

Frecuentes Preguntas Inmigración

Por **Mary Dutcher, Esq.**
EPA Contributor

1.) Donde puedo obtener buen consejo legal de inmigración?
Servicios Legales Comunitarios de East Palo Alto (650-326-6440) ofrece consejos legales de inmigración gratis. CLSEPA también ayuda con la preparación de ciertas formas de inmigración.

2.) Como puedo obtener estatus legal migratorio? La manera más común es que un miembro de la familia quien ya tiene estatus legal presente una petición por el miembro de la familia que no lo tiene.
Un ciudadano estadounidense puede presentar una petición por los padres, esposa (o), hijos casados y solteros mayores o menores de 21 años de edad, y her-

manos. Un Residente Permanente Legal puede presentar una petición por la esposa(o), hijos menores 21 años de edad y solteros inclusive mayores de 21 años de edad.
Una persona cuyo estatus migratorio depende del abuso del esposo puede presentar una petición por sí misma. También las víctimas de ciertos crímenes quienes hayan sido de utilidad en la investigación o juzgamiento del crimen pueden obtener beneficios migratorios.
Hay también derechos migratorios basados en empleo, pero Servicios Legales Comunitarios en East Palo Alto (CLSEPA) no practica esta área de derecho migratorio.

3.) Que acerca de las recientes redadas de la agencia de Enfozamiento

de Inmigración y Aduanas - Immigration and Customs Enforcement (ICE)?
Recuerde que todos, documentados o indocumentados, tienen derechos bajo la Constitución de los Estados Unidos: el derecho de permanecer en silencio y el derecho de no ser sujeto a irracionales cateos y allanamientos.
Prácticamente, esto significa que, después de dar su nombre, usted puede permanecer en silencio. CLSEPA tiene tarjetas tamaño billetera que describe este derecho y puede ser entregada a los agentes de ICE.
No le permita a los agentes de ICE entrar a su casa si ellos no tienen una orden de cateo.
Todos, documentados o indocumentados, deberían ejercitar estos derechos

frente a las redadas de ICE.
Sea cauteloso cuando consulte notarios por consejo migratorio. Ellos no son abogados y no deberían estar practicando derecho migratorio.
4.) Si he estado viviendo en los Estados Unidos por 10 años, puede obtener estatus legal?
Corra en dirección opuesta si alguien quiere ayudarle a "arreglar por el tiempo" o a legalizarse por haber vivido en los Estados Unidos por 10 años.
Esta disposición legal es solo una defensa que puede formularse en una corte de inmigración si uno ha sido detenido por la agencia ICE. Esta no es una razón para ponerse en las manos de los oficiales de inmigración.
5.) Hay alguna disposición especial por educación para inmigrantes?

La Comisión Little Hoover, una agencia estatal bipartidista cuya función es hacer recomendaciones sobre políticas a la Asamblea Estatal y al Gobernador, estudió este asunto de inmigración algunos años atrás, y concluyo que los inmigrantes son de un valor grandioso para la economía y bienestar de California y deberían ser tratados como residentes.
Un resultado de las recomendaciones de la Comisión Little Hoover es que inmigrantes indocumentados quienes se gradúen de una secundaria en California pueden asistir a las universidades estatales de California, y a los colegios a costos de registro para residentes, los cuales son mucho más bajos que los costos para no residentes.

Líderes de PIA

continua de la pagina 2

logró un presupuesto nacional que incluyó \$50 billones de dólares para el seguro medico para niños.
En East Palo Alto, el concilio de la ciudad pasó una resolución pidiendo que el gobierno pare las redadas.

"Todos somos afectados por estas redadas. Si mi casa esta siendo robada, y mi vecino no llama la policía porque tiene miedo de ser deportado, pude derrumbar todo el trabajo que hemos hecho para hacer esta ciu-

dad más segura," explicó Alvin Spencer, líder de PIA quien asistió la delegación a D.C.
Como parte de la asamblea de la red nacional de PICO en el 6 - 8 de Marzo

pasado, 15 líderes de PIA, incluyendo miembros de las iglesias Bautista de Fe y San Francis de Asís, juntaron con 400 delegados de la organización del Pueblo Mejorando sus Comunidades Atrás de la

Organizacion (PICO por sus siglas en ingles) para luchar por seguro medico para niños. A la misma vez, los delegados compartieron la realidad de las redadas y aprendieron sobre las oportunidades a mejorar el sis-

Annie's 10 Tips for Improving Parent-Teen Relationships

by Annie Fox, M.Ed

Parents of teens have one of the roughest jobs around. The dynamic between you and your son/daughter is changing so quickly that it's challenging to stay focused on your job description. You knew very well what the job entailed when the kids were younger, but now, it's not always such a clear call. There's no single golden rulebook for parenting (though I've got lots of great books to recommend), but keeping these 10 tips in mind will go a long way in helping you stay centered. And that's exactly where you

have to be to be an effective parent and role model for your adolescent kids.
1. Remember that you are the parent - Your job is to protect your child and prepare him/her to become a fully functioning adult. Being a leader and a compassionate teacher is more important than being your teen's friend.
2. Remain calm - Nothing gets resolved when stress makes it impossible to think clearly. Can't respond rationally? Then take a break until you can.
3. Talk less and listen more - Just like the rest of us, teens want to be respected

and heard. Be a "safe" and available person to talk to.
4. It's a balancing act - A key challenge in parenting teens is to remain emotionally connected while granting your kids more privacy and autonomy.
5. They're always watching - Want your teen to be trustworthy, responsible, and compassionate? Make sure you're modeling those values in your own life.
6. Make your expectations clear and be consistent with your follow-through - If kids know the consequences ahead of time and they've bought into the rules of the house, they're more likely to

make healthy choices.
7. Catch your teen in the act of doing something right - Praise shows that you noticed their efforts. It also promotes a feeling of competency.
8. Be real - Father/mother does NOT always know best. Admit your own confusion and mistakes. Apologize when appropriate. Show your kids that just like them, you too are also "a work in progress."
9. Regularly create time to enjoy being a family - Having regular meals together and relaxing, unplugged from digital technology, is a gift with long-lasting benefits.

10. Lighten up! - Humor is a great de-stressor. Remember, no one stays a teen (or the parent of a teen) forever!

From Annie Fox's Parent Forum - online education and support for parenting issues regarding teens. At http://www.anniefox.com/fr_parents.html. Copyright © 2002-2007 Annie Fox. All Rights Reserved. Provided by Dorothy Burnside, Sequoia District Parent Involvement & Youth Development Coordinator

Davis

from page 4

Bureau of Alcohol, and Tobacco and Firearms (ATF) The program appears to be successful and will continue throughout the summer
Conclusion
Our collaborative efforts demonstrate the true effectiveness of community policing. The strategy used to decrease the violence will likely serve as a national model on how to use community policing and regional

collaboration to aggressively respond to violence. However, we still face gang violence and must remain vigilant. I am confident that with your continued support and involvement, we will further reduce violence to an even lower violence rate than last year.
Thank you for your commitment to the City and support of the Police Department. I'd also like to

thank the outstanding men and women of the Police Department who endured long hours and worked tirelessly to make our community safe.
Respectfully,
Chief Ronald Davis
PROJECT SAFE NEIGHBORHOOD ENFORCEMENT PROGRAM
Phase 1
Days-off were cancelled for East Palo Alto officers for 30-

days. This doubled the number of officers on the street and enhanced patrols in designated hot-spots. Officers also partnered with the Probation Department, Parole, the FBI and ATF during this period to target specific individuals suspected of violence. An additional 6 officers from the Sheriffs Office and the Palo Alto and Menlo Park Police Departments partnered with the

Department during this period. Their efforts resulted the in the following seizures:
84 arrests
10 firearms recovered
4 replica guns recovered
3.9 pounds of narcotics seized
Over 200 parole and probation searches
The California Department of

continued on page 15

Newsbriefs

continued from page 19

and Seattle Mortgage. In giving the key presentation, Maggie O'Connell, a reverse mortgage specialist from Seattle Mortgage, listed the things people can do with a reverse mortgage, citing, "home improvements, travel, visit friends and family, get rid of mortgage payments, pay off debts, give back to the community."

For more information about the CAN DO COMMUNITY LENDING program, contact EPA CAN DO at 650-473-9838 or email epacando@epacando.org

OICW's breakfast

It was named the Breakfast of Champions and for the 23rd year, it has lived up to its name.

OICW's May 4th breakfast featured such sports champions as Olympic Gold Medalist Kristi Yamaguchi, Golden State Warriors Championship Coach Al Attles, Oakland Raiders Center Pro Football Hall of Famer Jim Otto, NFL Hall of Fame 49ers great Ronnie Lott, NFL Hall of Fame Pittsburgh Steelers Lynn Swann and a host of other area celebrities.

East Palo Alto Police Chief Ron Davis who received an award last year for being the Role Model for 2006 presented the 2007 award to



Police Chief Ron Davis presents award to the Honorable Rebecca Morgan.

the Honorable Rebecca Q Morgan.

Morgan, who served in the California State Senate for nine years, headed Joint Venture Silicon Valley, a network which is composed of leaders from business, labor, government, the universities, and the non-profit sector who "think outside the box to build creative solutions" to regional challenges.

In accepting the award, Morgan said, "It is not our goal to die rich, but to give to others while we are alive."

The breakfast, which was a fundraiser, was held at the Santa Clara Hyatt Regency. It was attended by approximately 660 people. The event raised just over \$460,000 to date, with more to come. One of the event's organizers said, the total is expected to be over \$500,000.

[Editors note: In approaching one of the speakers at the

breakfast, I fell and twisted my foot. I was helped to my feet by a young hero dressed as Superman. So OICW's breakfast was certainly a memorable event.]

YMCA Wall Opening

Farrell Sanders and his family were on hand this past April to dedicate a wall at the East Palo Alto Family YMCA in honor of their son Reid. Reid Sanders grew up in Palo Alto and as the inscription on the Reid Sanders Climbing Wall says, he climbed many of the big walls in Yosemite, including El Capitan and Half Dome."

Reid Sanders who was 31



Reid Sanders Climbing Wall during its dedication.

years old was with his childhood friend Aaron Martin, when they both died on April 8, 2002 on Mt. St. Elias in Alaska as they were attempting to set a world record for the longest vertical descent on skis by skiing the 18,002 vertical feet from the mountain's summit to sea level.

In dedicating the wall to his son, Farrell Sanders said, "We are confident that this wall can make a significant positive effect on countless people of all ages in this community for years and years to come."

Green Oaks Academy: the big winner of the baseball season



Wells Fargo Dist. Manager Reza Razzaghipour with Green Oaks student

There wasn't a dull moment at East Palo Alto's Green Oaks Academy as students, teachers, and Wells Fargo executives joined in the school's "Dia Del Niño" celebration in April.

Wells Fargo committed its support to the school's annual celebration after budget shortfalls nearly cancelled the

event .

"Dia Del Niño" also coincided with the kick-off of the "Adopt-A-School" initiative, a unique community partnership between Wells Fargo and KNBR Radio (680 AM). Wells Fargo has pledged \$100 for Bay Area public schools every time the San Francisco Giants score during a KNBR-AM (680) baseball broadcast.

So, Green Oaks receives a financial boost every time a San Francisco Giants player crosses home plate.

With every \$100 donation the Wells Fargo Bank receives, Green Oaks Academy will get money to help fulfill its "wish list" which includes requests for various school supplies.

Green Oaks Academy is one of five Bay Area schools adopted by Wells Fargo because of its significant needs.

During the past three seasons, the S.F. Giants scored 2,245 runs which have resulted in nearly \$225,000 in contributions to local schools by Wells Fargo.

The community can support the effort by visiting www.knbr.com and clicking on the "Adopt-A-School" link.

Michele Ashley in the Wells Fargo Communications department contributed to this story.

Congolese Dance Company Celebrates 30 Years

By Kaara Baptiste
EPA Today Contributor

Premier Congolese dance company, Fua Dia Congo, is returning to its birthplace, East Palo Alto with a special dance class. Fua Dia Congo, who is celebrating its 30th anniversary this year with a number of exciting events in the month of May, started its Congolese Master Workshop Series at the Eastside College Preparatory School on May 16th.

The classes, presented by Fua Dia Congo and the Congolese Dance Drum Workshop, will be offered at various sites throughout the Bay Area this month.



Dancers and students and in the dance company

That Fua Dia Congo, which means Congolese heritage in the Kikongo language, would begin its series in East Palo Alto is fitting.

Though based in Oakland, the organization was founded in EPA in 1977 by the late world-renowned Congolese Master Artist, Malonga Casquelord.

His vision was to create an organization dedicated to preserving, promoting and studying traditional Central African culture.

Casquelord's passion

and talent not only changed the perception of African culture in the Bay Area and beyond but also helped transform the field of ethnic dance and art. Oakland's Malonga Casquelord Center for the Arts, formerly the Alice Arts Center, was named after him in recognition of his leadership in the performing arts community and passion for advancing African Cultural Art forms locally and nationwide.

Thirty years later, Fua

continues to innovatively share the cultural heritage of Central Africa with audiences all over the world through teaching and performance residencies at schools and universities.

As the only professional Congolese repertory company in California, Fua holds a unique and significant place in the Bay Area's cultural tapestry.

Fua Dia Congo hosted a benefit "Our Roots: Gala Benefit" on Friday, May 18th with an evening of music, dance and "historical exposition" and will take place at the Oakland Asian Cultural Center.

There will be events through-

out the year and Fua Dia Congo offers weekly Congolese dance classes at the Malonga Casquelord Center for the Arts in Oakland, Cubberley Community Center and Reach Fitness Club in Palo Alto.

For more information about Fua Dia Congo, the Master Classes or Gala Benefit, please contact

Muisi-kongo Malonga, Choreographer and Artistic Director at 510.273.2407.



Dance company drummers

Rugby is in East Palo Alto

By Patricia Finau
EPA Today Contributor

Ahhhhh, the smell of grass...the body-ramming, bullet-passing. . . the roar of the crowd as it rises to watch a try-scoring best! Rugby is here! EPA Bay Area She Hawks invades East Palo Alto!

All skill levels, including beginners are welcome! Looking for women of all backgrounds to join us on the field, or in support. No prior experience necessary.

We will train you. Of course, experienced players are always a plus!

In 1977 BASH, a competitive woman's rugby team based in the Bay Area, was established in the greater Bay Area. Last year, BASH had to fold due to many of the players returning back to college. The team has relocated and will be revived in East Palo Alto to provide more healthier opportunities for young women to learn, condition, train and compete in a competitive sport.

More about the 2007 Summer Season & More Rugby!

Currently, there are 10 players already signed up for the 7's team. We are recruiting more players! This summer's 7's tournament requires 12 players from each team: 7 on the field and 5 subs.

After warming up for the summer, after the 7's Season is completed, EPA BASH will rollover to another league in Fall 2007 known



Picture of rugby players courtesy of Patricia Finau

as the 15's Team. 37+ players are required to complete the 15's team. (the more the merrier) This is where we

need your help!

Advantage of good nutrition

By Peter Bauer

Good nutrition is vital to good health and disease prevention. And, it's easier than you think to eat a healthy diet!

Take Control of Your Diet
A healthy diet:

- " Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- " Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- " Is low in saturated fats, trans fats, cholesterol,

salt (sodium), and added sugars.

Some easy ways to include lean foods into your diet include: replacing ground beef with lean, ground turkey and replacing regular cheese with low-fat cheese.

Physical Activity Doesn't Have to Be Difficult
Don't forget that being healthy isn't just about eating healthy - it's also about physical activity. Physical activity can be as simple as walking the dog, cleaning your house, gardening, or taking the stairs instead of the elevator.

Medicare Strives To Help You Stay Healthy

And, there is more you can do to protect your health and prevent disease. Medicare offers many preventive services for those with part B, which can help you prevent diseases or detect them early on, when treatment works best. Take these three easy steps to help put you on the road to better health:
STEP 1: Know your health history.

STEP 2: Talk to your doctor about the Medicare preventive services that are right for you.

STEP 3: Register for MyMedicare.gov on any computer connected to the Internet. The www.MyMedicare.gov web tool can help you track the preventive services you got and remind you about services for which you may be eligible.

Have peace of mind for yourself, your family, and friends and start taking your three steps to prevention today. These steps can lead to better health and quality of life for you and those you love.

Look for "A Healthier US

Starts Here" Medicare event in your area to learn more about Medicare preventive services. Or, visit www.medicare.gov on the web or call

1-800-MEDICARE (1-800-633-4227) to get a free copy of Staying Healthy: Medicare's Preventive Services. On the web select "Find a Medicare Publication" under "Search Tools."

This information prepared by Peter Bauer of the U.S. Department of Health and Human Services.

Drive down your automobile insurance costs

By Jason Alderman

I hate writing checks for automobile insurance. It always seems like money down the drain - that is, until you need it; then, insurance can be a lifesaver. But that doesn't mean you shouldn't try to get the best deal possible. You wouldn't buy a new television without comparison shopping, nor should you automatically reenroll in the same policy year after year - at least not without considering your other options.

Here are a few cost-savings suggestions to keep in mind:

Raise your deductible. Many people choose a low-deductible policy, thinking it'll cost less should they need to file a claim. But if you raised your deductible from \$250 to \$1,000, your premium could

drop 15 percent to 30 percent or more. Because you probably wouldn't file a claim for a minor fender-bender (for fear your rates would rise dramatically), you could save that \$750 difference through reduced premiums in a few short years.

Shop around. Insurance companies are eager to win your business, particularly if you're a low-risk driver with a good record, so don't be afraid to compare rates.

Many Web sites will give you quotes from different insurers online, including www.insweb.com, www.progressive.com and www.insureone.com. Just be sure you're comparing apples to apples, since different companies may package their coverage differently.

Many people prefer to buy insurance through an agent

knowing he or she will act on their behalf when filing claims, negotiating rates and so on. That doesn't mean you can't do some research yourself and ask your agent to match the coverage and rates.

Ask for discounts. Most insurance companies offer premium discounts for things like low annual mileage, a clean driving record, taking defensive driving courses, being over age 50 or 55, installing an alarm or vehicle tracking system, parking in a secure lot, working in specific industries, or buying your homeowner's or renter's insurance from the same company. And, if your kids maintain a B average or live more than 100 miles from your home with no car, that's usually good for a discount as well.

Watch your credit rating.

Most insurance companies use some form of credit information to help determine your rates, assuming that the more responsible your credit history, the less likely you are to cause an accident or make late payments. So, review your credit reports periodically to correct any mistakes. If you know that your credit rating has improved, ask your insurance company to recheck it at renewal time.

Buy the right car. Certain cars are far more expensive to insure than others: Sports cars (or rather, their owners) tend to be involved in more speeding tickets and accidents than family sedans, SUVs typically cause more serious and expensive damage in collisions, and certain models are far more likely to be stolen.

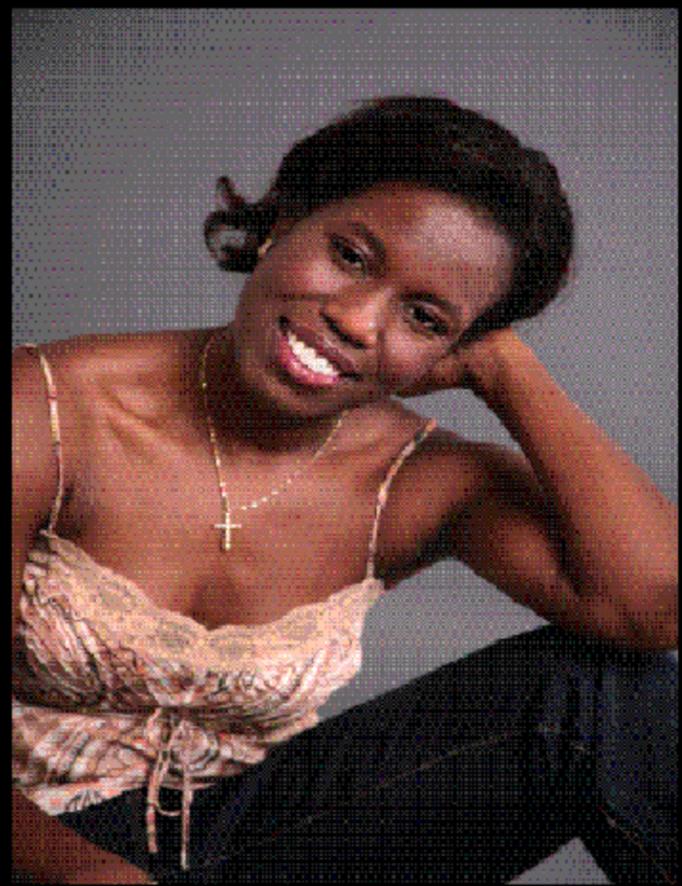
Keep these factors in mind

the next time you go car shopping and check insurance rates before buying or leasing. Practical Money Skills for Life, a free personal financial management site sponsored by Visa USA contains a comprehensive guide to considerations for buying a car (www.practical-moneyskills.com/car).

Many people save hundreds of dollars by comparison shopping for insurance. Shouldn't you be one of them?

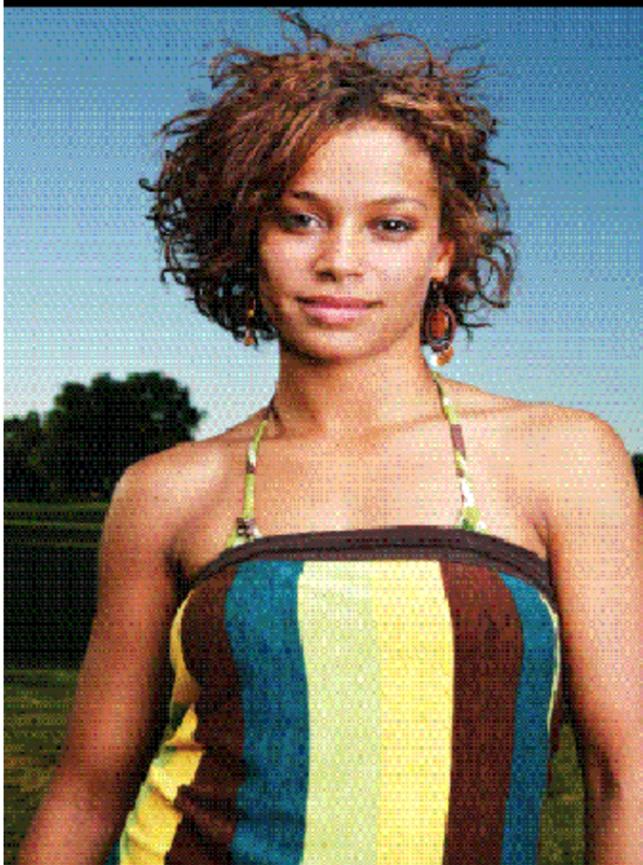
Jason Alderman directs the Practical Money Skills for Life program for Visa USA. To sign up for a free monthly personal finance e-Newsletter, go to www.practicalmoneyskills.com/newsletter. As always, consult a financial professional regarding your particular situation..

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!