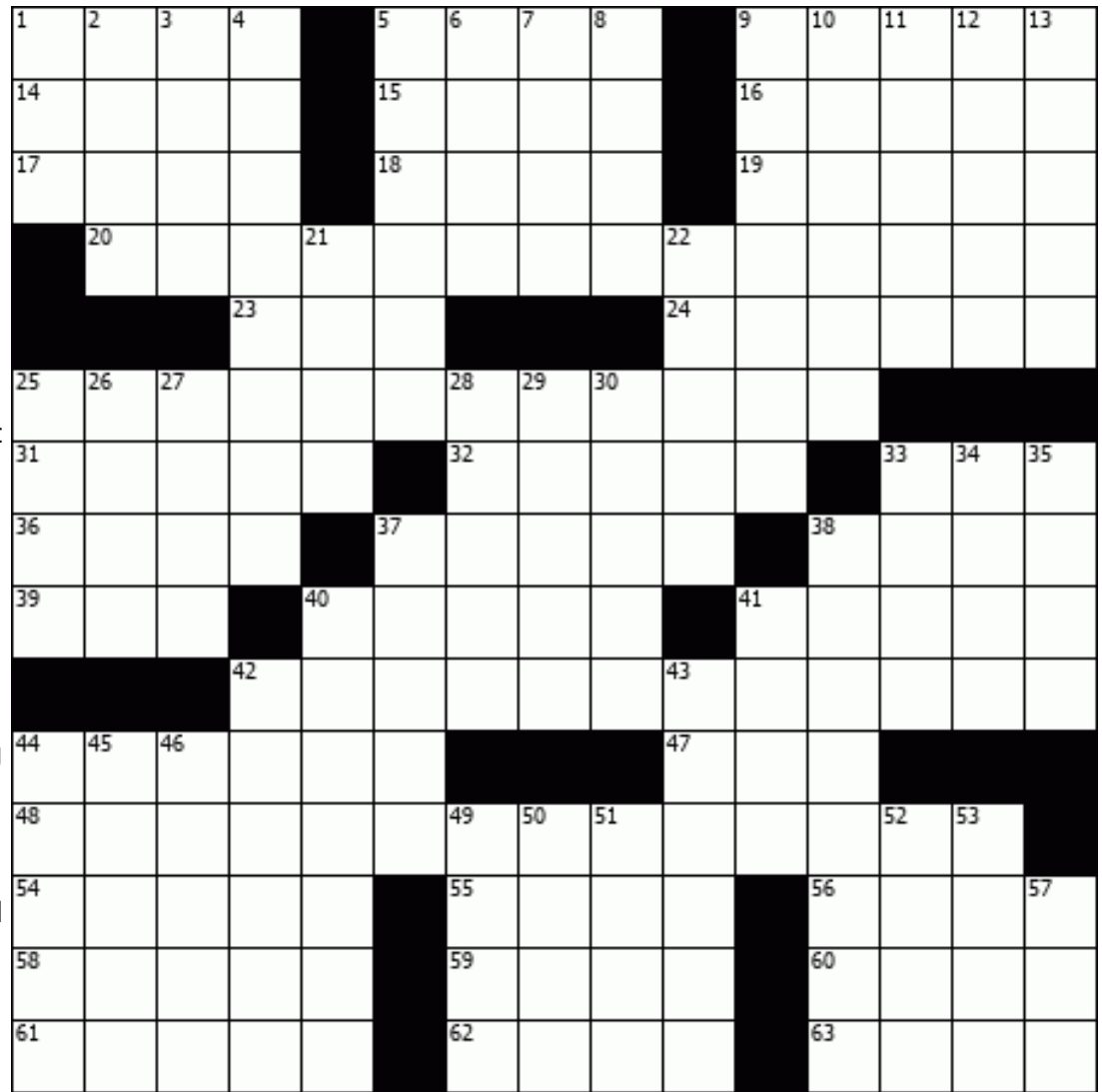
Solutions on page 9.

# Crossword Puzzle

Answers on page 9.

## Across

1. Hwys.
5. Pastures
9. '50s variety show host "Lonesome" George
14. Deux plus trois
15. Bruins' sch.
16. Adhesive resin
17. Baseball's Felipe
18. Churn up
19. Happen again
20. Start of a child's wishing rhyme
23. Notice
24. Some nuclear blasts
25. Shout following a successful play
31. Radiance
32. Thread holder
33. Elected officials
36. Frog's cousin
37. Bilbo's nephew, in "The Lord of the Rings"
38. Jockey's whip
39. Sounds of delight
40. Evil one
41. "\_\_\_ is human..."
42. 1966 hit by the Mamas and the Papas
44. Impressive spread
47. Mos. and mos.
48. Sinatra classic
54. Wee hour
55. Shakespearean traitor
56. Synthesizer pioneer
58. "\_\_\_ Doone"
59. Box lightly
60. Model's partner
61. "Give it \_\_\_!"
62. Prom-night safety gp.
63. Switch suffix



## Down

1. Color TV pioneer
2. Pinball infraction
3. Aplenty, old-style
4. Flattened like a bug
5. Online newsgroup non-participant
6. Earth sci.
7. "I cannot tell \_\_\_"
8. Potato chip seasoning
9. Longtime multivitamin brand
10. Game one
11. Some dark beers
12. Jump for joy
13. Minstrels' instruments
21. Inert gas
22. "Yippee!"
25. Film terrier
26. "Looks like trouble!"
27. Afternoon socials
28. Comparable to a beet
29. "Once \_\_\_ Mattress": 1959 Broadway show
30. Hot alcoholic drink
33. Incensed
34. Mrs. Nick Charles
35. Nimble
37. More luxuriant
38. Clear broth
40. Former film processor
41. Conservative Brit
42. Pre-Columbian calendar makers
43. "I say!"
44. \_\_\_ Gay: WWII plane
45. Mexican mister
46. Quaint contraction
49. Plant one on, so to speak
50. West Coast wine valley
51. Old-fashioned oath
52. Crowd noise
53. Early cartoon clown
57. Earth: Prefix

# Animals Word Search 1

Find and circle all of the animals that are hidden in the grid.  
The remaining letters spell the name of an additional animal.

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

AARDVARK  
ALLIGATOR  
BABOON  
BARRACUDA  
BEAR  
BISON  
CAMEL  
CHIMPANZEE  
CHINCHILLA  
COBRA  
COUGAR  
CROW

DONKEY  
DOVE  
EAGLE  
ELK  
FERRET  
FOX  
GECKO  
GOAT  
GOPHER  
HAMSTER  
HAWK  
HERON

HIPPOPOTAMUS  
JACKAL  
JELLYFISH  
KIWI  
LEOPARD  
LION  
LLAMA  
MACAW  
MEADOWLARK  
MINK  
MOOSE  
NIGHTINGALE

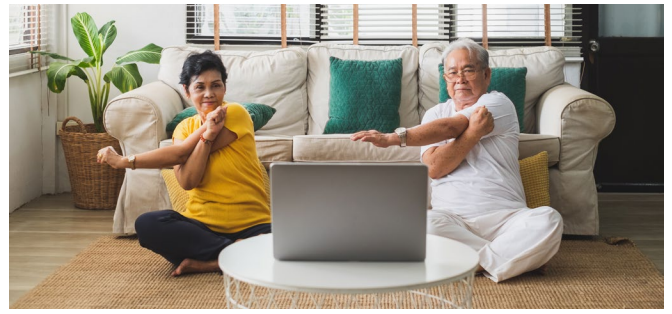
OTTER  
PANTHER  
PARROT  
PEACOCK  
PELICAN  
PIG  
PORCUPINE  
QUAIL  
RACCOON  
RAVEN  
REINDEER  
ROADRUNNER

SALMON  
SLOTH  
SWAN  
SWORDFISH  
TIGER  
TORTOISE  
TROUT  
TURKEY  
VULTURE  
WOLVERINE  
WOODPECKER  
WREN

# APRIL is Move More Month

Thursday, April 1 - Saturday, May 1

While many people's exercise routines have been disrupted due to COVID-19, there are still ways to remain active.



## Did you know?

- Almost half of U.S. adults are not active enough to maintain good health. And, about one in three adults participate in NO leisure time physical activity at all.
- Getting recommended amounts of physical activity (at least 150 minutes of moderate to vigorous activity, 75 minutes of vigorous activity, or a combination of those activities per week) is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function, and lower risk of depression.

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides – in your physical health, mental health, stress levels, sleep, productivity, relationships and more.

- 10 minutes of stretching is like walking the length of a football field
- 2.5 hours of walking every week for a year is like walking across the state of Wyoming
- 30 minutes of singles tennis is like walking a 5K
- 1 hour of dancing every week for a year is like walking from Chicago to Indianapolis
- 20 minutes of vacuuming is like walking one mile
- 30 minutes of grocery shopping every other week for a year is like walking a marathon

For more ways to add activity to your life, visit [heart.org/movemore](https://heart.org/movemore)

## Make it easy on yourself to Move More with these tips and tricks:

### Make It Yours

1. Lean into your own personality to get into the groove. Your favorite music, your ideal time of day and activities you actually enjoy are more likely to keep you motivated.

### Stay Supported

1. Make sure you have the right gear for each activity for added comfort and support. That may mean a sports bra, moisture-wicking shirt, or shoe inserts.

### Break It Up

2. It's OK to break up your total physical activity goal into shorter sessions. Aim for at least 150 minutes of moderate aerobic activity per week. 10-minute bursts a few times a day can get you there without feeling overwhelmed.

### Build It In

3. Create space in the natural flow of your life to add activity so it doesn't feel like a chore. Sneak it into quality time with family and activities you're already doing.

### Give It Time

4. It can take a while for a behavior to become a habit. Try to be active around the same time each day – even if you don't go all out every time – to help the routine stick.

### Keep It Going

5. If you miss a day or a workout, don't worry about it. Skip the guilt and focus on what you will do tomorrow!



American  
Heart  
Association.

<https://newsroom.heart.org/events/april-is-move-more-month>



# Tarragon Chicken (or TOFU) with Asparagus, Lemon and Leeks

Author: Sylvia Fountaine Prep Time: 15 Cook Time: 20 Total Time: 35 minutes Yields: 4

## Ingredients

- 2 lemons
- 1/4 cup olive oil
- 4-6 garlic cloves, finely minced ( or use a garlic press)
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1-ounce package of fresh tarragon leaves, rough chopped, about 1/4- 1/3 cup
- 1 extra-large bunch asparagus, trimmed ( about 1.5 pounds)
- 1-2 large leeks, sliced into 1/2 inch thick rounds ( if dirty, rinse, see notes)
- 1- 1.5 lbs chicken breast ( boneless skinless) or sub tofu see notes



## Instructions

1. Preheat oven to 450F
2. In a small bowl make the marinade. Place the zest of one lemon, and its juice ( about 3 tablespoons) in a small bowl. Add oil, garlic, salt and pepper, and mix well until salt dissolves. Add 1/2 of the fresh tarragon, saving the rest for garnish.
3. Place trimmed asparagus in a bowl and spoon some of the marinade over top. Toss to combine and place on a parchment lined sheet pan. Add leeks to the same bowl, toss with a little marinade and spread out on the sheet pan. If using tofu, place in the bowl adding a little more marinade, toss to coat, add to sheet pan. Lastly add the chicken breasts, with remaining marinade, coating well. Nestle the chicken amongst the asparagus.
4. Zest the second lemon over the whole sheet-pan and slice the lemons into rounds, layering them over the asparagus. Place in the hot oven. If using tofu, either nestle it into one side of the pan or place it on a separate sheet pan - up to you.
5. Bake 20 minutes and check chicken- internal temp should read 160-165 F - thicker pieces will take longer. To get a more golden color broil for just a couple of minutes.
6. Remove from the oven. Give everything a little toss, turning chicken over to coat the top with the flavorful juices. Sprinkle with remaining fresh tarragon and serve.

## Notes

If using tofu, use extra firm. Slice into 3/4 inch thick slabs and coat on all sides with marinade . For mixed households, serve both tofu and the chicken! (Marinade is enough for 1.5 lbs chicken + 8 ounces tofu and the veggies.)

<https://www.feastingathome.com/tarragon-chicken-with-asparagus-lemon-leeks/>

## Nutrition Facts

Serves 4

Amount Per Serving

**Calories** 326

% Daily Value\*

**Total Fat** 17.9g 23%

Saturated Fat 2.9g

Polyunsaturated Fat 2.2g

Monounsaturated Fat 11g 0%

**Cholesterol** 103.4mg 34%

**Sodium** 939.5mg 41%

**Total Carbohydrate** 7.5g 3%

Dietary Fiber 3.4g 12%

Sugars 2.7g

**Protein** 35.2g 70%

Vitamin A 7% Vitamin C 15%

Calcium 4% Iron 20%

Vitamin D 0% Magnesium 15%

Potassium 17% Zinc 16%

MIKE @caglecartoons.com  
www.mikeerrant.com





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

## Exercise



FREE MORNING EXERCISE/  
STRETCH W/ JESSICA,  
MONS. & WEDS. @ 10AM  
Click [HERE](#) to register!



LOW IMPACT WORKOUT-  
TOTAL BODY  
[https://www.youtube.com/  
watch?v=kkN2SrM73AQ](https://www.youtube.com/watch?v=kkN2SrM73AQ)

25 MIN. WALK & STRENGTH  
[https://www.youtube.com/  
watch?v=606xA5OykDQ](https://www.youtube.com/watch?v=606xA5OykDQ)

JUSTDANCE LIGHT FOR  
SENIORS  
[https://www.youtube.com/  
watch?v=0BH2ec1w-9Q](https://www.youtube.com/watch?v=0BH2ec1w-9Q)

## Sudoku Solution #9

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

## Sudoku Solution #10

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

**ONLINE...** at [newarkca.activityreg.com](http://newarkca.activityreg.com) or scan the QR Code



**MAIL...** registration form and payment to "City of Newark":  
Silliman Activity & Family Aquatic Center  
6800 Mowry Avenue  
Newark, CA 94560

**PHONE IN REGISTRATIONS ARE NOT ACCEPTED.**

## Newark Recreation and Community Services Registration Form

Adult/Main Contact Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Participant Name	Birth Date	Gender	Class Name, Date and Time	Fee
_____	_____	M_ F_	_____	_____
_____	_____	M_ F_	_____	_____
_____	_____	M_ F_	_____	_____
_____	_____	M_ F_	_____	_____

Voluntary donation to the Recreation Scholarship Program: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

**Release of Liability:** I understand that my (or my minor child's/ward's) participation in any City activity is voluntary. Further, I understand that participation can be a hazardous activity. By signature below, I agree that neither I, my successors, assigns, nor anyone acting on my behalf will hold the City of Newark, its officers, agents, employees, or volunteers liable for any injury, accident, or illness arising out of my (my minor child's/ward's) voluntary participation in the above named program/activity. I hereby release the City of Newark, its officers, agents, employees, or volunteers from and against any and all claims, cost liabilities, expenses, or judgments, including attorney's fees and court costs arising from my (my minor child's/ward's) participation in the program/activity or any illness/injury resulting therefrom, and hereby agree to indemnify and hold harmless the City of Newark, its officers, agents, employees, or volunteers from and against any and all such claims, whether caused by negligence or otherwise.

I further understand that the City of Newark is not and will not be responsible for Workers Compensation benefits as a result of any injury or illness due to my (my minor child's/ward's) voluntary participation in this activity.

The City of Newark reserves the right to photograph facilities, activities, and program participants for potential use in advertising brochures, department social media, and the City's web page. All photos will remain the property of the City of Newark.

\_\_\_\_\_  
Signature of Participant (or Parent/Guardian, if under 18)

Payment:  Check or Money Order made payable to the "City of Newark"

Charge VISA/Mastercard... Card #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
month/year