

Lifecycles

Given a new lease on life

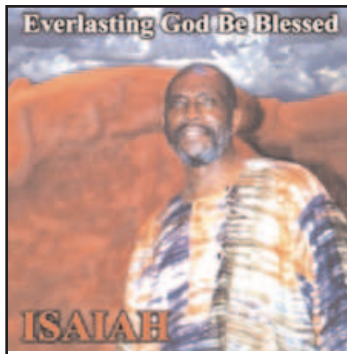
In March of this year, the Rev. Dr. Isaiah Jones went to his doctor and received a death sentence. His doctor told him that he had terminal cancer and had only six to eight weeks to live.

For years, Rev. Jones was the pastor of Covenant Presbyterian Church on East Meadow Road in Palo Alto. He was long considered a very talented and creative musician as well as an inspiring minister. He is well known for his musical talents and his compositions. He has authored four CD's. His song "God Smiled on Me" is fea-

tured in Whoopi Goldberg's movie "Clara's Heart."

He was in the original cast of Langston Hughes play "Black Nativity," and he has appeared in the Billy Graham Crusade and in Robert Schuller's "Hour of Power."

Rev. Jones resigned himself to his doctor's sentence and resigned from his church. Hundreds in the community turned out to say goodbye at the event that was held in the church in his honor. But, Rev. Jones said that when he told his son of his cancer and the doctor's prediction, his son respond-



The cover of Rev. Isaiah Jones' CD "Everlasting God Be Blessed"

ed, "Good." Rev. Jones said that his son told him that now he could use his faith to do the inner work that would

lead to his healing.

So, he sought another medical opinion. This time his new doctor told him that he did not have to die, that his cancer could be brought into remission and that he could be healed. After the first round of his chemotherapy treatment, the cancer was in fact, brought into complete remission and Rev. Jones was given another lease on life.

Rev. Jones shared his powerful, personal story at the December 6 Fellowship of Faith luncheon which was attended by representatives



Rev. Dr. Isaiah Jones

from various local churches, area nonprofits and other community groups.

After Rev. Jones shared the story of his new found life and his faith, and received much applause for the miracle behind his new embrace of life, he told his listeners, "I thought I was excited about God, but I'm really excited about God, now. I want to thank all of you who prayed for Isaiah."



Larry Moody and Eli Cardenas

Since life is ongoing with its entrances and its exits, there are, obviously, times when people can say hello and then there are the times when they are forced to say goodbye.

Saying goodbye to Eli

With Eli Cardenas, the time had come for many in the community to tell him, "Goodbye," After three years of working in the East Palo Alto community as the Executive Director of the East Palo Alto Family YMCA, Eli Cardenas announced that he was leaving his position to explore other opportunities.

During the first week of December, Cardenas attended several events in which he

was honored for the contributions he had made to the community and for his admirable outreach activities in overseeing the successful completion of the East Palo Alto Family YMCA.

The Y's staff and board held separate events to praise his accomplishments. During the December 6 Fellowship of Faith luncheon, he was given an award.

He told those who honored

him that he would always attend community meetings, hear about the challenges facing the community and ask himself what could he do?

One answer was evident to him. He said it was "Listen, listen, listen."

Cardenas has overseen the construction of YMCA's in several cities in the Bay Area. In East Palo Alto, he also built bridges between

himself and the community.

At the evening staff dinner held in his honor Saturday, December 8, he was not only teased for the "tidbit" notes he gave staff members, but he was also ribbed for his memorable ties.

"Today is a day of celebration," he said, "and I thank all of you."

Many took the time to tell him, "We thank you."

Breaking the bad news cycle

By Allan Johnson
EPA Today Contributor

Some communities seem to have a monopoly on bad news. When the terrible news seems constant, and when the news always seems to be about youth, the community suffers in a number of ways--primary among these is an increasing level of cynicism among the youth whose misadventures receive more attention than their successes.

How to break this cycle -- bad news leading to more bad news -- is a challenge everywhere. In East Palo Alto, a dedicated group of youth and young adults are rising to the challenge. This new initiative should not be interpreted as any kind of proof that people have not been working to turn this around for years.

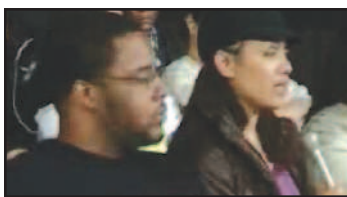
The real story is that many individuals and organizations, often with the same ideas and problems, have come together through the efforts of the City of East Palo Alto

Community Services Department and started working together. The amalgam doesn't presently have a name, but it has an exciting idea.

The idea is that young people should be "armed" with skills in the arts in order to express their feelings and assist the community in turning around what has previously been monopolized by the bad news alluded to previously.

A good example is how For Youth By Youth (FYBY) and the Youth Entertainment Program (YEP) discovered each other and began an outreach that now includes the Palo Alto Media Center and the JobTrain Digital Multimedia classroom and lab.

Twelve youth participated in a crash course at the Media Center, on December 1 and 2, to learn how to produce and film their own shows. They had the able assistance of professionals at the Media Center, who demonstrated their ideas and their value for everyone with a cable con-



Frank Bakari Thompson and Elizabeth Moala.

nection and an interest in seeing the truth about area youth.

The product of this project will be available for viewing in the near future. In the meantime, if you want to talk to some of the young adults who are helping this project get off the ground, talk to Frank Bakari Thompson or Elizabeth Moala.

Thompson is a Mass Communications graduate from Clark Atlanta University. He approaches this project with the idea that, "cutting arts projects from school budgets means youth have to find other ways to express themselves positively, because art is power."

Furthermore, Thompson says, "Highlighting some of the violent and degrading art that glorifies values that are

not held by the majority of youth almost creates those values, and it has to stop somewhere. Why not here? Why not now?"

Moala, a centerpiece of many programs and projects involving youth in the community, created YEP as part of the Sponsored Employment Program. Its continuation and connection to youth working either toward graduation or on vocational training at JobTrain reflects her commitment to developing alternative pathways for youth to express themselves through arts as diverse as fashion design and dance.

"Once our kids get training in the arts, and we're taking thirty of them to Cogswell Polytechnical College for music production training next weekend, what they have to say starts to rub off on other kids," Moala said.

Thompson and Moala are by no means the only young adults associated with this effort. Delana Lindsey, Justin Phipps, and Wyatt Grant come to this unnamed asso-

ciation from YEP and FYBY.

Danielle Fairburne, Youth Outreach Coordinator at the Media Center has also been instrumental. Last here, but by no means least, is another young adult--Pam Reliford--with the City of East Palo Alto.

When asked how this group got started, Thompson says, "That's the funny thing. FYBY and YEP were doing their own things, and the Media Center had this interest in involving youth, and Pam was looking for ways to involve the city in something like this, and we all sort of found each other."

What comes next is more of the same sort of energy that has the youth and their youthful supporters working many weekday evenings and weekends to develop this voice that will speak for some of East Palo Alto's finest young people. Moala adds: "And y'all should make sure to listen up."

Allan Johnson is the Director of Youth Programs for JobTrain, formerly known as OICW.

Lifecycles

Memories of a father

Part II

Who was our father? What do we remember about the man? What was his life about, and what shaped his persona? Well, we shared our memories of him one Saturday morning over coffee; and these are our thoughts about his professional and personal life during his prime years.

James E. Lutcher and his wife, Mae Anna, moved from San Francisco to Palo Alto in 1965. They purchased a small, 2-bedroom house on Sheridan Street and started a beauty supply business on Pulgas Street in East Palo Alto.

As their business grew, they expanded, sold their little home, and purchased a larger one in East Palo Alto. Dad would say he wanted to be with his people. He longed to be a part of the Black community of East Palo Alto.

James was born in Lake Charles, Louisiana --part of a family of 10. Everyone in the house played an instrument



Formerly Lutcher's Beauty Supply

or sang. James played the trumpet. James was a pre-med student when he was drafted into World War II and sent to Europe. He and his classmates went to the Draft Board to get a two-week extension so they could graduate from college, but their request was denied--something about Blacks not needing an education.

Instead of the Medics, they put him in the Mechanics' Corps. It wasn't Army agreed. He should have been in the Medics.

Following his twin brother and his sisters, he landed in California, spending much of his time in Los Angeles and working his way north.

He played minor league baseball, worked for the Post

Office and worked for the Veterans Administration Hospital as a male nurse. He finally opened his own business with his wife.

James worked full-time at the Veterans Hospital and managed his beauty supply business on his off time. That meant nights, weekends, and any time he had a spare moment, plus raising five daughters and one foster son.

The Lutchers made a success in their new adopted town of East Palo Alto. Once he grew the business, he was able to leave the Veterans Hospital and run his business full time. His goal was to be his own man. James helped everyone who was in need. He taught people business skills and customer service. Talk about a salesman--James could talk to anyone. His quote to his daughters was "Show Yourself Friendly," meaning always have a smile and kind word to say to people.

If you needed a job, you

could always work for him. His company sold beauty supplies to Black beauty shops from San Francisco to San Jose.

Yes, he was a part of his community. His wife was on the Board of Directors for Drew Medical Center and the Ravenswood School District. Mae Anna taught etiquette classes in the school that is now called Ronald McNair Elementary. Mae Anna was also a talented beautician and hairdresser, while James serviced all the local beauty shops with supplies. Mae Anna dressed the ladies' hair in their shop, and she even made a product that grew hair. Do you remember Lutcher's Beauty Supply at Euclid Avenue and East Bayshore. The building is still there.

After church on Sundays, James would go to the East Palo Alto Senior Center visiting with the residents, praying with them and ministering to them. His face was well known in every part of EPA. There was no part of the community that he was not welcome. Rev. Lutcher, as he was called, could talk to the youth to

keep them on the right path. He was the neighborhood community watch commander long before there was such a thing, all because of the respect the community held for him. He was a voice for right. Rev. Lutcher preached at Jerusalem Baptist Church, on Sheridan Ave, PA and Open Bible Baptist Church, on Weeks Street in EPA.

Rev. James Lutcher was a businessman, a family man, a veteran, and an active member of his community. He loved the Lord, he loved others, he was loved by others, and he is still loved by others.

James and Mae Anna are no longer with us. But most of all, the Rev. James Lutcher will always be loved and remembered by his five daughters as the charismatic man of faith.

Sheila Lutcher Johnson-Heacock wrote in the September - October 2007 of EPA Today about her aunt Nellie Lutcher. Johnson-Heacock is the Community Relations Coordinator for Govt. and External Relations at NASA Ames.

Hope House: a place for second chances

By Dana Tom
EPA Today Intern

Karen Marie Francone smiled as she pointed to the bulletin board of pictures in her office. The board was sprinkled with beaming faces of women, some cradling babies, others holding diplomas, but all of them smiling in appreciation of the blessing that they received for a second chance.

Francone is the co-founder and executive director of Hope House, which is a non-profit organization in Redwood City, that has provided a 12-step program for alcohol and drug treatment to hundreds of women, since its establishment 17 years ago. The women are referred to Hope House from the San Mateo County Women's Correctional Center, the California Department of Corrections and other court systems.

"I feel like I've been a part of a lot of families," said Francone. "Here at Hope House, our gutters are lined with angels," she said.

Hope House's six month, "intensive" residential program currently provides 16



A group picture of the residents of Hope House

women with housing, rehabilitation courses, personal counseling and "an opportunity to return to the community without relapsing," Francone said.

Francone knows about drug addiction since she, herself, struggled with drug problems as a young adult. She has remained "sober" after she enrolled in and completed a 12-step drug treatment program 21 years ago. "Dealing with that was the hardest thing that I've ever had to do," she said. Francone added that she now better understands what the women at Hope House are experiencing from her own personal history with drugs. "You feel hooked in and desperate, and you need an escape," she said.

For Francone, the desire to

remain sober is, ultimately, the responsibility of the clients. She said that Hope House gives the women the tools they need to make the necessary changes in their lives if they decide to "get clean." Hope House forces the women to deal with their issues and "look pain right in the eye," she said.

When Hope House was established in December 1990 by San Mateo County, the local penitentiaries continued to see the same women in jail for drug or alcohol related crimes. Francone said that, in founding Hope House the county wanted to do something more productive.

Hope House "runs a tight ship with a loving hand," Francone said. The women live by strict rules and rou-

ties, including an early waking hour and household chores.

The Hope House staff acts as parents to the women, offering empathy and a safe, strict environment. Francone said that the women often benefit from this relationship.

"I put a lot of my life into this program, but it was a joint effort of many caring people," she said. Without the efforts of the Hope House program, women would not have a place to go for treatment," Francone added.

The Redwood City community has been very supportive of Hope House, which gets its funding from San Mateo County, several local churches and foundations. Hope House also holds fundraisers and accepts donations, in order to finance its efforts. Despite financial problems in the past, Francone is optimistic about the stability of the program and its future.

"We hope to expand a lot," said Francone, as she described the plans for Hope House's program for men and the need for more beds in the residences for women.

Already, there is the Hope House II living program, which provides the women who graduate from Hope House's 12 step program an opportunity to attend recov-

ery courses and to have transitional living space.

Francone also wants to implement Hope House's treatment program in local jails. She said that California has one of the worst criminal justice systems in America, and the environment in the jails is negative and not productive for inmates. "People should pay for crimes, but they need to be treated for sicknesses," she said.

With the success of Hope House, Francone hopes to change the perception of addicts in the community. According to Francone, alcohol and drug addictions are respectable diseases that must be treated properly. She said that she thinks the community feels that Hope House is doing something rewarding.

It appears that Hope House continues to grow and thrive as a rehabilitation program through the joint efforts of Francone, Hope House's staff members, volunteers and the community, "This place is a home. God watches over this program," Francone said.

Dana Tom is a sophomore at Menlo School in Atherton, CA. She is an intern at EPA Today. In 2006, she was a tutor for East Palo Alto's "I Have a Dream" Program.

A meaningful sojourn to the past

By Jaspreet Singh
EPA Today Intern

Each year, high school students throughout this nation travel to the Deep South and retrace the steps of the Civil Rights Movement. The journey they take is called Sojourn to the Past. I was one of those students, and, for me, Sojourn to the Past became a once in a lifetime experience.

It was also a life changing experience because we met many of the people who were actually involved in the Civil Rights Movement, people like Minnijean Brown from the Little Rock Nine, Senator John Lewis, Reverend Fred Shuttleworth, etc.

In this trip we visited 5 states in ten days. We traveled to Arkansas, Tennessee, Georgia, Alabama, and Mississippi. We learned about the places we were visiting and we learned about



A tomb of Dr. Martin Luther King, Jr. and his wife Coretta Scott King which appears behind Ebenezer Baptist Church in Atlanta, Georgia.

the important people who were involved in the Civil Rights Movement in those places. Many times these people came to speak to us during our class sessions, which gave us background information on the places we were visiting.

One of the reasons the Civil Rights Movement is important is that it happened during our generation, and really affected the way we are today. You might think that the Civil Rights Movement

was in the past and it is not our problem now. But it ends up that the people who experienced the racism of that time are still in terror remembering the horrors they encountered in the South, and they are still living in the shadow of their experiences.

Many students went on Sojourn to the Past and, as a result, they say that the trip has changed their point of view. "I felt it was a great use of my time and that everybody should do it because, just learning about the Civil Rights Movement at school does not mean as much as experiencing it," said Deepika Charan, a senior at East Palo Alto Academy.

Students who go on this trip voluntarily during their vacation time are dedicated to learning about the Civil Rights Movement. In addition, they also have a chance to get college credit from Feather River College in

Quincy, California if they do follow up work. Feather River College gives the college credit because several of its employees are involved with the Sojourn to the Past organization.

The Sojourn to the Past experience opened the eyes of many other students and teachers who went on the trip because it showed them what the African Americans who lived in the South really faced. They could also see

what the South is like now, and they could see for themselves that what is written in textbooks is not nearly as educational as going there and seeing it for oneself.

As a result, East Palo Alto Academy High School tries to get all of its juniors and seniors to go to Sojourn to the Past. Every year in February, some of the students and their teachers from this school and other high schools in the Bay Area and Los Angeles go for another once in a lifetime adventure. For me the trip will always be an unforgettable experience.

Jaspreet Singh is an intern at East Palo Alto Today. She is a senior at East Palo Alto Academy.

She is currently a participant of the EPAA Service Learning Program.



Students listening to Congressman John Lewis, a well-known civil rights activist of the 60's.

Service and Learning: preparing high school students for the world

By Jaspreet Singh
EPA Today Intern

East Palo Alto Academy High School, which has 297 students, is a public high school that started seven years ago. The school is made up of local students from East Palo Alto and Menlo Park.

EPAA HS, as it is sometimes called, is a college prep school that has its students take college classes. The classes, which are offered at the



Deepak Charan

school, are taught by Cañada College professors. Students taking the classes receive college credit.

In addition to the college classes, EPAA High School prepares its juniors and seniors for the workforce through its Service Learning Program. The goal of the Service Learning Program is to give students a combination of service objectives that are designed to positively affect

both the student and the organization for which the student works.

Since East Palo Alto High School's mission is to be a neighborhood school as well as a college



Deepikah Charan

prep school, the Service Learning Program is designed to give EPAA High School students access to real world job skills as well as to inform and prepare them for their role within the larger society.

Therefore, the program is meant to serve the needs of all of EPAA students by allowing them to clearly see the link between skills learned at school and skills learned within the working world.

The EPAA High School Staff learned about this program when a few of the school's teachers visited New York.

Learning-one to one mentorship program. When I saw [this] program I thought it was a good idea," said Jane Bryson, EPAA High School's Service Learning Program teacher.

The purpose of the Service Learning Program at school is to make sure that the skills the students are learning in school can be used outside of school. Bryson said that the Service Learning Internship program also builds social responsibility. She said that social responsibility inside school requires collaboration and demands that students

"When I went to New York I saw the Service Learning Program and other small public high schools that were doing the Service

help each other. Bryson said that many students are socially responsible in school, but outside of school, school social responsibility is a little different.

"We want students to understand how the skills they are learning in school are preparing them for the real world," Bryson said.

"With these skills," she said, "students can give back to their community. We want to show them how they can do that and why giving back to their community is important."



Juan Carlos Zarate

There are currently fourteen students in the Service Learning Program who are in thirteen different organizations and businesses in the Bay Area. The students in this year's Service Learning Program are:

Jose Betancourt a Senior is an intern at College Track.

Deepak Charan a Junior is an intern at the Ravenswood School District in the

Technology Department.

Deepika Charan a Senior is an intern at Fair Oaks Clinic for Children.

Vicente Cuevas a Junior is an intern at Menlo Park Library working with Project Read.

Erica Jack a Senior an intern at All Care Plus.

Veronica Lopez a Junior is an intern at Stanford Park Hotel.

Cynthia Maina a Senior is an intern at City of East Palo Alto.

Jazmin Rocha a Junior is an intern at Build.

Jaspreet Singh a Senior is an intern at East Palo Alto Today.

Pablo Sosa a Junior is an intern at YMCA.

Stacey Villegas a Senior is an intern at All Care Plus.

Beatrice Yap a Senior is an intern at Youth United for Community Action (YUCA).

Juan Carlos Zarate a Senior is an intern at Ravenswood Family Health Center.

Suzie Zepeda Morales a Senior is an intern at Menlo Park Library in the Children's Section.

Put the East Palo Alto Center for Community Media and East Palo Alto Today on your giving list this season.

Your gift will allow us to continue to bring you the type of information and news about the community that the other local media don't give you. Your generous donation will be tax deductible and it will allow us to hire staff and bring you more information about the East Palo Alto and Belle Haven communities that is relevant to you and your family. To make a donation, go to www.epatoday and click on the donation link. Or you can send your gift to:

East Palo Alto Center for Community Media
P.O. Box 50274
East Palo Alto, CA 94303

Live burn shows importance of holiday safety

By Jon Johnston
EPA Today Contributor

The Menlo Park Fire District, which serves the residents of East Palo Alto, along with Exponent of Menlo Park, performed its annual live burn demonstration on December 5, 2007 to show the importance of holiday safety.

With the demonstrations, the department was able to show how important it is for consumers to take basic safety precautions.

For those who get the traditional live Christmas tree for their home, be sure to obtain the freshest tree possible. Check to make sure the needles do not shake off or easily pull off the branches before purchasing. Fire retardant sprays are available at most Christmas tree lots or hardware supply stores.

Make a fresh cut at the



Fireman setting a Christmas tree on fire in a live burn demonstration.

base of the tree just before placing it in a deep tree stand. Be sure to check the water frequently during the first few weeks to make sure that it has the optimal amount of water in the base.

Once the tree begins to dry out, limit the amount of time the lights are on the tree and dispose of it as soon as possible. Always place the tree in a safe location away from heat sources and away from your emergency exits.

Space heaters are used frequently to warm legs at

work and to heat the colder rooms of homes. Space heaters must maintain a three foot clear zone since combustibles that are located too closely may catch fire. If you have an older space heater, upgrade to a newer heater with automatic shut off features in case it tips over.

Candles are used to help provide a mood and setting with their fragrances and appearance. However, many candles are left unattended or they are not placed in secure containers.

Candles should never be left unattended. Second, candles should always be in a proper container that will contain the wax and prevent the flame from spreading if it tips over. Typically candles tip over from being unstable or being bumped by a pet or person.

Cooking fires are the number one cause of fires and are almost part of our daily

response. Never leave cooking unattended. If you must leave to take a phone call or answer the door, take something with you from the kitchen like an oven mitt or spoon to remind you that you have something cooking on the stove.

If a pot or skillet catches fire, always have a lid nearby and slide the lid over the pan to snuff out the flames and then turn off the heat. Do not move the pan as it may cause the oil or grease to slosh out and cause burn or further spread the fire.

Also, do not use water on an oil or grease fire as it will only cause it to splash and spread the fire and possibly cause burns if it gets on you.

Fireplaces offer a warm glow that we love to gather around during the winter months and bring the chill off the air on cold evenings. Some of us still use it as our heat source for our home.

Remember to always

leave at least a three foot clear zone in front of the fireplace and don't hang combustibles above the fireplace.

If you are using the compressed logs, be sure to use only one at a time since they are not intended to be burned together. They can become extremely hot and can roll out of the fireplace as they degrade and spread the fire into your home.

Always use a fireplace screen to keep embers and logs from rolling out of the fireplace. If you have children always place a safety screen around the fireplace to keep curious hands from getting burnt.

The Menlo Park Fire District wishes you and your family a Happy and Safe Holiday Season.

Jon Johnston is a fire inspector and investigator for the Menlo Park Fire Department.

Medicare Open Enrollment Ends December 31st

Time is running out. Don't miss your chance to make changes or add prescription drug coverage.

By Peter Bauer
EPA Today Contributor

The right Medicare plan lets you get on with your plans. You want to enjoy your life. So the last thing you want to do is to spend your days thinking about your Medicare plan.

That's why you should do a quick review of your current plan's cost, coverage and customer service for 2008 and decide if you need to make any changes for the next year. Medicare's open enrollment ends December 31st. It is important to make

any changes to your Medicare coverage now. Take a few minutes to review your coverage and any changes to it for 2008. Here's how:

1. Gather information about your prescriptions and providers. Review (and keep) information sent to you by Medicare, Social Security or your current plan that talks about changes to your coverage for next year.

2. Compare plans in your area. Ask yourself these questions:

COST: Will your premium and other costs change

in 2008? Are there plans that will cost you less?

COVERAGE: Are your doctors, hospital and pharmacy part of your plan in 2008? Will the prescription drugs you take be covered by your plan?

CUSTOMER SERVICE: Are you satisfied with your plan's service?

3. Decide which plan is right for you for 2008. People who get extra help paying for their prescription drug costs should also review and compare plans each fall. You can enroll in a different plan or add prescription drug cover-

age through December 31st. However, if you are satisfied with your current plan's cost and coverage for next year and the customer service you receive, you don't need to do anything.

There are plenty of ways to get help comparing plans and making your Medicare decisions-Check for Medicare events in your community, visit www.medicare.gov on the web, or call 1-800-MEDICARE (TTY 1-877-486-2048). You can also contact your local State Health Insurance Assistance pro-

gram or the plan to get help. Don't wait! Enroll as soon as possible - the sooner the better - to avoid any inconvenience at the pharmacy counter in January.

Peter Bauer, CMS Region 9 SHIP Liaison, Office of the Regional Administrator Centers for Medicare & Medicaid Services, Region IX 90 Seventh Street, Suite 5-300 (5W), San Francisco, CA 94103 (415) 744-3664, FAX: (415) 744-3517, peter.bauer@cms.hhs.gov

El periodo de inscripción abierta termina el 31 de diciembre

Queda muy poco tiempo. No deje pasar la oportunidad para hacer cambios o incluir el plan de cobertura de recetas médicas

Por Peter Bauer
EPA Today Contributor

Si usted escoge su mejor plan de Medicare hoy, tendrá más tiempo para gozar de la vida mañana. Revise la cobertura de su plan para el 2008 ahora y decida si necesita hacer algún cambio para el próximo año, porque lo último que usted desea es dedicarle mucho tiempo a pensar acerca de su plan de Medicare. Decida qué plan quiere tomar teniendo en cuenta el costo, la cobertura y el servicio al cliente que ese plan le ofrece. Es importante que haga los cambios necesarios a su cobertura, durante el periodo de inscripción abierta, que finaliza el 31 de diciembre de

2007. Tómese unos minutos de su tiempo para revisar su cobertura actual y cualquier cambio que desee aplicar para el 2008. Sólo siga los siguientes pasos:

1. Reúna toda la información que tenga sobre sus recetas médicas y proveedores de salud. Revise y guarde la información enviada por Medicare, el Seguro Social o su plan actual informándole sobre los cambios en su cobertura para el año siguiente.

2. Compare los planes que se ofrecen en su área, y para ello tenga en cuenta estos tres factores:

COSTO: ¿Van a cambiar sus primas y demás costos en el 2008? ¿Existen planes

más económicos?

COBERTURA: ¿Formarán sus proveedores, como su médico, hospital o farmacia, parte de su plan en el año siguiente?

¿Estarán los medicamentos recetados que usted está tomando cubiertos por el plan en ese año?

SERVICIO AL CLIENTE: ¿Está satisfecho con la calidad del servicio que recibe por parte de su plan?

3. Decida cuál es el plan que más le conviene para el 2008. Las personas que reciben ayuda adicional para pagar por los costos de sus recetas médicas también deben revisar y comparar sus planes cada otoño. Usted tiene plazo hasta el 31 de diciembre de 2007 para

inscribirse en un plan diferente o extender su cobertura de recetas médicas. Sin embargo, si está satisfecho con su plan actual y con el servicio que recibe, entonces no necesita hacer nada. Si tiene preguntas o necesita ayuda para comparar planes y tomar una decisión, existen muchas formas de obtenerla: puede asistir a eventos de Medicare en su comunidad, visitar la página de Internet

www.medicare.gov o llamar gratis al 1-800-MEDICARE (1-800-633-4227). Los usuarios con teléfono de texto (TTY) deben llamar al 1-877-486-2048. También puede llamar a su oficina local de Programas Estatales de Asistencia

sobre Seguros de Salud (SHIP, por sus siglas en inglés), o al plan de salud o medicinas, para solicitar ayuda.

Recuerde que debe inscribirse lo más pronto posible para no tener inconvenientes al comprar sus recetas médicas en el mes de enero.

Peter Bauer, CMS Region 9 SHIP Liaison, Office of the Regional Administrator Centers for Medicare & Medicaid Services, Region IX 90 Seventh Street, Suite 5-300 (5W), San Francisco, CA 94103 (415) 744-3664, FAX: (415) 744-3517, peter.bauer@cms.hhs.gov

Local agency celebrates anniversary

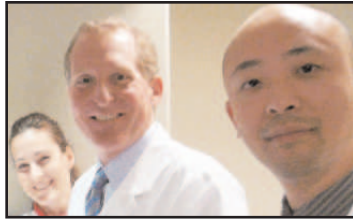
By Caitlin Roberson
EPA Today Contributor

Hearing loss affects 28 million Americans, approximately 71,000 of whom live in San Mateo County, yet only 5% receive proper medical care.

In response to this obvious need, my parents Julia and Joseph Roberson launched the Let Them Hear Foundation five years ago this December. They now

celebrate five years of passion in bringing the gift of hearing to those who live in silence in the U.S. and around the world, especially those in underprivileged circumstances.

Since its inception in December 2002, LTHF has achieved several major accomplishments. It has educated teachers from three Northern California school districts and trained over



Senior Fellow Tal Cohen, LTHF Founder Dr. Joseph Roberson and Dr. James Zhao.

1,000 professionals. It has provided over \$250,000 worth of free services to approximately 350

needy Bay Area families

It has achieved hearing device insurance coverage for 156 million Americans, all of whom were formerly denied it

It has also collaborated with the California Department of Education which through Assembly Bill 2651 requires all California newborns to receive hearing screening tests before leaving the hospital.

This law allows for the tracking of 120,000 additional infants annually

The Robersons are active members of the community and attend the Abundant Life Christian Fellowship.

Caitlin Roberson is the Public Relations Manager for the Let Them Hear Foundation which is located at 1900 University Ave., Suite 101 in East Palo Alto.

Homeowners: Tips for Avoiding Financial Hardship

By Jason Alderman
EPA Today Contributor

America's once red-hot housing market has cooled off considerably. Prices are down, unsold housing inventory is up and mortgage lenders have tightened credit standards.

What's worse, many borrowers who opted for adjustable rate mortgages (ARMs) are in for a big shock when millions of ARMs "adjust" to new, higher interest rates in the next few years. In a stronger market, these borrowers could simply refinance, using built-up home equity to qualify for lower, fixed-rate mortgages. Unfortunately, many now find themselves "upside down," owing more than their home's current value. If you're in this situation, here are a few steps to consider before falling behind in your payments: Carefully read your loan documents for terms that can make your interest rate rise or fall, such as:

"When initial rate period ends, and when your rate is likely to start going up

"Periodic rate cap (the most your interest rate can increase or decrease whenever your rate is readjusted - often annually)

"Lifetime rate cap (the highest possible rate during your loan's life)

"Index your rate is tied to (some indexes are more volatile, moving up and down more quickly)

"If a balloon payment is ever owed

"Prepayment penalties, in case you're able to refinance

Rein in spending. Your monthly payment could suddenly go up hundreds of dollars, so if you're already struggling, cut expenses now. If you don't already have a

budget, create one. Practical Money Skills for Life, a free personal financial management site sponsored by Visa USA, has numerous budgeting tools that can help (www.practicalmoneyskills.com/budgeting).

Refinance to a fixed-rate mortgage, if possible. Well before your ARM readjusts, talk to your current lender and also shop around. With thousands of borrowers defaulting, lenders are more likely to negotiate if it means you'll stay a solvent, paying customer.

If you're in danger of missing payments or already have, contact your lender immediately and respond to all inquiries from them. It's better to work out a solution together than to let your options expire. Alternatives might include:

" Repayment plan. Talk to the loss mitigations department about how you might catch up. They'll likely want at least partial payment initially and your agreement to pay on time thereafter.

" Forbearance. Lenders sometimes allow suspended payments for a few months, especially for disaster victims, or after job loss or family emergency. After the forbearance period ends, expect to pay extra each month until caught up.

" Loan modification. Where a lender agrees to modify loan terms with few or no fees. They might reduce the interest rate, convert to a fixed-rate mortgage, or possibly tack missed payments onto the end of the loan.

" Short sale. Sometimes lenders allow owners to sell their homes for less than owed and write off the difference. The owner walks

away with nothing except severely damaged credit.

Foreclosure. The lender takes possession of your home, you are evicted and your credit is severely damaged for at

least seven years. Avoid foreclosure at all costs. The Federal Housing Administration offers comprehensive advice on avoiding foreclosure, including links to local housing counsel-

ing services, at www.fha.gov/foreclosure/index.cfm Talk to an attorney, financial advisor or housing counseling agency before taking any action and never make a payment to anyone other

than your lender. Sadly, there are people who will take advantage of your bad circumstances. Nobody wants you to lose your home, but you must take the initiative to find a solution before

it's too late. To sign up for a free monthly personal finance e-Newsletter, go to www.practicalmoneyskills.com/newsletter. Jason Alderman directs Visa's education programs.

OAKWOOD MARKET

Products & Services:

meat, beverages, vegetables, and other groceries. also available Western Union money transfer and check cashing.

2106 Oakwood Drive, Palo Alto, CA 94303

Phone: (650) 324-1937

Hours of Operation: Sunday- Thursday 7:00am- 11:00pm

Amazing Opportunity for First Time Homebuyers



Homes are now available for purchase!!!

Cummings Park Lofts and Townhomes
Located at the Ravenswood/101 Shopping Center at
Donohoe Street in East Palo Alto

Six newly constructed below-market rate lofts and townhomes
Including four-one bedroom with loft units and two-two bedroom
townhouse units

Mandatory resale restrictions and Homeowner Association apply

Get application and information from the
East Palo Alto Housing Services Department
2277 University Avenue, East Palo Alto, CA 94303,
or contact the Housing Services Department at (650) 853-3109.

Released by the City of East Palo Alto Housing Services Department 9/11/2007

Return to Sender

violations of the protections guaranteed to ALL people under the 4th and 5th Amendments of the U.S. Constitution, regardless of status.

In the most egregious cases, U.S. citizen children of undocumented parents have been held in custody; ICE officers have entered homes without warrants and without permission; and detainees have been denied basic information regarding their rights or given misleading information about ICE's identity.

In March of 2007, the East Palo Alto City Council unanimously passed an ordinance outlining acceptable ways for ICE to conduct its official business without undermining the good relationship our City police have with the public. ICE ignores our local law when ICE 'federal agents' mislead raid victims into believing that are actually local law enforcement and self-identify as "the police." We have a large immigrant community who need to know

that they may safely call the police to report crimes against themselves or our neighbors; it is no one's interest to have the federal government disrupt our community's well-being and safety.

Community Legal Services in East Palo Alto (CLSEPA) and Immigrant Legal Resource Center (ILRC) are concerned by the negative impact of the ICE raids on our community, including examples of egregious conduct in the course of a raid or sweep.

Raid victims in San Mateo and Santa Clara counties, subjected to egregious ICE conduct during the course of a raid and detention, now have access to a local pro bono panel of attorneys to represent raid victims in suppression motions (a motion to suppress is used to exclude unlawfully obtained evidence - asserting 4th and 5th amendment violations). Raid victims, regardless of immigration status, may also learn about a growing regional class action against ICE - a

coordinated group of plaintiff victims - who are speaking out in court as the federal agents continue to ignore people's constitutional rights throughout the Bay Area.

A necessary first step to protecting people is community education. CLSEPA, together with ILRC, is making legal presentations to educate the public about all our constitutional rights and how community members can protect themselves if confronted by an ICE officer.

We are providing the public with thousands of red laminated "right to silence" cards, which now include a local hotline number that any person may call in the event of a raid.

Callers to the hotline are provided with various resources, including information and referral. If you would like a presentation to your affinity, religious, or other group, please contact CLSEPA at 650-326-6440 to schedule a presentation.

Below are some tips for

individuals who encounter an immigration / ICE officer, regardless of your status:

1. If you are arrested or even simply questioned, assert your right to remain silent. If you speak, say only your name and assert your right to an attorney.
2. Do not lie, do not give false documents, and don't provide information regarding your status or country of origin. Lying can hurt you much more than saying nothing. Remain silent.
3. If an immigration officer comes to your home, do not open the door. Through the door, you can ask to see a warrant, signed by a judge. Ask the immigration officer to slide the document underneath the door.
4. If an immigration officer

continued from page 1

stops you on the street, do not share your immigration status or country of birth. It is safer to remain silent.

5. Don't sign any documents without speaking with an attorney.
6. Develop a safety plan. Make a plan with your co-workers, family members and neighbors in the event someone is detained or if ICE officers should present themselves.

Make arrangement for care of children or elderly relatives in the event of an immigration detention. If ICE takes you, they may not give you time to care for your loved ones.

7. If you have access to a phone during an ICE raid, call the United Way Assistance Line at 415-543-6767. If you don't have access to a phone, remain silent and do not answer questions.

See card describing your rights below - Clip it out and save it.

new water line

City Council member A. Peter Evans, objected to the authorization and the amendment to the Water Fund Budget, claiming that previous agreements between the city and the church in 2003 did not obligate the city to reimburse the church for ongoing fees without a claim filed within 180 days of the water pipe installation. Because no claim was made, Evans argued that East Palo Alto residents should not have to "pay extra tax money for something that is not a city responsibility."

Evans continued to ask the Council to cite the conditions under which the city would have to reimburse the church for the fees, especially since, according to him, no conditions were agreed upon in

the Water Line Reimbursement Agreement in 2003.

Donna Rutherford, the newly elected Vice Mayor of the City Council, disagreed with Evans. She said that a lawsuit filed by the church would be more costly for city residents to handle than paying the extra fees for the church.

"We are trying to right a wrong by reimbursing the church," Rutherford said. The church has been paying the fees, and now the city must take responsibility, she said.

Ruben Abrica agreed and said, "I don't think the church is trying to abuse the city or make money."

Several audience members, including Mary Lou Serrano wanted the city to reimburse

the church for the fees as well. "I work for justice, and this is not justice," Serrano said. Angered by previous remarks that were made, Serrano accused the council of being racist and yelled at the council in Spanish during the two minute presentation she was allowed to give.

Once the Council reestablished order after Serrano's remarks, the amendment was voted on and authorized. The amended agreement gave the City of East Palo Alto the water line and authorized it to reimburse the Faith Missionary Baptist Church the money it spent for the line's installation. After the vote, the newly elected Mayor of the City Council Patricia Foster said that she was glad to see that the ongoing issue over the water line had come to a close and that the city now owns the water line.

Clip out card below and save it.

Know Your Rights

I do not wish to speak with you or answer your questions based on my 5th Amendment rights under the United States Constitution. I do not give you permission to enter my home based on my 4th Amendment rights under the United States Constitution.

I will only permit you to enter my home if you show me a warrant signed by a judge or magistrate. If you have such a warrant, please tell me and then slide it under the door.

If you need help, call the Assistance Line operated by the United Way at 415-543-6767. These cards are available to citizens and noncitizens alike.

Tenants get huge increases

of its tenants."

This is a particularly difficult time for families, many of whom are living on limited incomes in this high-cost area. "I am disabled and my only income to take care of my 10-year old daughter and myself is my VA disability payments and welfare. I just can't afford another place and don't know how to explain this to my daughter around Christmas," said Robert Smith.

Kathy Lesah added, "I am a senior citizen on a social

security income. If the landlord unfairly increases my rent, I will have to move with no place to go."

The notices raising rents were mostly 30-day notices, in violation of state law requiring landlords to give 60-day notices for increases over 10%.

Tenants attended the East Palo Alto Rent Stabilization Board meeting on Wednesday, December 12 at 7:00 and protested the rent increases. Some estimated that as many as 500 tenants

attended the Rent Stabilization Board meeting that night. Page Mill Properties apparently relied on rent certificates issued in October to justify the rent increases.

"We will ask the Rent Board to rescind all of the certificates," said Jeanne Merino, an attorney at Community Legal Services. "The rent increases violate the East Palo Alto Rent Stabilization Ordinance because a landlord is not allowed to charge more than a certain percent-

age over what was lawfully charged the prior year.

This year, the Board allowed a rent increase of 3.2%. The rent increases subvert the intent of the Rent Stabilization Ordinance, which allows rents to go up in a predictable and orderly fashion to avoid displacement. If this rent jump is allowed to go through, there will be a lot of families forced out of the community."

Many tenants are desperate about the rent increase; "I don't know what my family is

continued from page 1

going to do. I have an 11-year old daughter and a 19-year old son who has cerebral paralysis and my husband's income as gardener is our only family income. We will be homeless," Martha Jaurequi said.

Jeanne Merino and Victor Ramirez provide legal advice at Community Legal Services in East Palo Alto. CLSEP is located at 2117 B University Avenue in East Palo Alto. Call 650-326-6440 x 304.

EAST PALO ALTO SANITARY DISTRICT

"IMPORTANT NOTICE"

OFFICE UNDER RENOVATION

The East Palo Alto Sanitary District (District) office facility located at 901 Weeks Street will be undergoing renovations over the holiday season. The upstairs office space is being remodeled and made available for lease/rental. Also, portion of the upstairs space is being prepared to house a conference and computer network server rooms.

The District office is over 15 years old and this is the first major repair and maintenance activity since it was open to the public in 1993. We expect all operational activity to continue during the renovation period, however, we will likely experience some minor disruptions during construction. At any rate, we will continue to maintain our reliable 24 hour courtesy emergency response service for our customers.

70th YEAR ANNIVERSARY

The District is fast approaching its 70th year of serving the citizens of East Palo Alto and Menlo Park. It's simply amazing to think what an accomplishment it is for our customers just to know they have been able to rely on the District for sewer service for this length of time. It's also amazing to know, that the District is strategically positioning itself to be of service to our customer for years to come.

On behalf of the District Board of Directors and staff I would like to thank all of our customers for 70 successful years. We are wishing each and every one of you a very happy and prosperous Holiday Season.

CAPITAL PROJECT PLANNED

The District has completed bid specifications for repair/replacement of two section of sewer main on Popular and Woodland streets. We expect to be accepting bids for these projects in the next 60 days. Local and minority contractors are encouraged to submit bid proposals.

The District engineer has estimated the cost of these projects at approximately \$450,000. Copies of project bid requirements will be available at the District office. Questions or request for information should be directed to the Rich Laureta, District Engineer at 650-344-9901

HAPPY HOLIDAYS!

Lee Hawkins
General Manager
www.epasd.com



EAST PALO ALTO SANITARY DISTRICT

BOARD OF DIRECTORS
REGULAR BOARD MEETINGS SCHEDULE
CALENDAR YEAR - 2008

Regular Board Meetings are held the first Thursday of every month at 7:00pm, as follows:

January 3	July 3
February 7	August 7
March 6	September 4
April 3	October 2
May 1	November 6
June 5	December 4

Section 304 (d) Sanitary Code: All meetings of the Board shall be held at the East Palo Alto Sanitary District, 901 Weeks Street, East Palo Alto, California, 94303, in the District, unless the Board shall adjourn to or fix another place of meeting in a notice to be given thereof, or unless prevented by flood, fire or there disaster.

EAST PALO ALTO SANITARY DISTRICT

Ordinance No. 55

AN ORDINANCE FURTHER AMENDING ORDINANCE
NO. 39 PERTAINING TO PROHIBITION OF FOOD
WASTE DISPOSERS AT FOOD SERVICE FACILITIES

The District Board of East Palo Alto Sanitary District, San Mateo County, California, does finds and determines as follows:

A. On May 23, 1993, the District Board passed and adopted Ordinance No. 39, "An Ordinance of the District Board of East Palo Alto Sanitary District Amending Ordinances No. 34, No. 37 and No. 38 (Version Adopted August 6, 1994) Pertaining to Comprehensive Regulation of Wastewater Discharges, Including Industrial Waste Discharges in the East Palo Alto Sanitary District's Territory" ("Ordinance No. 39").

B. The District Board desires to prohibit the installation and use of food waste disposers (grinders) at Food Service Facilities with one or more grease generating activities.

The District Board of East Palo Alto Sanitary District, San Mateo County, California, does ordain and enact as follows:

Section 1. The index to the sections of Ordinance No. 39 is amended to include "Section 124.5 Requirements for Food Service Facilities".

Section 2. Section 124.5 is hereby added to Ordinance No. 39 to read as follows:

"Section 124.5. Requirements for Food Service Facilities.

(a) Effective December 19, 2007, the installation of any food waste disposer (grinder) at any Food Service Facility with one or more grease generating activities is prohibited.

(b) Effective December 19, 2007, no Food Service Facility with one or more grease generating activities shall utilize a food waste disposer (grinder) for the purpose of food waste disposal to the sanitary sewer."

Section 3. In accordance with the California Environmental Quality Act ("CEQA"). Public Resources Code §21000 *et seq.* and the regulations promulgated pursuant to CEQA ("The State Guidelines") the District Board finds that the enactment of this Ordinance is not a project, which will have a significant effect on the environment.

Section 4. If any section, subsection, subdivision, paragraph, sentence, clause or phrase of this ordinance, or any part thereof is for any reason held to be unconstitutional, such decision shall not affect the validity of the remaining portion of this ordinance or any part thereof. The District Board hereby declares that it would have passed each section, subsection, subdivision, paragraph, section, clause or phrase thereof, irrespective of the fact that any one or more section, subsection, subdivision, paragraph, sentence, clause or phrase be declared unconstitutional.

Section 5. Upon adoption, this Ordinance shall be entered in full in the minutes of the District Board and shall be posted for one (1) full week in three (3) public places in the District, there being no newspaper of general circulation published in the District, and shall have full force and effect upon expiration of the week of posting.

EAST PALO ALTO SANITARY DISTRICT

/s/ Joan Sykes-Miessi
Joan Sykes-Miessi, President

COUNTERSIGNED:

/s/ Glenda Savage-Johnson
Glenda Savage-Johnson, Secretary

(SEAL)

I hereby certify that the foregoing is a full, true and correct copy of an Ordinance duly and regularly passed and adopted by the District Board of the East Palo Alto Sanitary District, San Mateo County, California, at a Regular Meeting thereof held on the 6th day of December, 2007 by the following vote:

AYES, and in favor thereof, Members: Sykes-Miessi, Haggans, Savage-Johnson, Mitchell, Yañez

NOES, Members:
ABSTAIN, Members:
ABSENT, Members:

EAST PALO ALTO SANITARY DISTRICT
/s/ Glenda Savage-Johnson
Glenda Savage-Johnson, Secretary

Approved as to Form:

/s/ Malathy Subramanian
Malathy Subramanian, District Legal Counsel

Community Calendar

EPA Toy Drive. Drop toys off at 141 Demeter Street during business hours (7:30 a.m. to 5:30 p.m.) Monday-Friday. You may also drop off toys at 2415 University Avenue.

Thursday, December 20th, 2007 at 6:30pm. Beat Four meeting. location to be announced.

Better Breathers Club

On the 2nd Monday of every month, Breathe California hosts the Better Breathers Club, a support group for people suffering from lung disease and their family members.

Guest speakers from various health disciplines share their expertise with the group, in an effort to help participants breathe easier and lead a higher quality of life. The group also offers an open forum to discuss common concerns related to

lung disease.

For more information, call our office at 408-998-5865 or visit www.lungsrus.org.

Iraq Moratorium - Monthly Action to Stop the War HOLIDAY PEACE STROLL At major shopping areas in San Mateo, Palo Alto, and San José Friday, December 21, 7:00 - 9:00 p.m.

A unique and creative opportunity to reach out to hundreds of people in the holiday season with a message about creating re-peace on earth -- now!

Location details:

San Mateo - Hillsdale Mall: 31st Avenue and S. El Camino Real, San Mateo. Contact for this location: Anne Carey (Declaration of Peace), abcarey@comcast.net, 415-238-0704.

Palo Alto - Stanford Shopping Center: Sand Hill

Road and El Camino Real, Palo Alto. Contact for this location: Peninsula Peace and Justice Center, moratorium@peaceandjustice.org, 650-326-8837.

San José - Christmas in the Park: Plaza de César Chávez, Market Street between San Carlos and San Fernando, San José. Contact for this location: San José Peace Center, sjpc@sanjosepeace.org, 408-297-2299.

Contact: Peninsula Peace and Justice Center - Paul George: 650-326-8837 (office) or 650-575-8207 (cell)

Honoring Dr. King. Thurs., Jan. 17, 7 p.m., at the Menlo Park Presbyterian Church's (MPCC's) 700 Santa Cruz Avenue building in Menlo Park.

Turning Selfishness into Selflessness: Menlo College Honors Dr. Martin Luther King, Jr., with a talk by Dr.

Emmett Carson, CEO & president of the Silicon Valley Community Foundation.

In one of his most famous speeches, delivered two months to the day before he was assassinated, Dr. Martin Luther King, Jr. urged fellow civil rights proponents to transform the natural urge for attention-what he referred to as the "drum major instinct"-into a force for the common good.

Dr. Emmett D. Carson, will invoke Dr. King's inspirational words in "My Space, Face Book and The Drum Major Instinct: On MLK and Social Justice,"

Thursday, Jan. 17 at Cesar Chavez. Attend the Sequoia Union High School District Parent & Student Information Night. For more information, contact Dorothy Burnside at 369-1411, ext. 2317 or Susan Berghouse at 369-1411, ext.

2210

The San Mateo County Board of Supervisors and the Commission on Aging are accepting nominations for the 2008 Ming Tak Leong Award. This award recognizes individuals who have made significant contributions to the lives of seniors, with a focus on minority elders in San Mateo County.

The deadline for submitting nominations is Thursday, January 31, 2008. To obtain a nomination form or further information, call the Commission on Aging Office at (650) 573-2707 [voice] or dial 711 for the California Relay Service or visit the Commission's Web site at <http://www.smco-coa.org/>.

The award will be presented at the Minority Elders Conference on Thursday, June 12, 2008, at the South San Francisco Conference Center.

News Briefs

cont. from page 3

of local school systems and individuals who are leading the way in guiding K-12 th grade students with disabilities toward academic and social success using inclusive education practices.

District Superintendent Maria De la Vega said, "The Ravenswood community is honored to be recognized as the Most Promising Inclusive School District. We have made a commitment to a student-focused service model, basing instructional decisions on social and academic performance data.

Dr. June Downing, educational consultant and chair of the TASH awards committee, said, "The Ravenswood City School District is a role model for all school districts committed to inclusive education for students with disabilities."

International position



DLA Piper announced on Monday, December 17 that David Colker, a partner in the firm's tax practice and East Palo Alto office has been named Head of the firm's International Tax practice. In this newly created position, Colker will work closely with his DLA Piper colleagues throughout the U.S., Europe and Asia and will help leverage the firm's unique international strength to build client relationships.

Nonprofit Breakfast and school donations

Wells Fargo hosted more than 75 people at the Wells Fargo Nonprofit Community Breakfast that took place on November 15. The event was co-hosted by Thrive, the Alliance of Nonprofits of San Mateo County and was held at the San Mateo Library.

This is the third year that Wells Fargo has held a Community Breakfast. Last year the forum was held at East Palo Alto's City Hall for Faith-Based Organizations, co-sponsored by Supervisor Rose Jacobs Gibson. In 2005 the event was hosted for all nonprofits in the county at the Redwood City Library.

On December 12, more than 85 schools in San Mateo County received a special holiday delivery from Wells Fargo Bank. Wells Fargo managers personally hand delivered \$1,000 checks to schools all across San Mateo County. The \$90,000 donation will benefit local peninsula schools by paying for school supplies, improving facilities, and funding extra-curricular activities.

Grant recipients included: Cesar Chavez Academy, Costano Elementary School, East Palo Alto High School, East Palo Alto, Edison-Brentwood Elementary School, Edison-Ronald McNair Intermediate School, and Green Oaks Academy.

Local tv show at the Media Center

Talking with Henrietta



Lorraine Holmes, Henrietta J. Burroughs and Bernardo Huerta sit in the television studio at the Media Center as they discuss some of the major changes taking place in East Palo Alto.

www.communitymediacenter.net.

The current edition of Talking with Henrietta, "A Major Change is Taking Place" can be seen on Fridays @ noon, Saturdays @ 1:30 p.m., Sundays @ 5 p.m., Mondays @ 8 a.m. and Thursdays @ 8 p.m. on Channel 27 locally. The show started Sunday, December 16 and will run through the holidays. It can also be seen at the Media Center's website at the above days and times.

Chat with the Chief

continued from page 2

Dr. Faye McNair-Knox commented on the youth summit in May 2007, at which local teenagers and police officers partnered to talk about issues in the city and how to improve them. She said that many teenagers and police officers worked together to organize and participate in the event,

Davis agreed that the event was a positive one. He said that the interaction between the youth and P.D. needed to improve. He said that he wanted to create more conversations between the two groups in the future.

Davis also addressed the new Police Department Professional Standards Unit, which adopted a "compre-

hensive officer-complaint process." The unit is working to make the complaint process more efficient by posting complaint boxes around the city, creating an online complaint database, and making supervisors and the chief more available for personal and/or anonymous complaints, concerning the internal affairs of the P.D.

Other reform efforts include the banning of visible tattoos on police officers in the EPA P.D. Over the past six months, approximately a dozen precincts across the country have prohibited officers from exhibiting body tattoos, including the EPA P.D., which argues that "every officer should look professional

on the job," according to Davis.

Other topics, such as the need to increase department funding, EPA ex-offender rehabilitation programs, and "shot spotters," a new computer tracking device, appeared during the meeting. However,

Burgess said that the communication in the city needs to improve. Other than EPA Today, she said, no other type of communication exists, and many events, such as the "Chat with the Chief" are not well publicized. She argued that, in order to improve community participation and to help solve crime problems in EPA, communications within the city needed much improvement. Davis and audience members agreed.

WE TAKE RISKS...



Taking risks is not always a bad thing!
You can take risks everyday by:

- *Choosing to talk to your sex partner honestly about sex.
- *Using condoms every time you have sex.
- *Choosing to abstain from sex and drugs.
- *Getting tested for HIV and other STDs.
- *Taking charge of your body and health!



HIV Infection:

- Is the **LEADING** cause of death among African American women between 25-34 years old and the **FOURTH** leading cause of death among African American women ages 45-54.
- In the United States, women make up 25% of new HIV infections and of those new infections, **81%** are among **women of color**.
- The rate of AIDS diagnosis for African American women is approximately **24 times** the rate for white women.

For information about HIV&AIDS and where to get tested, call the San Mateo County Health Department:
650-573-2346

'Cause we're ALL That!