

In Other News

Emergency preparedness - earthquake tips

Before an earthquake:
Make a Plan

1. Create an emergency preparedness plan:

a. Develop a communications plan. Establish a contact person outside your area whom you and your loved ones can call to notify each other of your statuses.

b. Identify a meeting place. Decide in advance where your family and loved ones would reunite in the event of an emergency.

2. Talk to your children's schools. If you have school-age children, ensure that their schools have your current caregiver contact information and that you know their schools' emergency plans.

3. Ask your employer about the disaster plan for your workplace. Make sure you know and practice all emergency response procedures at your workplace.

4. Pick "safe places" in each room of your home. A safe place could be under a sturdy table or desk or against an interior wall away from windows, bookcases, or tall furniture that could fall on you. Practice DROP, COVER, AND HOLD ON. Practicing will make these actions an automatic response.

5. The shorter the distance to move to safety, the less likely you will be injured. Injury statistics show that persons moving more than 10 feet during an earthquake's shaking are most likely to experience injury. Responding quickly and automatically may help protect you from injury.

6. Identify and eliminate potential hazards in your home. Bolt or strap bookcases, tall furniture and the water heater to wall studs and install latches on cupboards.

7. Build a Kit - assemble or purchase a disaster supplies

kit. Include water (one gallon per person for each day), non-perishable/ready-to-eat food, a first aid kit, essential medications, can opener, protective clothing, bedding, radio, flashlight, extra batteries and any special needs items.

8. Get Trained - Learn what to do during and after an earthquake and learn life-saving skills.

During an earthquake:

1. Drop, cover, and hold-on in each safe place. Drop under a sturdy desk or table, hold on, and protect your eyes by pressing your face against your arm. Stay away from windows and bookcases or tall furniture that could fall on you. Stay away from doorways where doors can slam shut. If you are in bed, hold on and stay there, protecting your head with a pillow.

2. The shorter the distance

to move to safety, the less likely you will be injured. Injury statistics show that persons moving more than 10 feet during an earthquake's shaking are most likely to experience injury.

3. Stay indoors until the shaking stops and you're sure it's safe to exit. If you are outdoors, find a clear spot away from buildings, trees, and power lines. Drop to the ground.

4. If you are in a car, slow down and drive to a clear place. Stay in the car until the shaking stops.

After an earthquake:

1. Check yourself for injuries. Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, and work gloves.

2. Check others for injuries. Give first aid for serious injuries.

3. Look for and extinguish small fires. Eliminate fire hazards. Turn off the gas if you smell gas or think it's leaking. (Remember, only a professional should turn it back on.)

4. Listen to the radio for instructions.

5. Expect aftershocks. Each time you feel one, DROP, COVER and HOLD ON.

6. Inspect your home for damage. Get everyone out if your home is unsafe.

7. Use the telephone only to report life-threatening emergencies.

Enroll in first aid, CPR and automated external defibrillator (AED) training. Red Cross courses prepare millions of people to prevent and respond to emergencies every year

Information supplied by San Mateo County's Office of Emergency Services.

Pasos de preparación en caso de un terremoto

Antes de un Terremoto:
Pasos de Preparación

1. Converse. Hable con su familia sobre cuales son los desastres que podrían ocurrir donde viven y lo que hará cada quien

2. Planifique. Escoja dos lugares para encontrarse después de un desastre:

a. Frente a su casa, en caso de una emergencia súbita, como un incendio.

b. Fuera de su vecindario, en caso de que no pueda regresar a su casa o se le pida que abandone su vecindario.

3. Aprenda. Casa adulto de la familia debería aprender como y cuando desconectar los servicios, como la electricidad, el agua

y el gas.

4. Prepare un equipo de suministros. Incluya:

a. Botiquín de primeros auxilios y medicamentos esenciales.

b. Comida enlatada y un abrelatas.

c. Por los menos tres galones de agua por persona.

d. Radio a pilas, linterna y pilas de repuesto.

e. Artículos especiales para bebés, ancianos, o familiares discapacitados.

f. Revise sus suministros y reemplace el agua y los alimentos cada seis meses.

5. Informe. Dígale a su familia donde guarda la información de contacto en caso de emergencias. Haga copias para que cada uno la

lleve consigo. Incluya un contacto que viva fuera de la ciudad. Quizás sea más fácil llamar desde otra zona si las líneas telefónicas locales están saturadas o no funcionan. Mantenga la información actualizada.

6. Practique. Dos veces al año, ponga en práctica el plan de evacuación de su vivienda. Utilice los caminos de salida que planifico, y marque en un mapa otras alternativas en caso de que las carreteras principales sean intransitables. Practique lo que debe hacerse en la casa, la escuela y el trabajo en caso de terremoto o incendio.

Durante un Terremoto:

1. A G A C H A R S E , CUBRIRSE Y AGARRARSE de solamente unos pocos

pasos hasta un lugar seguro próximo. Quédese dentro hasta que los temblores hayan cesado y usted este seguro (a) de que se puede salir sin peligro. Mantengase alejado de las ventanas.

2. Si esta en cama, agarrese y quédese allí, protegiéndose la cabeza con una almohada.

3. Si usted esta fuera, busque un lugar despejado lejos de edificios, árboles y cables de energía. Tiéndase en el suelo.

4. Si usted esta dentro de un automóvil, disminuya la velocidad y conduzca a un lugar despejado. Permanezca en su auto hasta que los temblores cesen.

Después de un Terremoto:

1. Compruebe si usted tiene lesiones.

2. Compruebe si los demás tienen lesiones.

3. Mire si hay incendios pequeños y extíngalos. Desconecte el gas si usted huele a gas o cree que hay un escape.

4. Escuche la radio por si emiten instrucciones.

5. Espere temblores posteriores. Cada vez que sienta uno agachese, cubrase y agarrese.

6. Inspeccione si su vivienda sufrió danos. Haga salir a todos si su casa no es segura.

7. Use el teléfono solamente para reportar emergencias que pongan en peligro la vida.

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Perspectives

From the Editor's Desk

A Salute to the Men Around Us

June is a time for recognizing fathers, and this nation just celebrated Father's Day. While we don't want to exclude women and mothers at any time, we'd like to take this space to celebrate all of the men in East Palo Alto and Belle Haven who have given of their time and resources to not only nurture their children but also to improve the quality of life in the two communities.



Henrietta J. Burroughs

We know how important a father can be. We've seen the influence that a father can make in a child's life; e.g. the influence the late Earl Woods had on his son Tiger. Locally, we can cite the influence of such fathers as Elbert Mitchell, Bob Hoover, Cecil Reeves and Omowale Satterwhite. It is impossible to mention the contributions of any of the men and fathers who live and work among us without leaving many names out. But we'd like for the record to at least mention a few of those around us who are making a difference. Some in our list are fathers literally; others are father figures. They sit on city boards and commissions, work for local nonprofit agencies, staff local businesses and volunteer for their churches and for a variety of local organizations. Many live here and others work here. We can mention the official leaders of city government like Ruben Abrica, Nicholas Jellins, David Woods, Peter Evans, Andrew Cohen, Chief Ron Davis, Alvin James. Some like Carlos Martinez and Meda Okelo lead city departments. Others like Duane Bay and John Bostic were in city government.

There are those who work directly to improve the fate of fathers like David Lewis and Dorsey Nunn. There are those who work with the community's sons and daughters

like Alan Johnson, Malcolm Hoover, Doug Fort, Jeff Edgerton, Johnny Gray, Ray Askew, and Shannon Pekary. Then there are those who lead in other ways: Angah Miessi, JT Turner, Lee Hawkins, Court Skinner, Henry Organ, Bernardo Huerta, Pastor Clifton Bennett, Marcelinó Lopez, Larry Moody, Julio Garcia, Chester Palesoo, Akuila Sovatabua, Victor Perez, G. Ortega, Goro Mitchell, Stewart Hyland, Rev. Paul Bains, Dirk Alvarado, Rev. Floyd Purdy, Dennis Parker, David Chang and William Webster.

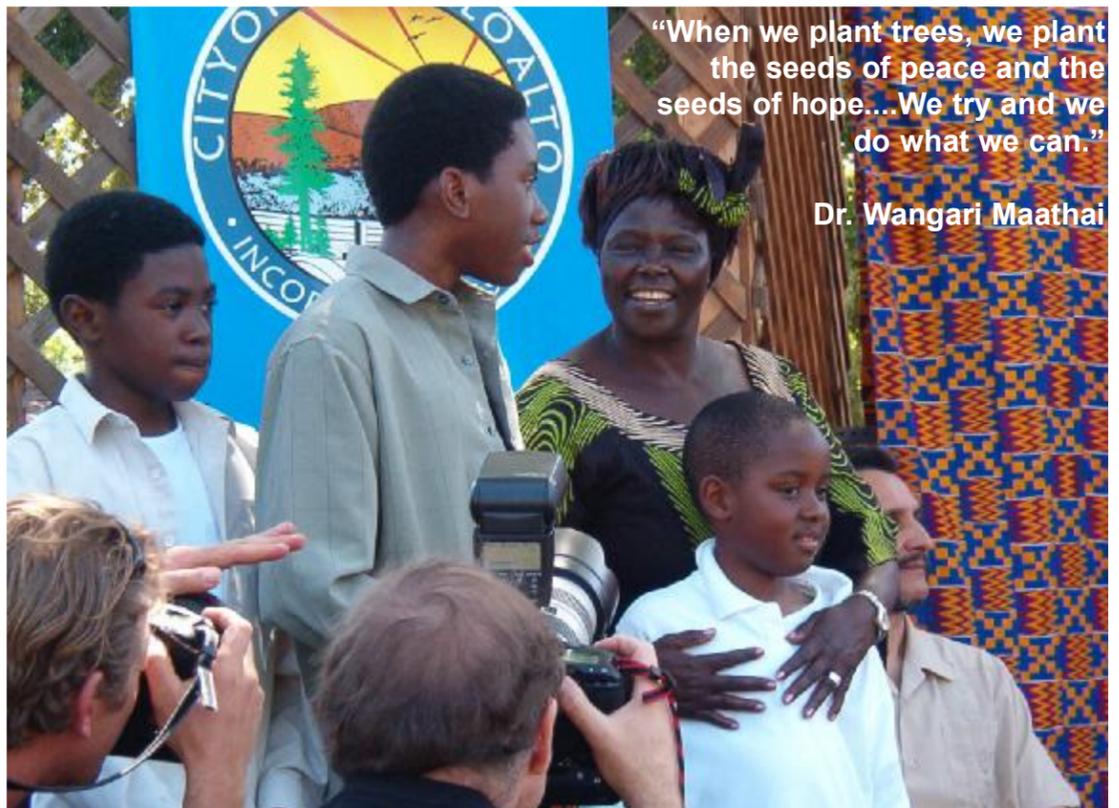
Since there are so many names that could be listed here, it is painful to leave so many out. But you know who they are. You live with them and work with them.

Those on our list operate on different levels and support differing viewpoints. But the one thing that they all have in common is that they care about their families and the community in which they live.

It is only fitting that there is a time of the year set aside to recognize, applaud and appreciate the men among us who have worked hard and still work hard to keep us safe and secure - men who are working to improve the quality of life for all of us.

Like you, we may not agree with everything they've said or everything they've done, but we recognize them for their efforts and the good that they are trying to achieve. We give them credit, because they are out there - trying, where some have not even bothered to try.

So whenever the question comes up, where are the male role models in our communities? What male figures do our youth have to look up to? The answer is easy. We can look to the men around us, who are the fathers in the community and the fathers of the community. We'd like to recognize, applaud and appreciate them for all the good that they have done and for all the good that they do.



"When we plant trees, we plant the seeds of peace and the seeds of hope... We try and we do what we can."

Dr. Wangari Maatha

Dr. Wangari Maatha stands with three East Palo Alto children during the ceremonial tree planting ceremony which took place in East Palo Alto. Mayor Ruben Abrica sits on the left.

Letters to East Palo Alto Today

Settlement not beneficial Dear Editor

This letter expresses my concern about Windriver's Condo Conversion and the impact it will have.

The lawsuit settlement between the City Council and Windriver is not beneficial to the City of East Palo Alto. The settlement states that East Palo Alto will acquire \$1.1 million once the condominiums begin selling. But City officials themselves said that "that condos would hurt the Affordable Housing Stock and the Vacancy Rate" in East Palo Alto (San Mateo County Times article). As many of you know, East Palo Alto is a low-income community and its residents don't make enough money to afford a Market Rate condominium. Based on the Housing Element (Housing Affordability Matrix p. 18) only a few moderate income residents can afford a condominium that costs between \$288,000-\$360,000. Besides, the housing that is most needed in East Palo Alto is housing for low-income and very low-income residents

(Housing Element p.17 & 45).

Some City Council members viewed this settlement as a win - win situation, unfortunately that's not the case. Yes, it would bring tax revenue but it would not satisfy the housing needs of East Palo Alto residents. In fact, it will attract outsiders to come to East Palo Alto and displace low - income Woodland Creek tenants. So who will receive the home ownership opportunity? Exactly, non-East Palo Alto residents who can afford the prices. What would happen to the displaced tenants? How will they be assisted? The Current East Palo Alto Condo Conversion Ordinance states that Condo Conversions are not permitted when less than 4.15% of the city's housing is vacant. But it does not provide relocation assistance.

As City Council member Pete Evans mentioned in a recent letter, "the city did not take the proper steps to notify the public" about the settlement. East Palo Alto Community members have the right to voice their opinion on the situation since they

know what's needed in the city. It's unjust that people weren't able to have input on what goes on in the city where they reside.

Lesson Learned: next time clarify to city staff the process for handling applications for converting apartments into condominiums. Don't ever accept applications for condo conversion during a Condo Conversion MORATORIUM PERIOD.

Sarait Escorza
Member of Youth United for Community Action

An Accident Waiting to Happen

Dear Editor
Tell our Planning Commission to Declare Romic a Public Nuisance! Romic has been operating off an expired state permit and has a long history of violations including the use of damaged containers in 2001 and the storage of hazardous waste in unauthorized areas. Romic needs to leave East Palo Alto. Take action so we can get them out.

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EPA Today's Policies & Principles

In order to better serve the communities of East Palo Alto and Belle Haven, East Palo Alto Today has made the commitment to operate with high professional standards and to adhere to a strict code of ethical conduct. The principles and policies stated herein serve as an agreement with our readers, advertisers and

all others within our service area.

East Palo Alto Today is dedicated to conscientious journalism. We maintain this commitment by seeking and reporting the truth, acting with integrity, and serving the public interest. We will report the news thoroughly and accurately and include multiple perspectives without favoring

one over another.

We will hold ourselves accountable to common standards of decency, treating our colleagues, news sources, and the public with respect. We are committed to maintaining our independence by avoiding partnerships, investments, or business relationships that will compromise the integrity of our news reports.

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Community Opinions

A Risk I Am Not Willing To Take

By Dalila Adofo
EPA Today Contributor

For as long as I can remember, I have always had asthma. Just a month ago, I had an asthma attack that lasted for two weeks. My life was put on hold – school, sports, doing community work. Even walking to my friend's house was scary. I had to go to the hospital twice. It was horrible, the worst experience of my life. Imagine not breathing for two weeks, afraid to go to sleep because you might not be able to wake up, your mom being



Dalila Adofo

scared for you and waking up every hour to check on me. I didn't want to go through that again – ever.

So when I heard about the Romic chemical leak that happened, I was shocked, scared of having another big

asthma attack. I was scared to go outside because I didn't know if the chemicals had spread, what they contained, what my reaction was going to be if it hit me. I was scared for my family, and for the whole community, especially for the people who live closest to Romic.

For me, the scariest thing about the whole Romic incident was not knowing.

Romic officials would have us believe that the chances

of this accident are no different from driving down the freeway and being struck by a drunk driver. Their Director of Operations said this at the June Community Advisory Panel Meeting held at Romic.

But to me, the drunk driver has options – don't get drunk, don't drive if you are drunk, or take your chances. The question for us here in the community is: do we want to take that chance with Romic?

I think: No! It's time for Romic to get out of here. Romic has had a long history of violations including storing waste in unauthorized containers, combining incompatible hazardous waste that resulted in fires, accepting unauthorized waste, and failure to label hazardous waste containers with date of

acceptance. In 1995, Romic worker Rodrigo Cruz was sent to clean a railcar without proper training and resulted in permanent brain damage. Just recently, Romic was placed under investigation by

CAL-OSHA (California Occupational Safety and Health Administration) for a worker who suffered first and second degree burns.

In addition, Romic has been operating off a state permit authorized by the DTSC (Department of Toxic Substances Control) that expired in 1991. Yet, DTSC allows them to operate, despite the fact that Romic has been in significant non-compliance with the state DTSC every quarter for the last three years.

We can't afford for this to happen to us. We don't

have to wait to act until something really bad happens to our community. In the same week that the Romic incident happened, there were at least 60 hazardous incidents around the world. Some of those incidents resulted in explosions, people getting sick and worse, people getting killed. With our enthusiasm, strength and passion for our community, we should do everything we can in our power to shut Romic down.

Dalila Adofo, 13, has been a resident of East Palo Alto all her life. She attends La Entrada. She has 2 siblings. She loves to sing, dance, and play basketball, soccer, volleyball, and football. She is a youth organizer with Youth United for Community Action.

Street Outreach

Workers - wish there were more of us.

By Sekou M. Black

"What ever affects one directly, affects all indirectly." Dr. Martin Luther King Jr.

Both of my parents went to college but I didn't. I got sucked up into the culture that consumes many young people here in East Palo Alto. At seventeen I decided to move down to San Diego to do what I call "Get right." My mother was soon to leave for New York after I got My GED (Good Enough Degree). Before My mother left for NY, she told me that she didn't want to leave without leaving me anything so she signed me up for an African American HIV/AIDS workshop. I started doing HIV/AIDS prevention when I was twenty years old and that led me to be an outreach worker for homeless & at-risk youth.

I now work at Free At Last as an Outreach Worker/U-Turn Counselor.

When I first got hired at Free At Last, I was a bit burnt out from my previous job but saw this as an opportunity to give back to my community. An outreach worker has three main functions: to scope out an area for outreach, to establish a rapport with the clients, and to give life-saving information to all that can be persuaded to accept help. That last one is definitely the hard one. The basic duties of my job are to give all people knowledge about HIV/STDs (sexually transmitted diseases now called STIs for infections), get people who are at high risk for HIV or Hepatitis C tested, to persuade people who are addicted to get treatment, and to run the U-Turn Program, a program designed to make young adults in EPA think differently, outside of the box, or outside of this little city. I face many barriers in my work. One, grant requirements: these determine who is truly at risk



Sekou M. Black

when I know everyone I talk to engaging in at-risk behavior- anything from using or selling drugs, to unsafe sexual practices, even heavy drinking. Two, drug dealers: many of whom I know, are acquaintances, and some friends since elementary school

Three, there is an obvious lack of outlets for many young people in our city. There are many young people that won't accept that their current lifestyle can lead them to PRISON or DEATH and some which feel as if they have no other choice. Lets be frankly honest. How many parents are out there that work two or more

jobs to just barely make it? How many parents work long hours and barely see their kids when they get home? How many youth in EPA are raised by their aunts, grandparents, or siblings due to an incarcerated or addicted parents?

There are many programs that help young folks here in EPA but I don't find many that are ready to hit the street, recruit youngsters for jobs (Ages 16-24), or show them that there is truly someone out there that cares and wants them to succeed. Number three isn't really a barrier at all, it's just frustrating to see people complain about EPA, how it is, how the youth aren't doing much ground roots action to solve the problems. Nobantu was a real good model for an elder that cares. She would hit the streets in the Mid-town neighborhood, and find out what the postponed dreams were for young men and women that hang out and what prevented them from succeeding in their world. EPA is also doing a good job in collaboration with

OICW to find jobs for youth that want and need them. Doug at FYBY (For Youth By Youth) also does an outstanding job. He's a soldier that definitely deserves a shot out. It definitely takes a village to raise a child but unfortunately the village doesn't talk due to racial barriers and personal prejudices. I've got to wrap this up and I'm sorry for sounding a little bit heated but I can't help but to be an advocate for youth and an advocate for Justice of all types, including human rights, and the right to learn. I've heard some elders say "They just won't get a job, that's wrong with young folks today, they just don't appreciate hard work." Many youth that hang out just took a wrong step or two, and if given the chance to work for fifteen dollars an hour, would do so if their criminal record allowed it. It's not easy out there for all youth, those in school, and those on the streets. All it takes is someone to remind them that anything is possible, and that if they truly want to, they can.

Asian Pacific Islander Heritage Month.

By Michael Uhila

"One generation plants the trees. The other gets the shade".

-Chinese Proverb

In 1978, a joint congressional resolution established Asian/Pacific American Heritage Week. The first 10 days of May were chosen to coincide with two important anniversaries: the arrival in the United States of the first Japanese immigrants (May 7, 1843) and the completion of the transcontinental railroad

(May 10, 1869). In 1992, Congress expanded the 10-day observance to a month-long celebration. For the record: Asia is a big place with a lot of people and a Pacific Islander can be a descendant from any island in the Pacific Ocean, but this term only applies to those descendants in the United States of America.

This article is written to commemorate every struggling Asian or Pacific Islander past present or future. This article is for you. For every Pacific Islander who was detained at the airport trying to enter the United States and still got

deported to wherever he came from: this article is for you. For every Asian who was mistaken for being Chinese but was really from Tibet: this article is for you. For every Samoan who had to accept whatever degrading job in order to pay for his child's food: this article is for you. For every Asian or Pacific Islander that died believing that what he did will help any future generations: WE LOVE YOU.

Take away any bias you may have about Democrats and Republicans for a moment. Take away any bias you may have about America being the home of the fattest people in

the world. Take away your bias you have about affirmative action. Read this without prejudice and think about people. Take away their colors, religions, and politics. People who want to live in a country with 24 hour restaurants and cable TV. People who want to find jobs or not get shot in the head simply because they believe in Jesus Christ. Does this place that they want to go to sound too idealistic? Does it sound more like a dream land? The driving force behind this idealistic place is: MONEY. A job gets you paid. Getting paid gets you to the 24 hour restaurant and you get cable TV just by paying

a bill, but you've got to get a house first and that costs money too. Asians and Pacific Islanders at one point came to the United States in search of this dream. They want opportunities like job security, education, financial freedom and cable TV. Why? Because wherever they were wasn't as good as living in America. Why? Because wherever they were they couldn't get running water. Why? Because the corruption of the government in their homeland drove them out. Why? Because some of them actually dream of being homeless in America. Homeless in

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Special Feature: A Life Recovered

By Lee Harrison
EPA Today Contributor

Too often, we hear about violence, crime, drive-by shootings and other tragedies in our communities. Lost and wasted lives are a tragedy for individuals, their families and our society. Recovered lives are often referred to as "miracles". The dream of "miracles" belongs to all of us. In reality, miracles are more than just 'dreams'. Real-life examples can inspire us and change the perceived reality that people do not ... or cannot change. This article is about one such life – the life of Gerald Winston.



Lee Harrison

Gerald Winston could easily have been one of those stories of tragedy that we hear too often. He lived the 'street life', starting at age 12. He ran the streets, never went to school, drank alcohol, used drugs and committed crimes daily (starting at age 14). He thought being feared and 'doing time' in jail was a badge of honor. Gerald was convicted of five felonies and spent 30 of the 59 years of his life in prisons and jails.

Today, Gerald is a man who is respected (not feared) by many. His family, community and coworkers value his wisdom, insight and friendship. He has a career, attends college, lives a productive and joyful life that he never dreamed possible (for him) ... and never has to worry about going to prison again.

Gerald is in recovery. This is his story... his miracle.

Gerald was born in 1946 in Louisiana and his family (seven children and both parents) relocated to East Palo Alto when he was 9 years old. His parents provided for the family as best they could.

They were close-knit, but struggled financially. Some of his earliest memories were of embarrassment about the material things that he did not have, not being able to dress as other children did and not 'fitting in'.

Gerald had his first brush with the law at age 12 and went to juvenile hall briefly for being involved in the theft of a bike. He remembers being lonely and afraid of being confined. Unfortunately, he got over that fear. He also remembers thinking that his parents would 'save' him from bad circumstances. That was a sad error in thinking that did not give him motivation to avoid repeating the experience.

Expelled from Ravenswood High School at age 14 for cutting classes, and unable to enroll in another school, he started hanging out in 'the streets' committing crimes and experimenting with drugs frequently. That experimentation led to active addiction ... and the lifestyle and consequences that come with it.

He spent 30 years of his life serving jail and prison sentences until he was paroled in 1996. At the time, he thought that jobs were for people who could not do anything else. He began to change his views of the life he had led during the last years of his incarceration. Then in his fifties, he saw that the 'street life' was no way to live if he ever wanted to have anything worthwhile in his life. He had nothing that a mature man could truly value and be proud of ... no accomplishments, no true friends, no career ... no future.

People who knew him and saw positive things in him, that he did not see in himself, strongly suggested that he think about changing what he had been doing and encouraged him to go into a treatment program to address his addiction problems. With their help, he entered Project 90 for a ninety-day program of recovery in 1996. There he found the hope that he could learn to live a different life and the reality that others like him had found a new way of life and a way to learn to live it. Gerald stayed on after the initial 90 days as a volunteer and eventually ... an employee. He is still there today. It is the only

things that he has done in his life for a longer period of time than serving a prison term.

In recovery, Gerald found people who inspired, encouraged, believed in and supported him. His family's perception of him has changed to that of someone who they can depend on and who will 'be there'. With his help, a number of family members and friends have followed Gerald's example and entered recovery. Their results are similar to his.

Despite his fears and insecurities about going back to school after almost 30 years, Gerald 'listened' to the encouragement he was given by friends, mentors and co-workers. He had to overcome a lot of fear and insecurity, but enrolled in the College of San Mateo's Drug and Alcohol Studies Program and is near completion of a degree and a Drug and Alcohol Counselor Certification Program.

Gerald sees 'no comparison' in his life today and the life he led before recovery. The benefits ... Serenity, self-respect, true self-esteem, family, quality relationships, career, faith in himself and an ability to 'give back' to family and community are all things that he values highly today. They are also qualities that others value highly in him.

He spent 30 years of his life serving jail and prison sentences until he was paroled in 1996.

I asked Gerald his thoughts on several subjects ... respect, fear, success, love, life, wisdom, what makes people change and what makes it possible for people to change ... and how his views on them have changed since he entered recovery.

His response was that living the 'street life' had 'accom-



Gerald Winston

plished nothing except spending many years in prison', that what he had seen as 'respect' in the streets was 'fear', and that fear is a fake substitute for respect that only lasts as long as the

person is present. Fear was always a part of what motivated his actions ... "fear of not surviving" and "fear of the unknown".

"Respect is simple. If you don't respect someone else, then you'll never be able to respect yourself, and once you've earned it, it is a part of any relationship whether you are 'present' or not."

"Love is not being afraid to take a chance and something that you have to give unconditionally without an expectation of receiving something in return."

"Wisdom taught me that my life was 'shot' – that what I believed in before and put myself through was unnecessary, and to be willing to learn."

"Success is doing something positive that you want to do and can be proud of."

"My experience was that being tired of doing things and getting bad results and seeing no end to it ... made me think about changing." The desire to change has to come from within you. Then you pick up things, from other people, that make you believe it is possible for you to change. I've also learned that being 'responsible' is a 'necessity'. It's as simple as that. There's no way to be successful at anything worthwhile ... relationships, career, school or any other part of life ... without being a responsible person. That means doing the right thing in all situations ... to the best of your ability."

"From where I've been, what I did, and my experience ... I do not feel bad about what I did and what I learned. I do not regret it ... it's what got me to where I am today. But seeing others headed where I've been is sad ... especially for young people. My biggest

thing now is to give them information and let them know where they are headed before they get there. Another thing that was brought to my attention is that 'heart' is NOT what you allow other people to make you do. For me, today, 'heart' is being able to walk away from situations without consequence."

Reality Check – ten years ago, Gerald was a career criminal with an active addiction to drugs. He would have inspired fear and many other negative emotions and impressions had you met him then. Today, he is well-respected, loved, a true friend, inspiration, father, husband, dependable co-worker ... a MIRACLE ... and has a

"Success is doing something positive that you want to do and can be proud of."

life and future that he says he never dreamed was possible for him.

These things I know to be true because he is one of my best friends. I can think of no better example of hope and the possibility of changing the direction of a life than Gerald.

Share this article with anyone you know that may be on the path that Gerald was on for most of his life. Tell them that he has done the research for them and they do not have to go to prison, waste or lose their life. People can change their behaviors and overcome challenges. They can change the life they have (or are headed to) for a better one.

He will tell them firsthand if they need to hear it from him.

Contributed from the 'Reality Check' Newsletter of The Promises Project, Inc.

The Promises Project, Inc. is a non-profit organization whose mission is to help people and families in recovery to rebuild their lives and families. As a part of its mission, the organization conducts seminars and workshops to educate and inform people about life-skill subjects (Family and Child Support, Credit and Finance, Recovery, and others).

Asian Pacific Islander Heritage

cont. from page 9

America is better than starving anywhere in the world. That might not be a fact but I've heard people say it. It might not be a fact that America is the best place to live in the world but you could get a pizza delivered to your house with a Coke in less than an hour. Some of these immigrants came from countries where running water was 5 miles away. Some of these immigrants came from countries

where typhoid prevented them from eating in their own villages. So if you compare those living conditions mentioned to eating a piece of chicken on the floor at KFC which one would you prefer? This isn't designed to say how great a nation America is. This wasn't written to tell you what's so cool about being Asian or Pacific Islander. This doesn't imply that Asians and Pacific Islanders never worked with

other races as well. Remember we're all people, but since May was the month that the government issued as Asian Pacific Islander Heritage month, this is a toast to all of you that helped make America a cooler place. For every Asian or Pacific Islander that died believing that what he or she did will help any future generations: WE LOVE YOU.

More Letters -

cont. from page 8

Sent on behalf of YUCA (650) 322-9165 www.youthunited.net

Protect Renters

Dear Editor,
SOS! Emergency! Citizens, be not deceived! Attend the meeting Saturday, July 1st at 10:30 in the CDI at 321 Bell Street to combat the deceptive initiative, supposedly to enable landlords to evict drug

dealers. Actually, this would destroy eviction protection for all renters. Unjust evictions would be legal.

Alert your neighbors! Call your City Council member. Do not allow this destructive initiative to proceed. Protect renters!

Marge Wallace
Member of EPACT
Protect renters!

Lifecycles

Harrington Evans entered into rest on Friday, June 9, 2006 at Stanford Hospital. He was known to family and friends as Hank (AKA Red). He was born to Lula and Herman Evans on July 15, 1944 in Oklahoma City, Oklahoma. He moved with his family to Chowchilla, California in 1949 and then to Pacific Grove, California. After that, Hank moved to Menlo Park where he spent the majority of his life. Hank moved to East Palo Alto, California in 2004, where he resided until his untimely death.

Hank enjoyed good food, good music, joking and laughter with family and friends. He enjoyed watching sports and his teams were the 49ers and



Harrington Evans

the San Francisco Giants. He loved to cook and enjoyed collecting cookbooks. He was preceded in death by his parents, Lula and Herman Evans, by two sisters, Betty Evans Lillard and Lula (Joyce) Evans and also by a brother, Herman (Bruce) Evans.

Funeral services were held at Jones Mortuary, 660 Donohoe Street, East Palo Alto at 11 AM on Friday, June 16, 2005.

Hank worked for Sequoia Hospital for 15 years in custodial services and various other jobs. After leaving Sequoia, he found employment in the food services industry which he especially enjoyed.

the San Francisco Giants. He loved to cook and enjoyed collecting cookbooks.

He was preceded in death by his parents, Lula and Herman Evans, by two sisters, Betty Evans Lillard and Lula (Joyce) Evans and also by a brother, Herman (Bruce)



East Palo Alto Sanitary District Board member Joan Sykes Miessi stands second to the left with other certificate awardees.

At a Special District Institute Seminar, in San Diego, on June 2, 2006 East Palo Alto Sanitary District Board President Joan Sykes-Miessi was awarded a certificate in Special District Leadership and Management.

She was given the award for successfully completing specialize training in the field of Special Districts and Local Government.

Miessi has served on the East Palo Alto Sanitary Board for several years and was elected to a second term on the board last year.

Dreamin Out Loud by Clyde Beasley

I'm black and i'm proud
wishing every project, flatland
and ghetto
get a facelift and remodel
the gutter and grimy side-
walks
shinny,new with the power of
a phoenix rising
no more closed caskets,moth-
ers crying
wearing black dresses
face carrying a ugly message
stop the violence in the black
community plain and simple
we're killing ourselves
when children and babies
don't have to worry about
health
dental or college tuition
basic education is above par
when the house we live in
and the car
we drive have no bearing
those jay jonas',bapes',and
nikes' we wearing
have no meaning
hairstyles' and hairdos' take a
backseat to the inner beauty
look at miss bay booty
when all of this disappears
& words hold no meaning
rap stands for more than ruth-

less afrikan people
when we can treat each other
as equals,
only then can we take off the
shame shroud

Right Now I'm Just Dreaming
Out Loud

everbody qualifies for fannie
mae or freddie mac
our inner cities stop peddling
heroin, weed, and crack
then a group of young men
can stand
on the corner without the
abuse of the beast
the true sight and sounds of
peace
not where we lock our doors,
hide for ccover in fear of a
stray projectile
amidst an investigators' desk
of dust laden files,
unsolved crimes labeled drug
or gang related
every thang about it I hated
sterotyped to fit the descrip-
tion
doctor doctor I know there's a
prescription
to cure all these ill's
somekind of syrup, serum,or
pills
maybe we all need meditation
to improve/redo the black
nation

still i'm black and i'm proud
Never Will I Stop Dreamin'
Aloud

free as a bird even when I'm
freedom impaired
because my momma pre-
pared
me that life is unfair,
not a soul or anybody will
care
if you don't believe in yourself
first and foremost
conceded, arrogant, and
sometimes I boast
all this is in moderation
cause I know it takes a nation
of millions to hold us back
no longer is it totally about
race
long as my hair is nappy, my
skin is black
and you look in my face
trust and believe there's no
racism
that's an understatement
not as in 350 yrs when it was
overt
your zip code, your i.d.#,
credit rating make it covert
our piece of the sun is crowd-
ed and covered by a dark gi-
gantic cloud

I'll Always Stay DREAMIN'
OUT LOUD!



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Palo Alto, CA 94301

A Salute to Our Graduates of 2006

Sequoia District Celebrates 100 African American Graduating Students

Five East Palo Alto Students Receive Award

The Sequoia Union High School District Parent Involvement and Youth Development Program and African American parents celebrated 100 African American, class of 2006 graduates during their Second Annual Baccalaureate on June 4 at Mt. Zion Baptist Church in Redwood City.



Two EPA scholarship recipients Enrique Godinez and Rizwana Khan (in green) posing with the McDonald's mascot and another recipient, Ausharee Harvey.

Five East Palo Alto students, all 2006 graduates from Eastside College Prep, received scholarships of \$1000 each, from the Ronald McDonald House Charity, RMHC.

The students who received the scholarships during a presentation ceremony held in the Rotunda of San Francisco City Hall Wednesday, May 31 were: Enrique Gonzalez, Rizwana Khan, Lanasha Preston-Roberts, La-Kesha Roberts, and Luis Torres.

These students were part of a group of 120 students from the larger Bay Area who also received scholarships.

The African American Future Achievers (AAFA), Asian Students Increasing Achievement (ASIA), and Hispanic American Commitment to Educational Resources (HACER) are all scholarship programs supported by RMHC and, to date, RMHC has given more than \$600,000 in scholarships, all provided to students who have demonstrated a financial need and the willingness to pursue a college education.

"This program, now in its fifth year, has become a powerful vehicle for empowering students throughout the Bay Area in continuing education and earning a college degree," said Wai-Ling Eng, a McDonald's restaurant owner who chairs the Bay Area RMHC Scholarship Committee. "We anticipate the program will continue to expand. These young people are tomorrow's Bay Area leaders, educators, artists and workers." RMHC scholarship sponsors change yearly and this year, they included Gavina Coffee, Japanese Cultural Community Center of Northern California, McDonald's Corporation, Organization of Chinese Americans (SF Bay Chapter), South San Francisco Foundation for Youth, Southwest Airlines, The Coca-Cola Company, and Wells Fargo.

Nuestra Casa's Class of 2006



Graduates giving a presentation.

On May 25th, the Nuestra Casa English as a Second Language Program held its annual graduation celebration. One-hundred adult graduates (all Latino immigrants) received certificates for attending English classes during the 2005/06 school year. The event was attended by nearly 250 members of the community, including the proud children and other family and friends of the graduates. Guests visited the colorful Expo of student projects and enjoyed the speeches and skits presented by each ESL class. Before presenting the graduation certificates, the Nuestra Casa ESL Program Coordinator recognized the graduates for their dedicated efforts to attend the two-hour classes three times per week, despite their very busy work schedules and family commitments. Over the year, the students increased their self-confidence and made significant progress toward reaching their goals for learning English. To learn more about the Nuestra Casa ESL Program, contact Claire Morgan, ESL Program Coordinator, (650) 504-1428.

Carlmont High School

- Michael Burrell
- Shabriese Davis
- Brittany DeLoach
- Autumn Forks
- D Shawn Foster
- Brittnee Gauthier
- Rajanie Henry
- Johnny Jackson
- Richard Jackson
- Gabrielle Johnson
- Erika Mitchell
- William Moore
- Brandon Robinson
- Terry Ross
- Jasmine Thomas
- Brittany Williams

Redwood Continuation High School

- Ryon Anderson
- Kimberly Bannister
- Rascha Belion
- Nicolette Jett
- Donald Jones
- Shange King
- Jennifer Kioa
- Donald Pressley
- Mark Rentie
- Jilisa Smith
- Aretha Wilson

Woodside High School

- Johnny Anderson
- Faima Bannister
- Randy Barker
- Joseph Bass
- Jenna Black



The Class of 2006

- Isaac Collins
- Prentis Ginn
- Clarnesha Jacks
- Paul Jones
- DeShawn Lax
- Janekka Martin
- Mikeila McNack
- DeAndre Nunn
- Michelle Phinizee
- Willie Seals
- Andrew Simmons

Sequoia High School

- Marieka Brown Rullamas
- Zibbia Gray
- Natalia Harrell
- Vincent Hart
- Aurtharius Moore
- Alexander Tucker
- Latisha Ventura
- Giselle Williams
- Natasha Williams
- Marc Walker
- Timar Ward
- Leanne Wesson
- Shaunice White

Menlo-Atherton High School

- Menty Ayalew
- Sharrell Barnes
- Noah Bennett
- Skylar Brewer
- Kyra Brown
- Shawntika Brown
- Candice Butler
- Marcel Butler
- Torrence Williams
- Shanese Campbell
- Romisha Crawford
- Sammetra Daniels



Students enjoying a performance of gospel music.

- Christopher Sigur
- Sesha Sims
- James Smith
- Ester Tavera
- Justin Tigner
- Kanisha Tillman
- Marvin Ware
- Jahmal White



Keynote speaker John Hilton, CEO of CityFlight Media Network.



The Class of 2006 receiving their certificates and stoles.

La Clase del 2006 del Programa Nuestra Casa

El 25 de mayo, el Programa de Inglés para Adultos de Nuestra Casa tuvo su anual celebración de graduación. Cien alumnos (todos Latinos inmigrantes) recibieron certificados por asistir a las clases de inglés durante el año escolar 2005/06. Casi 250 miembros de la comunidad asistieron al evento, incluso los orgullosos niños y otros familiares y amigos de los graduados. Los invitados miraron la exposición de proyectos hechos por los participantes del programa y escucharon las presentaciones de cada clase de inglés. Antes de entregar los certificados, la Coordinadora del Programa de Inglés reconoció a los graduados por sus dedicados esfuerzos al asistir a las clases tres veces a la semana, a pesar de sus horarios de trabajo y sus compromisos familiares. Durante el año, los alumnos aumentaron su confianza y progresaron mucho hacia sus metas del aprender inglés.

Para más información acerca del Programa de Inglés de Nuestra Casa, comuníquese con Clara Morgan, Coordinadora del Programa de Inglés, (650) 504-1428.



Rogelio... receiving his diploma.



Los Graduados.