

OIL CHANGE CHANGES

Many cars can go 10,000 miles between oil changes, according to carmaker guidelines. San Mateo County is educating drivers about changing oil less frequently—benefiting their wallets and our environment. Although many people believe they need to change their oil every 3,000 miles, many carmakers actually recommend far less frequent oil changes. Calrecycle.ca.gov shows how often carmakers recommend oil changes for a variety of makes, models, and years. Right now, 30 million gallons of oil get into California's water every year. Changing motor oil less often will help reduce potential spills during oil changes. Drivers who change their own motor oil and oil filters are also encouraged to recycle them both to further protect our beautiful waterways. See smchealth.org/usedoil for FREE recycling locations in San Mateo County.

PENINSULA CLEAN ENERGY

Peninsula Clean Energy (PCE) is sending notices to 210,000 residences and businesses throughout San Mateo County to inform them that they are about to receive cleaner electricity and simultaneously save money. At its January board meeting, the PCE Board of Directors unanimously approved new rates for all PCE customers that go into effect in time for the large April 2017 customer enrollment. The rate change will maintain PCE's 5 percent discount below PG&E's electric generation rates for PCE customers, for greener electricity with 50 percent renewable content. PG&E electricity has 30 percent renewable content. Residents and businesses across the county have noticed higher energy bills this winter. Over the past year, PG&E increased rates significantly, especially for natural gas and electricity transmission. PCE is **not** a factor in rising bills, and in fact helps customers lower their bills. When PG&E increased exit fees that community-choice energy customers pay by 26 percent, PCE lowered its rates to account for these fees, maintaining a 5 percent total savings on electricity generation costs for its customers. PCE customers continue to receive electric delivery and a consolidated bill from PG&E. PCE customers are automatically enrolled in the ECOplus program to enjoy cleaner energy that is 50 percent renewable (compared to PG&E's 30 percent renewable). PCE customers may opt up to ECO100 to receive 100 percent renewable energy for a small premium of one cent per kilowatt hour. All customers enrolled in CARE or medical baseline energy discount programs automatically continue in these programs under PCE. Info:

peninsulacleanenergy.com

COUNTY PARK STEWARDSHIP CORPS

San Mateo County Parks Department Stewardship Corps is volunteers of all backgrounds (including students, families, organizations, and local residents) eager to get their hands dirty working outdoors on habitat restoration and beautification projects. Students can fulfill community service requirements. Workdays are Saturdays from 9 a.m. to 12 p.m. Includes education about native plants and animals. Volunteers work with staff in invasive-plant removal, planting natives, and seed collection. No experience necessary! Tools, training, and light snacks provided. Participants under 18 must get a volunteer agreement signed by a parent or guardian. Info: parks.smcgov.org

SWAMI SEZ

"Some days you're the dog and some days you're the fire hydrant." (Tara VanDerveer, Stanford University women's basketball coach)

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