

MAYOR BREED TO INTRODUCE ORDINANCE TO SPEED UP PROCESS OF SECURING RESIDENTIAL TREATMENT, CARE BEDS

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Mayor London N. Breed, in partnership with the San Francisco Department of Public Health (SFPDH), introduced legislation Tuesday to make it easier to procure public health beds, and providing needed flexibility in obtaining much-needed mental health and/or substance use disorders beds. Supervisors Rafael Mandelman and Hillary Ronen are co-sponsoring the legislation. The post Mayor Breed to Introduce Ordinance to Speed Up Process of Securing Residential Treatment, Care Beds first appeared on Post News Group.

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By Carla Thomas

On Jan. 6, Alameda County Supervisor Nate Miley (D6) presented a \$30,000 check to small business owner William "Bill" Owens, owner of Cascos Martial Arts Studio at 74th and MacArthur in Oakland.

Miley, whose business has been facing financial challenges due to COVID Pandemic restrictions, says he was nearing bankruptcy. "This check will go a long way and is greatly appreciated," he said.

For Miley, starting 2024 on a high note was important. "I can't think of a better way to start the new year," he said. "Small businesses are vital to our communities and when you help a committed business owner, you help a community. It's an honor to add value by contributing to a small business that has trained so many young people, watched them grow up and have viable careers."

OPIC Business Outreach Team Members Diane Lewis and Frank Smith celebrated the new collaboration with the martial arts studio.

"It's always exciting to launch new programs," said Lewis. "It's encouraging to see Black men supporting one another and helping them rise to another level," said Smith.

The check was presented to Owens along with the Oakland Private Equity Council (OPIC).

Pastor Raymond Lankford of the Oakland Community Church and president of the (OPIC) was also present.

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"This is martial arts studio has been a big part of this community and helping support Mr. Owens is a win-win for the community," said Lankford.

OPIC Board Member Kitty Epstein also praised Owens.

"It's important to support this business and its contribution to the community," said Epstein.

Cascos Martial Arts Studio has been in business for more than 50 years. Owens and his wife Mary have taught the community the art of self-defense together. "When COVID happened, we were hit with social distancing regulations in our small space," explained Owens. "We went from having a couple hundred students to a few."

After the check presentation, Owens invited attendees to see his training in action. For him, teaching the art of self-defense has included naming his moves and techniques after cultural icons like Martin Luther King, Jr. and other activists.

Owens says he bridged the innate rhythms and movements of African American culture with the techniques of Asian martial arts. However, upon traveling the world, Owens noticed many of the moves were less fluid.

“Often the moves are more frigid, and our influence has added more fluid movements,” said Owens as he moved, mimicking some boxing movements and fancy footwork.

“We want to ensure Owens is in business for years to come,” said Pastor Raymond Lankford, president of the Oakland Private Industry Council.

Owens also demonstrated how women and the elderly can protect themselves from theft, injury, or even being trafficked. 2022 statistics noted that of the 1500 people reported missing, over half were African American.

“We have to teach our young people these techniques. We can all support small businesses and expand services throughout the community,” added Owens who plans to add a mobile service to his business.



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There are no comments yet.