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# East Palo Alto Today

Providing news that is relevant, informative and critical



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## Celebrating East Palo Alto's 35th birthday!

By Rayshaun Jordan

*How East Palo Alto became a city*



Photo by HJ Burroughs

The East Palo Alto 35th Anniversary celebration represented history in the making as community members and federal officials shared their memories of the role they played in the city's struggle for independence. Mayor Ruben Abrica leads the celebration, which was held on June 18, 2018 in the East Palo Alto City Council Chambers.

Have you ever wondered how East Palo Alto became a city? Did you know more than thirty-five years ago East Palo Alto was an area governed by San Mateo County?

This all changed on July 1, 1983 when East Palo Alto became a city and on June 18, 2018, some of the city's staff, residents and government leaders all came together to celebrate its 35th anniversary.

The 35th City Anniversary Event Reception this year on Monday, June 18, with U.S Representatives Anna Eshoo and Jackie Speier was held in the East Palo Alto City Council Chambers from 5:00 p.m. to 7:00 p.m. Also in attendance was East Palo Alto's

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## Candidates can now file to run in the November 2018 election

By Henrietta J. Burroughs

If you and/or someone you know are interested in running for office in the election this November, now is the best time and the only time to file as a candidate.

The candidate filing period for the November 6, 2018 Statewide General Election opened on July 16 at 8 a.m. and it will close on August 10 at 5 p.m.

Candidates in San Mateo County, who are running for an office without an eligible incumbent seeking re-election, will have an additional five (5) calendar days until August 15 at 5 p.m. to file.

According to Mark Church, the chief elections and assessor-county clerk-recorder for San Mateo County, "The No-



Courtesy of <https://www.smcacre.org/current-election>

November 2018 Statewide General Election will see a much larger number of offices than normally appear on the ballot in San Mateo County. This is a direct result of Senate Bill 415, also known as the California Voter Participation Rights Act, which requires local jurisdictions to move their governing board elections to even-numbered years."

Throughout San Mateo County, there are 21 school districts that have vacancies on their governing boards, 17 special districts that have open

seats for boards of directors, two regional districts that have vacancies, and 16 municipalities that have open seats on their city or town councils.

East Palo Alto voters will have an opportunity to vote on candidates to fill three seats on the Ravenswood City School District's governing board, three seats on the Midpeninsula Regional Open Space District and two city council seats.

Candidates who are interested in running for a regional district, school district or spe-

cial district office are advised to call Candidate Filing Officer, Michelle Yue, at 650.312.5293, to make an appointment to review the steps, forms and requirements to run for office. Candidates, who are interested in running for a city elected office, should contact their city clerk.

The San Mateo County Registration & Elections Division offered two seminars for potential candidates: one on July 11, 2018 and the second on July 26, 2018 p.m. The candidate seminars covered such topics as: • important deadlines• candidate statements• campaign finance reports• voter registration guidelines and requirements for campaign signs.

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# Ethnic media leaders to Secretary of Commerce — withdraw citizenship question from 2020 Census

By Sandy Close

The U.S. Census Bureau is seeking public comments on its 2020 Census plan, which includes a citizenship question on the census form all households must answer. Secretary of Commerce Wilbur Ross directed the bureau to add the untested question in March, after misleading stakeholders and Congress about the Justice Department's need for citizenship data from every person.

In our view, collecting citizenship status data from every resident for the first time in 70 years will jeopardize any serious effort to achieve a complete count. We join dozens of ethnic media outlets across the country in demanding that the Department of Commerce withdraw the question. We will also urge our audiences to use the public comments period to explain why the decision to add the



Courtesy of <https://www.census.gov/>

question is so misguided.

Ethnic news media are acutely aware of the high stakes our audiences have in a successful census. The 2020 Census ranks as one of the top civil rights issues of our time, underpinning how federal dollars are allocated to our communities and who represents us at almost every level of government. It tells us who we are and who we are becoming as a society. The 2020 Census is the one and only act of civic engagement in which literally every person counts — equally.

But all that hinges on people's willingness to trust the government to rigorously adhere to the strict legal protections for census confiden-

tiality and to ensure an equitable distribution of benefits to historically underserved communities of color. As media leaders serving many of the hardest to reach populations in the U.S., we know that public trust in government has eroded sharply, replaced by pervasive fear in the face of anti-immigrant policies and racist rhetoric.

We have a long history of informing, engaging and advocating on behalf of our communities. But when people are paralyzed by fear or alienated by anger and distrust, not even trusted intermediaries will be able to convince them to participate in the 2020 Census. In this climate, adding the citizenship question sends exactly

the wrong message and puts the 2020 Census at risk of an historic undercount.

Here is a sampling of comments from ethnic media leaders:

"It's a cynical ploy to diminish the influence of people of color."

-Yawu Miller, Editor, South Bay Banner (African American)

"Recent immigration policies have created a climate where immigrants, both legal as well as those who are undocumented, live in fear. Self-identifying as non-citizens in today's times is a risky proposition and those who are not citizens will not participate. It's as simple as that."

-Darek Barcikowski, White Eagle News (Polish American)

"Definitely adding the citizenship question will hurt participation. Even legal immigrants now have fear. Those who are not citizens will evade the questionnaire."

-Myong Sool Chang, Editor, Korean Boston (Korean

American)

"People in the Turkish community don't want to share their status with anyone outside their own relatives. The question feels threatening to all immigrants, regardless of their status."

-Orhan Akkurt, Publisher, Zamen Anerika (Turkish American)

"The citizenship question will suppress the count which will defeat the very purpose of the Census."

-Vandana Kumar, India Currents

"The biggest undercount will be of 0 to 5 year olds, which means we won't be able to distinguish the identities of the next generation."

"The government should reconsider adding the question on citizenship which is rather personal and does nothing in terms of generating the head count except create fear in the minds of an already scared immigrant community."

-Fernando Andres Torres, freelance reporter and editor

## De los Líderes de los medios étnicos al Secretario de Comercio -- Retire la pregunta sobre la nacionalidad del Censo de 2020

Traducido por  
Sandy Close

La Oficina del Censo de EUA busca comentarios públicos sobre su plan del Censo de 2020, que incluye una pregunta en el formulario del censo sobre la nacionalidad que todas las familias deben contestar. Wilbur Ross, el Secretario de Comercio, encargó a la Oficina en marzo agregar la pregunta sin comprobarla, después de engañar a las partes interesadas y al Congreso sobre la necesidad que tiene el Departamento de Justicia de los datos de nacionalidad de cada persona.

Nuestro punto de vista es que reunir datos sobre el estado de nacionalidad de cada residente por primera vez en 70 años pondrá en peligro cualquier esfuerzo serio para conseguir un recuento completo. Nos unimos a decenas de fuentes de medios étnicos en todo el país en exigir que el Departamento de Comercio retire la pregunta. También instamos a nuestros públicos a

que usen el periodo de comentarios públicos para explicar por qué agregar la pregunta es tan desacertado.

Los medios étnicos son muy conscientes del alto impacto que un censo exitoso tendrá para nuestros públicos. El Censo de 2020 se sitúa como uno de los temas de derechos civiles más importantes de nuestros tiempos, justificando cómo se asignan los dólares federales a nuestras comunidades y quiénes nos representan en casi todos los niveles de gobierno. Nos dice quiénes somos y en quiénes nos estamos convirtiendo como sociedad. El Censo de 2020 es el único acto de participación política en el que literalmente cada persona cuenta -- por igual.

Pero todo eso depende de la voluntad de la gente para tener confianza en que el gobierno se adhiera rigurosamente a las protecciones legales y estrictas de confidencialidad del censo y para asegurar una distribución equitativa de los beneficios a las comunidades de

2020 Census

About the Census

color que históricamente han sido menos atendidas. Como líderes de los medios atendiendo a muchas de las poblaciones menos accesibles de los EUA, sabemos que la confianza pública en el gobierno se ha deteriorado muchísimo, y en su lugar hay un temor generalizado frente a las políticas anti-inmigrantes y retórica racista.

Llevamos mucho tiempo informando a nuestras comunidades, animándolas a participar, y abogando en su nombre. Pero cuando la gente está paralizada por el miedo o alienada por la ira y la desconfianza, ni los intermediarios de confianza podrán convencerla a participar en el Censo de 2020. En este clima, agregar la pregunta sobre la nacionalidad envía exactamente el mensaje equivocado y pone el Censo de 2020 en riesgo de

un histórico recuento deficiente.

A continuación ofrecemos una muestra de comentarios de líderes de los medios étnicos:

"Es una estrategia cínica disminuir la influencia de la gente de color".

-Yawu Miller, Redactor, South Bay Banner (Africano americano)

"Las últimas políticas de inmigración han creado un clima en el que los inmigrantes, tanto legales como los que no tienen papeles, viven con miedo. Identificarse como no ciudadano en los tiempos que corren es una proposición arriesgada y los que no son ciudadanos no participarán. Es así de sencillo".

-Darek Barcikowski, White Eagle News (Polaco americano)

"Definitivamente agregar la pregunta sobre la nacionalidad dañará la participación. Incluso los inmigrantes legales ahora tienen miedo. Los que no son ciudadanos evitarán el cuestionario".

-Myong Sool Chang, Redactor, Korean Boston

(Coreano americano)

"La gente de la comunidad turca no quiere compartir su estado con nadie fuera de su familia. La pregunta suena amenazadora para todos los inmigrantes, sea cual sea su estado".

-Orhan Akkurt, Editor, Zamen Anerika (Turco americano)

"La pregunta sobre la nacionalidad suprimirá el recuento que hará fracasar el propósito mismo del Censo".

-Vandana Kumar, India Currents

"El recuento más deficiente será de niños de 0 a 5 años de edad, lo que significa que no podremos distinguir las identidades de la próxima generación".

"El gobierno debería replantearse agregar la pregunta sobre la nacionalidad, la cual es bastante personal y no hace nada en cuanto a generar el recuento, salvo crear miedo en las mentes de una comunidad inmigrante ya atemorizada."

-Fernando Andres Torres, reportero independiente



# Community News Briefs

## East Palo Alto City Council takes action

The East Palo Alto City Council usually takes its recess during the month of August.

But, this year the council will hold a special city council meeting on August 8, 2018 at 6:30 p.m., an hour prior to the time of its regular meetings.

The council addressed some critical issues this year, including the purchase of extra water from two neighboring cities: Mountain View and Palo Alto; the parking of recreational vehicles in the city, other aspects of homelessness and affordable housing.

Kudos to the city for all of the



taken expended on behalf of the pedestrian overpass that is currently under construction over East Bayshore Road.

The council has been following through on giving attention to the priorities it set for itself this year.

In spite of what the council has accomplished, a lot still needs to be done.

So, how will the financing of some of the city's future goals be achieved?

The city council has taken on another ballot measure "to enact a special purpose parcel tax on commercial office real property to be placed on the November 6, 2018 general election ballot."

Expect to hear more about it in the future.

What more is in the future for the council and the city? Look for more discussion about a ferry service being operated at Cooley Landing. The

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## San Mateo County Human Services Agency Launches Website for Food Assistance

By Michelle Durand

The County of San Mateo's Human Services Agency introduced the [www.getfood-sanmateocounty.org](http://www.getfood-sanmateocounty.org) website as part of CalFresh Awareness Month.

This innovative pre-screening tool allows the public and service providers to pre-screen their household composition for all federal food assistance programs such as CalFresh, WIC, Free/Reduced School Meals, and

Senior Meals in less than a minute.

The goal is to help food insecure families understand which programs they are eligible for without doing a lot of research on their own, visiting multiple websites or offices.

"We estimate there are about 440,000 people every month who are at risk for hunger in our area, but who are not receiving any food assistance," said Leslie Bacho, CEO of Second Harvest Food Bank of Santa Clara and San

Mateo Counties.



"San Mateo County Human Service Agency's pre-screening tool breaks down some of the barriers that keep people from seeking help and allows them to quickly and easily see what kind of food assistance programs they may qualify for."

The website was a concept that came from the End Hunger Workgroup, a coalition of community partners

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## City, County, State & U.S. Government Meetings & Contacts

<p><b>East Palo Alto City Council</b></p> <p>The East Palo Alto City Council meets the first and third Tuesday of each month at 7:30 pm in the Council Chambers, East Palo Alto City Hall, 2415 University Avenue; (650) 853-3100 or Fax: (650) 853-3115. Website: <a href="http://www.ci.east-palo-alto.ca.us">www.ci.east-palo-alto.ca.us</a></p> <p><b>East Palo Alto City Council Members</b></p> <p><b>Larry Moody Mayor</b> (650) 644-9110</p> <p><b>Ruben Abrica Vice Mayor</b> (650) 380-4987</p> <p><b>Lisa Gauthier</b> (650) 387-4584</p> <p><b>Carlos Romero</b> <a href="mailto:cromero@cityofepa.org">cromero@cityofepa.org</a></p> <p><b>Donna Rutherford</b> (650) 327-7926</p> <p><b>East Palo Alto Agencies,</b></p>	<p><b>Boards, Commissions, Committees</b></p> <p><b>Planning Commission</b> Second and Fourth Monday</p> <p><b>Rent Stabilization Board</b> Second and Fourth Wednesday</p> <p><b>Public Works &amp; Transportation Commission</b> Third Wednesday</p> <p><b>Youth Advisory Committee</b> First Thursday of each month</p> <p><b>Senior Advisory Committee</b> Meets first Wednesday of the even numbered months from 1:30p.m.-3:30p.m. - City Hall.</p> <p><b>East Palo Alto Sanitary District</b> The East Palo Alto Sanitary District office is open Monday through Friday from 8:00 a.m. to 12 noon and re-opens from 1:00 p.m. to 5:00 p.m. for service. Regular Board Meetings are held</p>	<p>the first Thursday of every month at 7:00 pm.</p> <p><b>Menlo Park City Council</b></p> <p>The Menlo Park City Council holds meetings every Tuesday at 7:00 p.m. at the City Council Chambers located at 801 Laurel Street. You can subscribe to receive the agendas and minutes by e-mail when they are published. For questions about an agenda, call the city clerk at 650.330.6620.</p> <p><b>Menlo Park City Council Members</b></p> <p><b>Kirsten Keith- Mayor</b> Cell:(650) 308-4618</p> <p><b>Peter I. Ohtaki- Mayor Pro Tem</b> (650) 328-0300</p> <p><b>Catherine Carlton</b> Residence:327-5332 Cell:575-4623</p> <p><b>Ray Mueller</b> (650) 776-8995</p> <p><b>Richard Cline - Cell:(650) 207-1677</b></p>	<p><b>Menlo Park Boards, Commissions, Committees</b></p> <p>Arts Commission              Bicycle Commission              Environmental Quality Commission              Finance and Audit Commission              Housing Commission              Las Pulgas Committee              Library Commission              Parks and Recreation Commission              Planning Commission              Transportation Commission</p> <p><b>San Mateo County Board of Supervisors Supervisor Warren Slocum Fourth District</b></p> <p>The San Mateo County Board of Supervisors meets on March 3, 17, 31, &amp; April 14,28 2009 in the County of San Mateo Hall of Justice &amp; Records 400 County Center, Redwood City, CA 94063. Roll call at 8 a.m. 9 a.m. Regular &amp; Consent Agenda items. 650 691-2121</p>	<p><b>State Officials</b></p> <p><b>Governor Edmund G. Brown</b>              State Capitol Building              Sacramento, CA 95814              Phone: 916-445-2841              Fax: 916-445-4633              Email: <a href="mailto:governor@governor.ca.gov">governor@governor.ca.gov</a></p> <p><b>Assembly Member Marc Berman</b>              District Address              5050 El Camino Real Ste.117              Los Altos, CA 94022              650 691-2121</p> <p><b>State Senator Jerry Hill</b>              District Address              1528 South El Camino Real San Mateo, CA 94301              (650) 212-3313</p> <p><b>U.S. Government</b></p> <p><b>U.S. Congresswoman Jackie Speier</b>              San Mateo Office              155 Boveet Rd, Suite 780 San Mateo, CA 94402              Phone: (650) 342-0300              Phone: (415) 566-5257              Fax: (650) 375-8270</p>
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# Collaborating to improve the community

By Sophia Pelosi

In May 2017, PG&E came to the home of Franciel Branch, a widowed mother of two and a 54-year resident of East Palo Alto, because her furnace was leaking carbon dioxide. They labeled it hazardous, turned it off, and left.

Franciel spent the next year, until May 2018, without central heating. Central Coast Energy Services lent her space heaters in the winter, for which she was grateful, but they increased her energy bill to the point that she struggled to pay it. Franciel lives on a fixed income and supports her nephew, who is physically disabled. There was simply no room in her budget for a new furnace.

Just a year later, Franciel's home has been transformed through more than a dozen home repairs— including the installation of a new furnace— for which she has paid just three hundred dollars. Franciel credits



Photo courtesy of Antonio Woodward

Franciel Branch is obviously happy about the repairs that were made on her house. She is joined in her back yard by her son Wendell Branch, who stands on the left in this photo and her son Devin Branch, who is shown on the right.

one person for her home's revitalization: Violet Saena, the Resilient Communities Program Manager at Acterra.

Acterra is a Palo-Alto based environmental nonprofit that has served the Bay Area since 1970 through a combination of education, partnerships, policy advocacy, and direct action. Violet, who was featured last week on the Midpen Media Center program "Talking With Henrietta," heads the Climate Resilient Communities Program, which builds alliances be-

tween community residents, local government programs, and community-based organizations in low-income areas in San Mateo and Santa Clara Counties to create resilience against the coming impacts of climate change.

For two years, Violet has brought Acterra's work to the communities of East Palo Alto and Menlo Park, from town-hall meetings to church groups to groups of families assembled in a neighbor's house. At each gathering, Violet explains Ac-

terra's mission and offers tips that families can use to save energy, and, consequently, hundreds of dollars a year. For many low-income families Acterra works with, as much as 20% of household income goes to utilities. Simple home-energy efficiencies combined with solar panels can reduce that bill by 60 - 90%.

Violet met Franciel at one such meeting, when Franciel approached her for help with her energy bill. Violet visited Franciel's house to evaluate it

as a candidate for free solar panels through GRID Alternatives, but when she found the furnace in disrepair, she knew she had a much bigger job on her hands. This is often the case: Acterra arrives to facilitate the state-funded installation of solar power, but finds multiple infrastructural problems with the house that must be corrected first.

Acterra functions like the hub of a wheel, centralizing the ef-

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## Local criminal court cases

By Rayshaun Jordan

**Peo v. Oscar Alfredo Tapia - Carmona:** On Monday, March 26, 2018, at about 5:50 p.m. Oscar Alfredo Tapia - Carmona, a 30 year old East Palo Alto resident, became angry with Victim #1, a total stranger next to his car on West Bayshore and Capitol at a red light. Tapia - Carmona fired a shot through the window of Victim #1's car and sped off.

Tapia - Carmona then stopped at the intersection of Newell and Woodland and fired two gunshots at another random 65 year old victim carrying groceries. The bullet shattered her arm and she will need surgery. Victim #1, who was still pursuing Tapia - Carmona, abandoned the chase and looked after the woman after calling police.

Tapia - Carmona then drove to Palo Alto where he hit a bicyclist who was fortunately not injured and then drove to a restaurant where he worked and told coworkers he had been chased by several people on the way to work.

Police found a Black Beretta Pistol on his person when they found him. Tapia - Carmona is currently in custody on no bail status.



<https://www.publicdomainpictures.net>

**Peo v. Jose Garcia Plascencia:** Plascencia who is a 56 year old East Palo Alto resident who was already charged with multiple counts of Sexual Assault involving 20 victims.

This case involves two victims the first victim injured her back when working at Target in 2006 and was recommended by a friend to get a massage from Plascencia. On the first visit, nothing happened. But in the two subsequent visits Plascencia asked victim to undress and he used his hand to penetrate her.

Bail was raised from \$200,000 to \$300,000 and defendant is still in custody. This case has already been arraigned in superior court on Tuesday, July 17, 2018 and is next set on September 25, 2018 at 1:30 p.m. in Dept. 9, for the Criminal Presiding Judge Stephanie G. Garratt, for the pretrial conference.

The case is set for jury trial on November 5, 2018 8:30 a.m. and Plascencia remains in custody on \$950,000 bail.

**Peo v. Eugenio Pena:** Palo Alto Police Department Narcotics Officers had a search warrant at prisoner's East Palo Alto home when Pena shot at the first four officers. None of the officers were hit but officers returned fire and Pena and his wife were shot but survived. Their baby on a mattress nearby was not struck by gunfire even though the mattress was hit eleven

This was the prisoner's seventh parole hearing. The Board of Parole Hearings panel was comprised of Commissioner Kevin Chappelle and Deputy Commissioner Christine Niger.

The prisoner's attorney was Dejon Lewis. The hearing was conducted and the Board found the prisoner no longer constitutes an unreasonable risk of danger to the public and was suitable for release on parole.

The case will now go through administrative review at the Board of parole Hearings and then to the Governor's Office for review.



### Interesado en empezar un Negocio?

Si quieres comenzar un negocio propio, Renaissance esta aquí para ayudarte a hacer lo de la manera correcta. Ofrecemos capacitación para pequeñas empresas, consultoría, incubación, acceso a capital y redes, y apoyo emocional (y sí, a veces una patada en los pantalones!) Para transformar sus sueños en realidad 'Open for Business'

#### Orientacion:

Orientacion: Agosto 20 y 27, 2018 6:30 p.m. - 8:00 p.m. Estas listo para comenzar un negocio o pensar en ello? Descubra su disponibilidad de negocio y obtenga los consejos y recursos, incluyendo el acceso a una amplia gama de servicios de Renaissance, para lanzar o expandir su negocio.

#### Comienza y Creza con Confianza:

Clases Empiezan: Septiembre 10, 2018 Se reúne los Lunes durante 4 semanas de 6:30 p.m. - 9:30 p.m.

Este curso se centra en el desarrollo de lo que es la misión, visión, metas y estrategias de negocio, así como el crear un plan de acción. Todo esto se ofrece en cuatro sesiones de tres horas. El objetivo final es que los participantes tengan una mejor comprensión de su modelo de negocio, cualquiera que sea su interés el de iniciar o hacer crecer un negocio. Una sesión opcional de dos horas sería facilitado por la instructora. Este servicio es disponible exclusivamente para los dueños de negocios y es limitado. (12 horas) \$60 - \$120 (Tasa de becas basado en el ingreso, la verificación es necesario).

#### Planificacion de Negocios:

Clases Empiezan: Octubre 15, 2018 Se reúne los Lunes por 10 semanas de 6:30 p.m. - 9:30 p.m. Este curso de 10 sesiones esta diseñado principalmente para empresas antes de su lanzamiento. Este curso es una introducción de conceptos básicos de negocios y esta diseñado para ayudar a los participantes a determinar si el negocio es factible o realizable. Los participantes aprenden lo fundamental de la mercadotecnia, el manejo operativo y conceptos de finanzas. También realizan proyecciones financieras, análisis de mercado y aprenden sobre el proceso operativo de su negocio. Los participantes desarrollan un plan de negocios básico, el cual les puede ayudar a medir el potencial para lograr el éxito en su negocio. (30 horas) \$120 a \$240 (con beca, lo que requiere verificación de ingresos en forma de cheque de pago o declaraciones de impuestos).

1848 Bay Rd. East Palo Alto, CA 94306

Para inscribirse en las clases y obtener más información, visite [www.rencenter.org](http://www.rencenter.org) Llame al 650-321-2193 Becas disponibles bajo petición.

Estas clases son presentadas por Renaissance Entrepreneurship Center, una organización 501(c)3 sin fines de lucro.

Más información en [www.rencenter.org](http://www.rencenter.org) [crasmussen@rencenter.org](mailto:crasmussen@rencenter.org)



# Gran Fondo (Big Ride) comes to East Palo Alto

By Eve Sutton

A dream became reality for cyclists in East Palo Alto and beyond. Collaborating with the Four Seasons Silicon Valley, four local nonprofits, City National Bank and Royal Bank of Canada, former mayor and current city council member Larry Moody helped bring an Italian tradition, the Gran Fondo ("Big Ride"), to East Palo Alto on Saturday, June 23, 2018.

Joining the fun, East Palo Alto resident Mike Francois rode his bike through the whole scenic course, 75 miles to Pacifica and back. "The organizers had everything ready. Water, snacks, first aid stations, people to help if your bike broke down. The ride was long, and it had some



Photo courtesy of Council member Larry Moody. The cyclists participating in the Gran Fondo race in East Palo Alto are lineup and eager to start.

hills, but it was beautiful. They had people keeping you safe, so the cars didn't get too close to the bikes."

Those who wanted a shorter ride with somewhat flatter terrain registered for the Presto Fondo ("Quick Ride"), about 62 miles along much of

the same course, through San Mateo County parks, forests and open space preserves. All riders enjoyed stunning views of the Santa Cruz mountains and Pacific ocean.

Planning started last year, when Florian Riedel, general manager at Four Seasons Sil-

icon Valley, called Larry Moody with an idea. Royal Bank of Canada (RBC) and City National Bank wanted local contacts to help organize a Gran Fondo in Northern California.

Moody was eager to help. He arranged a meeting with the mayors of Menlo Park, Palo Alto, Woodside and Portola Valley. Moody also facilitated collaboration between the ride's organizers and East Palo Alto city staff. Everyone agreed to support the event, and RBC hired 60 youth from East Palo Alto to assist.

Francois had never gone on such a long bike ride, but became enthusiastic when a representative gave a presentation at a meeting of East Palo Alto City Council.

"My training started at the YMCA, riding a stationary bike to practice for hills. It was a challenge. I worked to get in shape and keep my weight down," he reports. "I bought a used bike, and started riding in the areas around here, then behind Woodside High School, then on the roads that go

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## Community News Briefs

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council heard a special presentation about such a service at its July 31, 2018.

It was an idea proposed by a former member of the city's Public Works and Transportation Committee years ago.

Can you imagine a ferry service at Cooley Landing? Community members who spoke could not imagine it and it was not an idea that seemed to be well-received.

### Public disclosures made

Over the past few months the San Mateo County Grand Jury has released a series of findings of interest that impact local residents.

In the latter part of July, it released a report that recommended that "More transparency is needed at Rethink Waste as the agency has failed to post annual reports on its website for sev-

eral years. Moreover, the agency has not posted an annual audited financial statement for several years as well. These and other findings are disclosed in the San Mateo County Civil Grand Jury report, *South Bayside Waste Management Authority Board: Stakeholder Satisfaction With a Board of Elected Officials*.

The report can be found online at: [http://www.sanmateocourt.org/documents/grand\\_jury/2017/sbwma.pdf](http://www.sanmateocourt.org/documents/grand_jury/2017/sbwma.pdf)

Earlier in the month the San Mateo County Grand Jury found that while "eighty-two percent of residents in San Mateo County's multiunit households are protected from the dangers of exposure to secondhand smoke in their homes through ordinances passed in their jurisdictions..., it is difficult to determine their

effectiveness and the impact these ordinances have made because of limited data collection and analysis."

So, it recommended that "that San Mateo county jurisdictions with ordinances prohibiting smoking in multiunit housing do more to ensure residents know of their rights and responsibilities."

The full report can be viewed at [http://www.sanmateocourt.org/documents/grand\\_jury/2017/smoke\\_free.pdf](http://www.sanmateocourt.org/documents/grand_jury/2017/smoke_free.pdf)

### A new round of funding

The Chan Zuckerberg Initiative is inviting local Bay Area organizations to apply for new grant funding through the CZI Community Fund.

The fund is open for proposal submissions from July 31 through September 19, 2018.

The CZI Community Fund

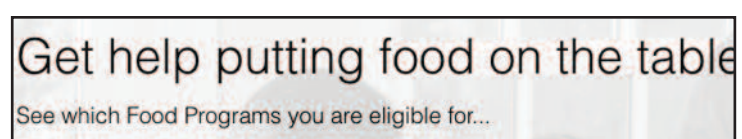
continued on page 14

## New San Mateo County website

who have been meeting over the past year to address hunger in the community. While there are other pre-screening tool for a single food program, there has not been one for multiple programs, including local food resources.

"This is another great example of the County collaborating with our service providers and the tech community to create an innovative tool for the greater good of the community," said Nicole Pollack, Agency Director of the Human Services Agency.

"The End Hunger Workgroup provided the guidance



and the website was coded by talented local developers on their own time through the Open SMC hack group."

"Food insecurity is an issue that faces residents of all ages, including right here in San Mateo County, which continues to be one of the most expensive areas to live. I am excited that this new website will make federal food assistance more accessible for older adults.

Our hope is that a loved one

may use the search portal to find a food program for themselves, see the numerous programs available to older adults, and share that information with their parent, grandparent and/or older adult loved ones," said Lisa Mancini, Director of Aging and Adult Services, a division of San Mateo County Health System.

Contact Edwin Chan at the San Mateo County Human Services Agency at 650-802-7568 for more information.



### Interested in Starting or Growing Your Own Business?

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Class Starts: Monday, Oct 15 - Dec 17, 2018  
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**Scholarships available upon request.**

These classes are presented by Renaissance Entrepreneurship Center, a 501 (c) 3 non-profit social impact organization.

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Reasonable accommodations will be made for persons with disabilities. Please contact Crystal Rasmussen 650-321-2193  
[crasmussen@rencenter.org](mailto:crasmussen@rencenter.org)



# From the Editor's Desk

## We're in a time of growing concern

It's a critical time for the U.S., a time when even the foundation upon which our country was founded is being questioned. Even conservatives, liberals, and those of all political persuasions might agree. Can you imagine that this is something that even those on opposing sides would see eye to eye on?

The issues facing our country are obvious. Some say that the divisiveness and polarization that the country is currently witnessing is a prelude to our country's next civil war. That's shocking.

During the 2016 U.S. presidential campaign, candidate Hillary Clinton said that she would bring us all together.

This goal was certainly not something that candidate Donald Trump and, later, President Trump cared about.

Like candidate Trump, President Trump is concerned about catering to his political base – a political base that wants to “Make America Great Again.” As much as one can tell, he wants to make America in the style of the America that existed in the 1950's, the America that became a superpower after World War II.

The America of the 1950's was not one that recognized the equal rights of its citizens of color. It was a time that most people in the country believed in the separation of the races and advocated such separation at all levels: in education, in employment, in health care, in housing, in public accommodations, at every level that you can name.

If this is the period that the Trump administration recognizes as the zenith of America's greatness – the period in which America became a super power and an economic giant, then it is the values that were held during this period that might explain

some of this administration's current policies.

Why does one mention race? It is because the issue of race looms large. After all, it was the president who asked his staff why our country need immigrants coming here from “those shithole countries.” It was the president who said we needed more immigrants from countries like Norway.

Could it be with the previous forecasts of current majority populations becoming minority populations, the administration's policies are designed to hold back the predicted demographic changes to keep America's current majority in the majority and to keep people of color back.

But, try as much as his supporters might try, current from, the Centers for Disease Control show that “in 2016, there were more deaths than births among America's non-Latino white population and it is an aging, shrinking population.” According to the Economist, “As the white population ages and shrinks, minorities and immigrants are filling the gap.”

America cannot go back to the America of the 1950's.

The immigration issue, with the separation of parents and children, looms large. For some separating children from their parents on America's southern border is reminiscent of the period of slavery, where families were separated and sold off. Can you imagine that there are parents who have been deported without being reunited with their children, from whom they were separated? This is as inhumane as was the separation of children and mothers during slavery in this country. What is currently going on with regard to family separations is a crime

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Henrietta J. Burroughs



Photo by HJ Burroughs,

The 35th Anniversary of the incorporation of East Palo Alto brought together local, state and federal officials to celebrate the city's history, present and future. For many, the sharing of personal stories and experiences during the celebration on June 18, 2018 in the City Council Chambers triggered many memories.

## Letters in East Palo Alto Today



The following poem was written to celebrate the life of Spencenia (Spencer) Sims, who resided for more than 50 years in the Gardens neighborhood of East Palo Alto. She was considered, by many who knew her, as a treasured member of the East Palo Alto community. She passed away June 24, 2018, prompting Eve Sutton to write the poem My neighbor Mrs. Sims. See her obituary on page 8 of this issue.

**Honoring an East Palo Alto resident -**  
Dear Editor:

**“My neighbor Mrs. Sims”**

“Neighbor” comes from *neah*, then *nigh*:  
A person living closest by.  
So living with, through thick and thin,  
Has made us kith, or almost kin.  
When gunshots came too close at night,  
We called to ask, “Are you all right?”  
We helped each other through a flood—  
Months of laundry after the mud.  
We quieted the feline spats,  
Fixing dozens of feral cats.  
We sat with grandkids on our lap  
When they woke, grouchy, from their nap.  
We fed each other when we could

With food shared through the neighborhood.  
She introduced me to her friends  
Again, again, and yet again.  
And from her driveway, on her throne  
(An office chair, with mobile phone)  
She demonstrated magic stunts,  
Like talking to five friends at once  
While giving unto each a word  
To show that she had truly heard.  
She made the neighborhood a home,  
Where even I was not alone.  
I heard her laugh across the street  
With every neighbor she would greet.  
And still I see her in that chair:  
“I love you, Darlin’! You take care!”

Eve Sutton  
East Palo Alto

## 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 the other.

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 would compromise the integrity of our news reports.

### East Palo Alto Today

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# Opinion

The ideas expressed on this page are solely the views of the individual authors who do not represent East Palo Alto Today's board or staff

## Considering Judge Brett Kavanaugh

By Rayshaun Jordan

After considering several judicial candidates, President Trump nominated Judge Brett Kavanaugh to replace retiring Justice Anthony Kennedy on the Supreme Court. Justice Kennedy has been on the Supreme Court since Feb. 18, 1988, a total of 30 years. Justice Kennedy was a conservative judge but later came to be recognized as a swing-vote justice because he often was able to join the liberal justices and support the liberal minority on cases regarding issues like same-sex marriage, gun

control, and environmental issues.

In the highly polarized political environment our world seems to now be in, it would be best if Judge Brett Kavanaugh has the ability to not be partisan and agree to see things from new perspectives like Justice Kennedy did. I do not think our country will make any progress if you have two political groups simply fighting against each other. We need a few justices out of the nine,



Rayshaun Jordan

who can look beyond the partisan politics and judge from a variety of perspectives and viewpoints.

We currently have four liberal justices: Justice Ruth Bader Ginsburg, Justice Stephen G. Breyer, Justice Sonia Sotomayor, and Justice Elena Kagan. Both Justice Ginsburg who is 85 years old, and Justice Breyer who is 79 years old could retire very soon. If either one of them does, or unfortunately dies,

then the Supreme Court will have a very conservative bias at 6-3. If President Trump happens to win re-election in 2020, we will have a very partisan government - even if liberals gain a majority in Congress.

For this reason, Judge Kavanaugh's appointment to replace Justice Kennedy is so important. This should not be ignored or viewed as another win for conservatives. This should be viewed as an impact on our world. Supreme Court justices make decisions on very important issues like immigration, abortion, and same-sex

marriage. Regardless of where we fall on these issues, these topics affect the daily lives of people like you and me. We cannot just carelessly support judges who support our political and ethical views. We need judges who look at things fairly, especially when dealing with cases that affect the lives and futures of people regardless of their political party.

Another important thing, we cannot have another judge to uphold conservative ideas who seems to agree

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## Lack of diversity? Add role models in the office

By Jeremy Greenberg

*Need Diversity In Your Workplace?*

*The Numbers Say Role Models Are Lacking*

It might feel more comfortable to work with people who are - more or less - just like you, but study after study has shown that's not the best way to do business.

Research finds that diverse workforces are more effective workforces, which is why many large companies now have diversity programs for the recruitment and development of women, racial minorities, and LGBTQ individuals.



Jeremy Greenberg

"And that's a good thing, but having a diverse workforce doesn't go far enough," says Jeremy Greenberg, founder of Avenue Group ([www.Ave-Group.com](http://www.Ave-Group.com)), a firm that advises private equity firms, Fortune 500 executives, and mid-market companies

"It's also important to have

diversity represented in leadership and role model positions, and America's institutions - from large corporations to universities to the music world - are lacking on that front."

Avenue Group recently conducted a study to determine the level of diversity among role models in today's America. The study looked at the top 100 leaders in nine categories: Fortune 100 CEOs, U.S. senators, presidents of top-ranked universities, best-selling authors, top-selling musicians, directors of the highest-grossing films, producers of the highest-rated TV shows, stars of the most-popular YouTube chan-

nels, and hosts of the most-popular podcasts.

For the most part, Greenberg says, white men dominate in percentages far beyond their representation in the overall population.

"There's a stark difference in diversity between the leadership role models and the general population," Greenberg says. "White males account for 69 percent of the role models, even though they make up just 31 percent of the U.S. population."

Greenberg says a few things worth knowing about diversity include:

The benefits of diversity. Studies have found that a di-

verse workplace comes with proven benefits, including an increase in innovation, reduction in turnover, a higher level of creativity, and a more effective understanding of the needs of different market segments.

The importance of role models. Role models - the people we look up to, who take up media space, and earn our attention - play a key part in getting us comfortable with our differences. "Improving diversity in leadership positions can go a long way in helping to improve diversity in a company's overall workforce," Greenberg says.

Lack of diversity among continued on page 13

## Medication Assisted Treatment can curb opioid abuse

By Mark Parrino

Every day, approximately 170 Americans die from an opioid overdose.

The opioid crisis has been building for 30 years. It started with physicians over-prescribing painkillers and has now morphed into a heroin and fentanyl epidemic. In 2017, an estimated 62,000 people died from opioid related overdoses, up 48 percent from 42,000 deaths in 2016. Drug overdoses now represent the leading cause of death for Americans under the age of 50 and life expectancy has fallen.

This public health epidemic isn't just deadly, it is also costly. Between 2001

and 2017, Americans spent \$217 billion on healthcare related costs connected to the opioid abuse epidemic. Widespread opioid addiction has also hampered economic productivity and necessitated additional spending on social services, education, and criminal justice, at a cumulative cost of \$1 trillion.

Physicians and addiction specialists agree that "medication-assisted treatment" could curb this epidemic. MAT combines prescription drugs that prevent opioid cravings with counseling and other clinical support. Increased access to MAT would greatly reduce the number of lives lost and dollars spent. Fifty percent of



Mark Parrino

opioid addicted individuals who undergo MAT remain free of illicit drug use after 18 months.

By contrast, 90 percent of individuals who try to discontinue opioids without MAT relapse within a year.

But right now, government regulations and insur-

ance programs make it exceedingly difficult for patients suffering from opioid use disorder to access MAT. Changing these rules would save thousands of lives while offering a bipartisan solution to the opioid epidemic.

Need more evidence of MAT's effectiveness? In Connecticut and Rhode Island, correctional facilities are using three federally approved medications: methadone, buprenorphine, and injectable naltrexone. This MAT has reduced recidivism and kept ex-offenders alive following their release.

This is great news -- and it's why my organization has been working with correctional facilities to increase in-

mates' use of MAT for opioid use disorder.

But we need to increase access to MAT for everyone. Luckily, federal agencies are doing their part.

The Substance Abuse and Mental Health Services Administration is working to increase access to treatment. The Food and Drug Administration is reviewing a wider range of MAT drugs and encouraging researchers to develop new MAT therapies. The National Institute on Drug Abuse is researching new technologies to treat opioid use disorder. And in April, the National Institutes of Health launched an initiative to develop new formulations of

# Lifecycles

## Obituaries

### Verna Thomas - January 15, 1931 - July 8, 2018

**M**rs. Verna Thomas passed away on July 8, 2018 in Anchorage, Alaska.

Verna Thomas better known to family and friends as Kdea was the sixth child born from the union of the late Edgerton and Allie Lee Caldwell on January 15, 1931.

Verna entered heaven's gates on Sunday, July 8, 2018 in Anchorage Alaska at the age of 87. She was a loving mother, grandmother, great grandmother, great great grandmother, and great



Verna Thomas

great great grandmother.

In 1945 Verna married Robert Dorsey and, to this union, five children were born: Pearlie, Merdana, Linda, Jackie and Kelvin Dorsey,

Verna accepted Christ at an early age in Coushatta, Louisiana.

In 1964, Verna and her family moved to California where they united with Mt. Olive Baptist Church under the leadership of the late Pastor James Daniels.

In 1973, Verna united with the Truelight Baptist Church

under the leadership of the late Pastor Johnny Ray Cooksey.

On October 18, 1974, Verna united in holy matrimony to Alonzo Thomas who preceded her in death. No children were born from this union.

Verna worked at Kaiser Electronic as an assembler for many years where she retired.

Verna was an active member of the Truelight Baptist Church until her health started failing. She served in the Sunday school, mission department and was active in the Bay Area Baptist District As-

sociation. She loved her church and was a proud member of Truelight Baptist Church. The golden girls of the Truelight Baptist Church are together again: Carolyn James, Mildred Hill and now Verna Thomas.

Verna was preceded in death by three of her children: daughters Pearlie Mae Dorsey, Jackie Faye Richard, and son Kelvin Joe Dorsey.

In 2013, Verna moved to Anchorage, Alaska with her daughter Linda Robinson,

continued on page 13

### Spencenia Sims - November 10, 1941 - June 24, 2018

**M**rs. Spencenia Howard, better known as

Spencer to her friends and Sisterbabe to her family, was the youngest of three children born from the union of Matthew Howard and Martha Byrd on November 10, 1941.

She was a graduate of Gloster High School in Gloster, MS where she played basketball. Always independent, she left Mississippi to live with her cousins Mary-Sally and Obie while she attended college. To earn money she babysat their daughter, Phyllis, which began her love and relationship with children. Spencer enjoyed laughing and spending quality time with family. While spending time with her cousin,

Robert Williams, she met the love of her life for 57 years, Curtis Sims.

Curtis and Spencer were married in 1960 and to this union, four children were born - Lenor, Edward, Paris, and Aaron.

Spencer worked as a housekeeper, then later as an administrative assistant at SRI where she was well liked by her colleagues and was a member of the office softball team. She wasn't the best player, but she cheered the loudest. Her next jobs were the lead inspector for Atari and Priam. The day she brought the Atari console home they couldn't keep kids out of the house. Aaron was the reigning house champion and took on



Spencenia Howard

all contenders.

She retired from working in 1982 stating her kids were getting out of hand and needed her. She actively participated in the PTA, being a booster member at the Carlmont High School and was part of the

Grad Night Committee. She proudly invited the family to witness her great accomplishments and final product.

Later, Spencer decided to extend herself to community families by nurturing and loving their children. It started out as caring for one but her concern with the rising cost of daycare and the financial burden on the families soon blossomed into a full-time career caring for a total of 21 children. One child stated, "I don't want to go to regular school, I want to go to Mrs. Sims' school."

She loved those kids and they loved her. Many are now parents and still drop by to see her. She officially closed her doors once her grandchildren were born.

Spencer loved her church and was a proud, dedicated member of Macedonia Baptist Church. She taught Sunday School and provided breakfast for the kids every Sunday.

Spencer cherished her family and created an environment where all were welcome and could feel the love at the first greeting. She leaves behind a cherished husband Curtis Sims, two daughters, Lenor Sims and Paris Sims-Hill, one son Aaron Sims, one sister Fannietta Anderson, daughter-in-law MaryAm, four granddaughters: Ciara, Ella, Ava, Kayla, and a host of nieces, nephews and a community of friends.

She is preceded in death

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### Jeri Lou Dillard Oakley - September 14, 1946 - June 19, 2018

**M**rs. Jeri Lou Dillard Oakley was born September 14, 1946, in Wayne County Detroit, Michigan, to Mack and Ernestine Dillard. Jeri was born second after her older sister Gail, and later her younger brothers Jeffrey and Brian would complete the family of six.

Jeri grew up in a family in which community and service was important, as well as ambition and success. Mr. and Mrs. Dillard did their best to provide a comfortable life for their four children. Mr. Dillard worked for Ford Motors, later for the city as a garbage man, as well as ran his own business as a carpenter. In addition, Mrs. Dillard worked as a hairdresser in her basement



Jeri Lou Dillard Oakley

salon. The Dillard family were very active in their community and took great pride in being members of large extended family.

Little Jeri was a curious child who loved to read. She could often be found with a spoonful of peanut butter, her

favorite book, and a flashlight in the closet. Jeri was a girl who liked to play outside with the neighborhood kids. She was very helpful to her mother around the house and learned the value of hard work at an early age. She was also very close to her father and would often recall the many funny stories and life lessons he would bestow upon the family. With a natural instinct for learning, Jeri always did well in school and had many friends.

When Jeri was sixteen, the family moved from Detroit, Michigan to East Palo Alto, CA Teenage Jeri finished her high school education at Ravenswood High School, where her interest in social change and activism was

sparked. After graduating high school in 1964, Jeri went on to study at College of San Mateo where she began to connect with organizations such as SNCC, Nairobi Day School, and eventually the Black Panthers. Her involvements with this freedom fighting organizations took her all over the Bay Area and beyond. Eventually Jeri moved to San Francisco and later Oakland while still keeping close ties to East Palo Alto. Her brothers, nieces, nephews, and god children all have fond memories of joining Jeri for Black Power rallies, James Brown concerts, and trips to the flea market. Jeri's love for Black culture and freedom would be a tremendous example for future generations of her family.

Jeri studied at New College of San Francisco to obtain her certification as a Licensed Vocational Nurse and began working. Her impact as a caregiver would reach far beyond nursing touching the hearts and lives of her patients and their families.

Jeri met and married Dewayne Oakley, a blues/jazz musician. The couple was drawn together for their love of art and culture. Their union would produce a daughter Yahsmeen, and a son Jamal. In June of 1986, Jeri was once again blessed with the opportunity to become a mother to a baby boy, Rasheed.

Black families faced many hardships in East Palo Alto in continued on page 12



# Lifecycles

## Eastside Prep drama students write their own play

By Rayshaun Jordan

**W**orld War High premiered at Eastside College Prep. and it will be a play that will be remembered. Most memorable was the fact that it was created by the students, themselves, in their five week drama class.

After reading a number of plays, the students couldn't find one that appealed to them, so they wrote their own. They called it World War High. Why the name?

The students threw out a number of names and voted on World War High because the name represents how high school is a very important place to develop your identity.

World War High had a central plot of a jock, Mac, dating and badly mistreating two of his classmates, Marissa and, then, Vanesa, both nerds.



Eastside Preparatory summer drama students act in World War High, the play they created

The narrator, Maya, led each high school group; jocks, nerds, and emos (1980's music) into doing various scenes throughout the play which were both comical and serious. The play, which had two acts was performed at the school on Wednesday, July 25 and Thursday, July 26 at 11:00 a.m.

Act 1 gave the audience the conflict, Mac was now dating Vanessa and everyone was trying to warn Vanessa that Mac is not what he appears to be. Act 1 gave the

audience the plot of the play with a nice balance of humor and seriousness.

Act two opened up like this:

"..You put your right hand in you put your right hand out, you put your right hand in and you shake it all about!"

"What! We need a new narrator!!"

"I'm sorry guys, last time!"

This scene led into some jocks and nerds wearing wigs and cheerleading outfits, which then led to a jock and nerd stand off for school spirit

inviting the audience to cheer along.

Jocks: "We got spirit yes we do, we got spirit how about you!"

Nerds: "We got spirit yes we do, we got spirit how about you!"

Both sides: "We got it all!"

Both sides: "We got it all!"

After a winner was announced each side left and the cast went right back into the plot bringing everyone to an exciting ending, where Mac did not get Vanessa, but they still lived very happ, sep-

arate lives.

After Act 2 the play wrapped up with an epilogue where the audience was given the clear message of the play:

People may forget what you say. People may forget what you do. But, they will never forget how you made them feel.

This message was a key point throughout the play as different groups touched on having mental illnesses, negative body expectations, social standards, family expectations, peer pressure, identity issues, and immigration status.

Whole cast: "..Social media! I can't help it that I'm stressed out and resentful sometimes! I'm just a kid!"

This play was something great to see!

**Rayshaun Jordan**, is an intern with EPA Today, who played the role of William, a nerd in the play.

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HEALTH CARE THAT CARES





# Amidst gentrification, locals give back

By Kyra Brown



Kyra Brown

I've worked in the East Palo Alto (EPA) nonprofit community for the last three years. I'm honored to be among the ranks of people who grew up in this community and have decided to give back to the place we call home.

While I've been writing about the (often heated) topic of gentrification for the past three years as well, I want to acknowledge the locals that have chosen to come back and give back to EPA. Here are five insights that I'd like to share:

1. Know that gentrification isn't inevitable – it isn't a force of nature, but a process brought

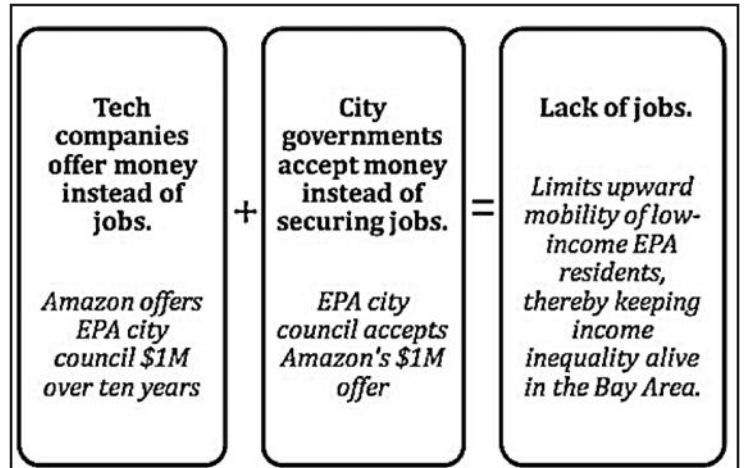
about by human actions. This helped me not to feel immobilized when navigating how to address the issue, meaning that there was still a way to combat gentrification as a person who grew up in this community.

2. Pick your battles – find

the issue you want to invest time solving. I didn't have a particular issue in mind, but it became giving visibility to the Bay Area's tech inequality with a focus on policy solutions in EPA, and urging tech companies to be "good neighbors" in EPA and beyond. There are many issues to fight for, always meetings going on, and people will likely want you to be apart of it all, but to be effective, you will have to pick a focus area and put your shovel to the ground.

3. Decide your negotiables and non-negotiables – it helps if these are tangible. Negotiables and non-negotiables vary depending on who you

talk to. For example, a transplant to the city may have a different view than do locals, or younger locals may have differing opinions on what is best for EPA than those who grew up in the community pre-redevelopment era. There will always be difference of opinion. But figure out what works and doesn't work for you and be clear about that – it will inform how you go about your work. Let's use the Amazon decision as an example (see Figure 1), since it happened about a year ago (March 2017). My non-negotiable was that my local government not be complicit in perpetuating tech inequality in the Bay Area (by not negotiating jobs in tech for residents). To my first point, the above chart conveys how human actions can spur gentrification. The Amazon outcome helped me identify my own stance in what I believed to be best for my community. The intent here isn't to blame EPA city council for the whole sum of the Bay



Graphic representation of factors, which perpetuate income inequality in the Bay Area's Tech sector.

Area's tech inequality, or debate whether or not this was a "difficult" decision, but point to the tangible factors which influenced our complicity in the current state of affairs.

4. Define your win – for me, here are some policy pieces that may address the tech inequality equation: (a) update/enforce our First Source Hiring policy, which will provide a steady bank of avail-

able/comparable jobs for residents, (b) have incoming tech companies create/enforce corporate social responsibility (CSR) policies that create pathways to jobs in tech (while some companies have hired community liaisons – and while those are needed, this person isn't a hardwired CSR policy – this should fall on an entire department, not

continued on page 14

# Providing outstanding service to East Palo Alto seniors



Photos by Ivan Temes

There is always full attendance for the Mother's Day brunch at the East Palo Alto Senior Center.

By Ivan Temes

The East Palo Alto Senior Center, under the direction and commitment of Executive Director Millicent Grant, provides outstanding services to senior citizens in the community.

The center is some ways is a 'hidden gem' providing a wide array of services and hosts a comfortable setting for seniors. There are a number of community relationships that provide support for successful bi-lingual programs at the center.

As Mrs. Grant says, "Having ninth grade students from Oxford Day Academy assisting seniors with understanding computer technology was fantastic. There was a bonding between the younger peo-

ple and the seniors." Students from the 1EPA summer employment programs are among those who also provide general support to the senior center.

Meals five days a week are a 'haven' for many of the clients. The senior center is open from 9 a.m. to 3 p.m. Lunch (provided by the city of East Palo Alto) is served each day. In addition Mrs. Grant has added a morning breakfast service.

Former Mayor Donna Rutherford said, "The Senior Center is a foundation. It knits the fabric together, helps build the team orientation and has historically made an impact in East Palo Alto. Mrs Grant has a huge heart and gives tirelessly."

The center works with Sec-

ond Harvest Food Bank and provides take-home-food for those who are in need every other Thursday morning. It also works with Project We-Hope to donate extra food to their shelter population.

On Sundays from noon to 1:30 p.m. there is a partnership with Fresh Approach and Facebook at the Farmer's Market in front of the center. There are special food discounts for seniors.

Recently, Mitchell, who--along with Penny--drives the senior center shuttle busses, came on a Sunday and drove 20 well-dressed seniors to a wonderful musical event at Eastside Preparatory--where they were invited as guests.



Penny and Mitch, two bus drivers for the East Palo Alto Senior Center stand proudly beside one of the buses they drive.

The shuttle also took seniors on the free-visit day to the San Mateo County Fair.

Elizabeth Silva, the outreach programs coordinator is a volunteer who works with the outreach programs which includes the Four Seasons participating in events like the Elegant Tea Brunch and the Mother's Day Brunch.. Clara is 102 and attends the tai-chi and Strong for Life fitness.

The special events are also outstanding. A packed house attended the Mother's Day Brunch with visitors from throughout the community.

There are many programs on various days of the week beyond the meals. These include arts and crafts, tai chi,

English and Spanish Bible Studies, jewelry-making, flower painting, music & movement, Strong for Life (exercise), doll-making, senior games and ceramics & coloring therapy. Seniors may also participate individually in games of their choice such as checkers and dominoes.

The hall is sometimes used for community events. A recent graduation celebration was held for a young lady, the first person in her



Ivan Temes and Ms. Millicent Grant pose at Facebook festival.

family to graduate from college.

Habitat for Humanity recently painted the outside of the building.

Yolanda Ortiz has assisted with programs there for over seven years and appreciates the flexibility of the classes. She--along with Eta and Ivan Temes-- assists Mrs. Grant when they sponsor a booth at the Facebook community fairs.

Cecilie Vaughers-Johnson provides important legal assistance to the center.

As Patricia Tebo, one of the seniors who is there on a regular basis says, "It's a place where I can come every day. I am respected, can have breakfast and lunch and socialize with others."

There are always volunteers opportunities. The center is at 560 Bell St. and can be contacted at (650) 321-5900.



# Get sugary drinks out of hospitals

**Dr. Mark Cucuzzella**

**Imagine you're going into surgery.**

You're under strict doctor's orders to avoid solids. But you're drinking plenty of clear liquids like juice, Gatorade, and Sprite before the surgery. And you're looking forward to the "protein shake" that the nurses have promised as a meal replacement after the procedure.

Then you realize that you're on track to consume 30 teaspoons of sugar. The World Health Organization recommends no more than 6 teaspoons of sugar, per day, for healthy people.

Physicians know that excessive sugar consumption



**Dr. Mark Cucuzzella**

leads to a host of ailments. Yet today's hospitals are veritable sugar shacks.

This doesn't make sense.

Our bodies weren't designed to process copious amounts of sugar. Excess sugar causes our pancreases to produce excess insulin, which disrupts our metabolisms and causes our bodies to store its extra energy as body fat.

Sugar consumption drives America's obesity epidemic, which accounts for nearly one in five U.S. deaths. Folks who drink one or more sugary beverages per day are 26 percent more likely to develop diabetes than those who have one or fewer drinks per month.

Researchers have even linked sugar to certain cancers. One study of 60,000 women showed that women who consumed excessive sugar were more likely to develop uterine cancer.

It's unfortunate that hospitals foist so much sugar on patients. The "protein shakes" given to people recovering from surgery are loaded with sugars like corn syrup and commercially refined oils.

For example, each serving of Ensure's "Original Milk Chocolate Nutrition Shake" has 33 grams of carbohydrates -- i.e., sugar -- while just 9 grams of protein. By contrast, a serving of chicken drumsticks contains nearly 30 percent more protein. Another "protein shake," Boost's "Chocolate Sensation" has just 10 grams of protein and 41 grams of carbohydrates. That's more than a can of Coca Cola.

Patients are also encouraged to consume Gatorade to get electrolytes. But just 32 ounces of Gatorade contains 56 grams of sugar -- double what the World Health Organization recommends per day.

In most hospitals, patients can choose from a smorgas-

board of sugar. Vending machines are packed with candy and soda -- and cafeterias serve dessert with most meals. One in five U.S. hospitals even houses a fast-food restaurant like McDonald's!

Medical establishments must do better. That's why, for years, I've advocated for my hospital -- West Virginia's Jefferson Medical Center (JMC) -- to remove all sugary drinks from its vending machines and cafeterias. We just did so.

JMC is one of the first hospitals in the country to offer low-carb meals to its diabetic patients. That's hugely important. Recent studies reveal that a carb-restricted diet can slash long-term blood sugar

continued below

## Lack of diversity?

Fortune 100 CEOs. Far and away the least diverse group that the Avenue Group study examined was Fortune 100 CEOs. Among these business leaders, 95 percent are white, 94 percent are men, and 90 percent are white men.

Authors and musicians boast most diversity -- sort of. Musicians proved the most diverse in terms of race, with 49

percent of the top performers non-white and 41 percent of them Black. Yet the top performers aren't so diverse in gender with women representing only 14 percent. "That makes them one of the worst gender-diversity offenders," Greenberg says. The best category for women was best-selling authors, yet they still represent just 38 percent of

that category. Racial minorities, though, make up just a small percentage of the best-selling authors, with 93 percent of them white.

"There is certainly a long way to go to improve diversity across all categories," Greenberg says. "As our role models become more diverse, those who aspire to emulate them will be more inspired and provide tangible ex-

amples of success to help them move through their career journeys."

You can review the findings from the Avenue Group role model diversity study here.

**Jeremy Greenberg** is the founder of Avenue Group, (www.AveGroup.com) which advises Fortune 500 executives and mid-market companies. He is also the co-founder

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and CEO of Flyte Fitness, an exercise equipment and education company. Jeremy built multi-million-dollar businesses for two Fortune 500 companies (Capital One and Avon Products) and is an Entrepreneur in Residence at The Wharton School at the University of Pennsylvania, where he holds an MBA.

## Judge Brett Kavanaugh

with everything President Trump goes along with. Yes, President Trump should fill the vacancy, but he should not appoint a judge who simply agrees with him that America is not great.

But, most importantly, we cannot have another partisan, conservative judge. We need to push for judges to be more open-minded and non-

partisan; judges who will not just go with the status-quo; judges who actively seek to re-define law using various frames of reference.

So, here is what you should do: Research Justice Kavanaugh and look into his opinions in all the hundreds of cases he has heard as United States Circuit Judge of the United States Court of

Appeals for the District of Columbia Circuit. Specifically look for impartiality and signs of the type of partisan talk that we all are familiar with since 2016. If your research leads you to conclusions similar to mine, then join the fight and do not support his nomination to the Supreme Court.

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Consider how your ad would look in this space in the next issue of East Palo Alto Today!

So, take action now!  
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## We're in a time of growing concern

Continued from page 6

against humanity. There is no doubt that having a "sane," humane, even-handed immigration policy is paramount

After the issue of immigration, one can simply tick off other issues of local and national concern: Russian influence in the current U.S. administration, the demonizing of the press, global warming and its influence on the fires in CA, identity security, growing homelessness, the increasing gap between the rich and the poor, the

lack of affordable housing, transportation issues, the U.S.' deteriorating relationship with it's traditional allies, the fate of DACA recipients, gentrification....

America needs to enact policies that address the serious, unrelenting issues that our country faces without pitting one group against another. These policies need to be equitable, provide opportunity for all and recognize the global challenges that we face in ways that seek to de-escalate threats rather than

intensify them.

If a crisis provides an opportunity, then the issues that our nation must currently deal with provide us with plenty of opportunities.

But, one thing must be made crystal clear. This country will not and cannot go back. The natural law of nature will not allow us to go back. Life demands that we keep moving forward. With the present constantly becoming the future, there is no way back to go.

## Sugary drinks

continued from above

levels for diabetics.

JMC offers handbooks, videos, and recipes to help discharged patients adopt well-balanced, low-sugar diets. In West Virginia -- the most obese state in the nation -- efforts like these are critical.

Other hospitals are stepping up. In 2012, the Connecticut Mental Health Center began a "Sound Mind Sound Body" Initiative to improve the health of employees and patients. Now, patient meals only include water, coffee, tea, milk, and sugar-free juice. Geisinger

Health Systems in Pennsylvania went sugar free for beverages in January. And other hospitals are swapping sugary protein shakes for sugar-free yogurt, which is full of protein, healthy fats, and "good bacteria" that aids digestion.

Hospitals have a duty to make people healthy. They can start fulfilling that mission by banning sugary drinks.

Mark Cucuzzella, MD, FAAFP is a Professor at West Virginia University School of Medicine's Center for Diabetes and Metabolic Health.



# Celebrating East Palo Alto

continued from page 1

current city council, with the exception of Lisa Gauthier.

Omwale Satterwhite, who was one of the key individuals responsible for East Palo Alto becoming a city, spoke during the celebration. Satterwhite was very active in the Black Power movement and he referred to some of the connections he made in working with Pan-African issues.

"There was a lot of talk about incorporating East Palo Alto as a city before I became involved. I was the person appointed to chair the incorporation, as lead strategist for this group," Satterwhite said.

"There were very different groups in the community, churches, and organizations who helped East Palo Alto to



Omwale Satterwhite shared his experiences working for East Palo Alto's incorporation.

become a city. Anna Eshoo and Jackie Speier, who is our current representative, were on the Board of Supervisors in 1983 and they basically gave the permission for us to fight to become a city," Council Member, Ruben Abrica said.

Anna Eshoo, the U.S. Representative for California's 18th

district said, "I remember there was a clear split in the city, with people who wanted East Palo Alto to become a city and those who did not want it to be a city. It was tough."

Eshoo continued, "Palo Alto and Menlo Park annexed land from East Palo Alto when it was unincorporated. Crime skyrocketed when the city was unincorporated but nothing could be done about it. The area needed a tax base to have all of the normal services a regular city would have, but this area, back then, had no resources to provide a tax base to become a city."

Jackie Speier, U.S Representative for California's 14th congressional district which includes East Palo Alto, said,

"There is nothing like the richness of history to get us to appreciate what we have. This was the civil rights movement of San Mateo county - the creation of this grand city,"

Speier added, "This [the incorporation of East Palo Alto] just a lesson that we can never give up, just like we can never give up on our country."



Members of the audience were there to hear about the history of the founding of the City of East Palo Alto and to celebrate the history of the city.

## Spencenia Sims

by her mother, father, brother Roosevelt Howard and son Edward Sims.

Our Mom always said, "You always have a home at 211 Daphne Way." It didn't matter how old we were.

We were always her babies.

Mom was a huge sports fan. She loved watching all sports, especially the local sports teams. During the seasons, she could be seen sporting her 49er's and Warriors 't-shirts. She coached the girls' Bobby Sox softball team that Paris played on and was the loudest cheerleader in the stands. Not only for her kids, but the entire team. It continued with her granddaughters' gymnastics meets and basketball games. Recently, during a Woodside High School Wildcats football game everyone was cheering loudly in the stands and she ended the cheer with a "Growl". Everyone in the stands just laughed.

Mom was passionate about garage sales and she went every Saturday. Her method offer - 50% below the stated price. She was a master negotiator with a smile.

Edward told us one day he was purchasing a watermelon from a man in the neighborhood who said, "This lady wanted to buy a watermelon. I told her they were sweet." She said, "Plug one so I can taste it."

He did, but she said, "Plug another one." Immediately, Edward knew this lady and laughed. It was his Mom. Only Mom would ask for two watermelons to be plugged for samples.

Mom provided encouragement and comfort. She was Daddy's cheerleader when things were difficult at work. She encouraged and supported him believing he could accomplish anything he desired. My Dad explained that while working at Raychem he was asked to go to Mississippi

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and help in shutting down the facility. He accepted, then realized he would have to fly there. He came home and told Mom the news. She reacted, "I want to go."

By the time she finished on the phone with the airline, not only did she have a seat next to him, but the cost of her ticket was less. My Dad said he was so comforted and relieved that she would be accompanying him.

My Mom turned my desire to take my first trip outside of the country into a reality. I was 14 at the time and it wasn't the most popular decision, but she financed it and my love for travel was born. That experience also impacted the lives of my other siblings. We all got the travel bug.

A mom is not just the vessel that delivers a baby. Most of the time she sacrifices her needs and puts the needs of her family above her own, selflessly. A mom knows how to

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improvise and how to make something out of nothing.

Our house had wall heaters and the warmth never reached the back bedrooms. Her solution: She would take a blanket and lengthwise place it against the heater. In the meantime, we would be standing by the bed blankets pulled back. Then she would yell, "You ready?" We confirmed, and she would run down the hallway, place the blanket in the bed and we would climb in. I can still hear her footsteps.

There are too many memories to recall, but we will never forget the way she made us feel special and loved. Her giving, generous, and loving nature will be in our hearts forever.

Rest peacefully, Momma. We will miss you and as you so often sang when you left us messages, "I just called to say, I love you ... I just called to say how much I care ... I just called to say, I love you and I mean it from the bottom of my heart."

See complete obituaries at East Palo Alto's Treasured Memories site at [http://www.epatoday.org/treasured\\_memories/listing.php](http://www.epatoday.org/treasured_memories/listing.php)

## Jeri Oakley

the 80's and early 90's and the Dillard family was no different.

Jeri took on the role as the backbone of her family, working hard to keep the extended family together and her children close. Jeri or "La-Lu", as she was affectionately renamed by her nephew Lantz, remained close with her nieces and nephews and their children throughout the years. None was closer than her niece, who she raised as a daughter, Bernita. Jeri was a devoted mother who was

completely committed to providing her children with the best education and opportunities life could bring. She was a constant presence at their schools and all activities. She was a participating parent in the Ravenswood City School District, Shule Mandela Academy, Sequoia High School District, the Community Development Institute, Zohar School of Dance, Boy Scouts, and other organizations involved with her children's enrichment. Mama Jeri loved all children and was often a lis-

tening ear for her children's friends and classmates.

Again, Jeri was blessed with love in her when she met James McKelery. James and Jeri shared an endearing relationship that led to an unbreakable bond between James and Jeri's son Rasheed. Jeri and James stayed together until his death in 1996.

Jeri was among the founding members of the East Palo Alto Historical and Agricultural Society (EPAHAS). EPAHAS mission was to collect,

archive, and protect East Palo Alto's rich history. EPAHAS hosted and organized several East Palo Alto Juneteenth festivals in which Jeri's leadership was instrumental. Jeri was especially proud of the EPAHAS tree planting project. Jeri could be seen planting trees from East Palo Alto to East Menlo Park. She is fondly remembered recruiting tree planters, and saying, "Come on y'all, we gotta plant these trees!"

Jeri was also a very passionate entrepreneur, always

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trying to make a better life for herself and her children. Jeri would join her sister Gail, who was also a fearless entrepreneur, at festivals all over California selling snow cones and hot dogs. Teaching her children, the value of a dollar and how to be your own boss, Jeri was always ready and willing to learn something new and create opportunities for herself and others. Whether it was selling Avon or riri insurance, Ms. Jeri always had her "Irons in the Fire!"



# Collaborating

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forts of several different nonprofits on one project. Acterra connects community members with nonprofits such as Habitat for Humanity, El Concilio, and Rebuilding Together which offer repair and energy efficiency services. Residents get help with application process, submitting the necessary paperwork, and monitoring the progress of the work.

Acterra has forged strong relationships with organizations in the community.

Habitat for Humanity, an international nonprofit dedicated to refurbishing homes at low or no cost, is Violet's go-to for heavy duty projects. By engaging



**Franciel Branch**

Habitat, Violet was able to get Franciel a new furnace, a new roof, and a ramp for her nephew.

Like Habitat, Central-Valley-based El Concilio takes on home remodeling projects. El Concilio provided Franciel with a new window and refrigerator, as well as lights and smoke de-

tectors.

GRID Alternatives handles the installation of solar technology. Franciel's free solar installation is scheduled for this summer, and the solar panels are projected to decrease Franciel's energy bills by 85%. Acterra also helps residents understand that thanks to Peninsula Clean Energy, the energy not provided by the solar panels comes from renewables (and costs them slightly less than energy sourced from PG&E).

Acterra also recently partnered with WaterLink, a joint program by the Santa Clara Valley Water District, California

Conservation Corps, and Ecology Action that aims to decrease water wastage statewide. The Climate Resilient Communities Program is conducting outreach in East Palo Alto to ensure that anyone eligible for the program can benefit from a free water audit and free water efficient fixtures.

Acterra has reached hundreds of families to date, and receives dozens of new referrals each month. As Violet makes her rounds in the community, you can see the families she has helped greeting her with open arms, and, more often than not, a sample of whatever is growing in the garden or

cooking on the stove.

This year, Acterra is also partnering with Pono Home, a Hawaii-based energy efficiency franchise that helps homeowners manage their water and energy usage. Through this program, Pono Home and Acterra hope to not only provide services, but to create jobs in green tech which will empower the entire community.

The Climate Resilient Communities Program is just one component of Acterra's work in the Bay Area. To find out more, visit [www.acterra.org](http://www.acterra.org).

**Sophia Pelosi** is a marketing/communications intern at Acterra

## Verna Thomas

where she resided until her death. Her daughter, Linda Robinson, Curlee Robinson, Sr, Sharee Robinson and Curlee Robinson, Jr., lovingly cared for her in the last five years of her life. The family gives them and everyone in Anchorage, Alaska who helped care for her our greatest and warmest gratitude.

She leaves to cherish her memories: one sister, Alice

Harper (James) of Pineville, Louisiana, two daughters, Merdana Murphy-Champion of East Palo Alto, California; Linda Robinson of Anchorage, Alaska; one son -in-law, Bishop Curlee Robinson, Sr., one son, George Roland, Jr. of Olympia, Washington; 13 grandchildren, 31 great grandchildren, 8 great-great grandchildren, 6 great-great-great grandchildren; like a daugh-

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ter, Phyllis Cooksey, a host of neices, nephews and friends.

See more obituaries at [http://www.epatoday.org/treasured\\_memories/listing.php](http://www.epatoday.org/treasured_memories/listing.php)

## Gran Fondo

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Council member Moody took a selfie of himself and Michael Francois at the race. What fun!

through Woodside to Alice's Restaurant."

From early preparations to the final celebrations, the positive mood was enhanced as so many individuals and organizations worked together. Bike mechanics came from Velofix and LOOK. Refreshments along the course came from nuun hydration.

Four local charities received large donations: BizWorld, Girls Who Code, Positive Coaching Alliance (PCA), and Tipping Point Community. In turn, these local charities contributed volunteers to assist the riders and organizers.

Moody praised the many volunteers who assembled materials, staffed the starting areas, assisted along the course, and

welcomed tired riders back to the Four Seasons. The post-ride celebration featured music, awards and gourmet food. "It was a wonderful event," said Moody. "Everyone has a good time."

Riders and organizers look forward to the return of the Gran Fondo next year: Saturday, June 22, 2019.

Francois wants new riders to know that he is ready to help them train and participate. "I hope we have more riders from East Palo Alto, more people of color, and more women. You don't have to complete the whole ride. You can stop or go back whenever you want. Just set a goal, and do it."

For details of the 2018 event, and to ride or volunteer in 2019, see [www.rbcgranfondo.com](http://www.rbcgranfondo.com)



Four Seasons SiliconValley General Manager Florian Riedel is shown participating in the Gran Fondo race.

**Are you pregnant?  
Do you know  
someone  
who is pregnant?**

**Who is eligible?  
Pregnant African American  
women and  
postpartum moms.**

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California Department of Public Health, Maternal, Child and Adolescent Health Program  
Rev. 6/20/18



# Building robots, friendships and futures

By Rachel Basso

## Magic happens when teens teach teens technology skills

Despite an abundance of cutting edge technology a stone's throw away, Silicon Valley youth from low-income families have limited exposure to the inner workings of high-tech companies. Marginalized students lack access to technology learning experiences and exposure to STEAM (Science, Technology, Engineering, Arts and Mathematics) career opportunities. The absence of technology in the lives of underprivileged youth hinders exploration of their true potential.

On the other end of the spectrum, youth from high-income Silicon Valley communities are surrounded by STEAM education from a young age. With parents and role models in technology and engineering jobs, students are overloaded with opportunities to learn skills like robotics and coding.

When these two groups of students come together with a shared desire to learn



Photo by Rachel Basso  
Program volunteer Ashwin Hingwe and Jazmine Hernandez, a Y Full STEAM Ahead program participant appear very involved with their work in the Y program.

and grow, pure magic happens.

For 6 weeks this summer, learning runs rampant every Monday, Wednesday, and Friday at Lewis and Joan Platt East Palo Alto Family YMCA, where teens teach teens the fundamentals of robotics and coding as part of the Y's Full STEAM Ahead program.

Student and parent volunteers from Los Altos Botball Robotics bring equipment, expertise, and enthusiasm to East Palo Alto teens. Volunteering offers academically driven teens the chance to slow down, appreciate the opportunities

they have, and pay it forward.

Now in its second year, the peer to peer program engages middle and high school students in a fun and accessible

technology experience. The unique learning environment offers participants a safe space to explore technology through robotics and coding, while volunteers develop leadership skills and experience the joy in giving back.

Reluctant participants have changed their minds with heavy doses of peer encouragement. Meera Srinivasan, a volunteer and rising senior at Homestead High School in Cupertino is excited to inspire girls her own age to consider a STEAM career. "Even if they're not feeling confident in themselves, I'm fortunate to be in the position where I can build

them up. I can help them and maybe push them farther into STEAM than they thought they could ever go."

Whether the teens acknowledge it or not, both participants and volunteers are learning valuable life skills and building self-esteem. Volunteer Andy Wang, a rising junior at Gunn High School in Palo Alto, sees so much potential in the teens new to robotics that he's inspired to push himself in pursuit of his own potential.

"I really enjoy trying to teach someone." Ashwin Hingwe, rising senior at Mountain View High School says of volunteering. "I feel like this leadership experience is valuable because not only is it helping others, which is a goal for the rest of my life, but it's also reinforcing for me the concepts that I'm teaching."

Each week, bonds strengthen and excitement towards coding and robotics grows. "With robotics, it may seem hard at first, but it's never as hard as they think. I like that we're able to break down barriers with STEAM," Srinivasan says of watching her peers start to recognize

their own potential. "They realize they can do whatever they set their mind to."

In addition to gaining technology skills, Full STEAM Ahead participants receive access to a variety of wellness activities, including swim lessons, nutrition counseling, and career exploration field trips.

"Although other programs offer coding or robotics, ours is the only one that offers everything," Y Staff Loree Watanabe explains. "It's an outlet for youth during the summer. We'd rather have them here being interactive and engaged versus being home alone or playing video games all day."

Instead of spending summer at home glued to the TV, these teenagers are learning building blocks for a bright future. Wang describes, "It doesn't matter your background -- if you put an equal amount of work into robotics you get the same result. It's all built on hard work."

Rachel Basso is the marketing communications manager for the YMCA of Silicon Valley.

## Candidates can now file

candidates is posted online and updated every evening. To view the roster, go to Roster of Candidates at [www.smcacre.org](http://www.smcacre.org).

For more information, call 650.312.5222 and or visit the [www.smcacre.org](http://www.smcacre.org) website. Those who are interested can also get voter informa-

tion on [Twitter@smcvote](https://twitter.com/smcvote).

Candidates are also encouraged to get information that is contained in such online resources as "Candidates & Campaigns- 10 Things you need to know to declare your Candidacy for Local Elective Office" at <https://www.shapethefu->

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[ture.org/campaigns/declare-candidacy/](http://www.east-palo-alto.org/campaigns/declare-candidacy/)

Candidates interested in running for city council in East Palo Alto can get important information on the City of East Palo Alto website at <http://www.ci.east-palo-alto.ca.us/index.aspx?nid=552>

## Community News Briefs

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supports local organizations in Belle Haven, East Palo Alto, North Fair Oaks, and Redwood City that are working to meet pressing needs in their communities. Organizations that are selected will receive year-long grants ranging from \$25,000 to

\$100,000.

More information can be found <https://www.chanzuckerberg.com/newsroom/thechan-zuckerberg-initiative-invites-bay-area-organizations-to-apply-for-new-grant-funding>

## Amidst gentrification

one person), and (c) have tech companies and universities contribute significant amounts of housing to the region and simultaneously limit their expansion, so as to ultimately create a jobs-housing balance. These pieces require humans to enact them, they won't happen on their own. I don't feel we have fully reached these wins, but they are ideas to

work towards when people say they "don't know how to address the tech issue."

Also, I don't know any tech company that's strictly run by engineers. For example, they hire people in departments other than engineering: human resources, management, marketing, operations, project management, and legal, just to name a few.

5.Expect pushback – People will disagree with you about what is best for EPA, this is normal and happens in community work, but keep going.

Pushback may come in the following forms: people discrediting your work as a community organizer as "not a real job," people calling your allies (on an issue) "anarchists," transplant EPA researchers

hesitant to meet/speak with you, being excluded from meetings specific to the issue you're working on for fear that your analysis/stance on issues (as a local!) will jeopardize an organization's relationships with incoming entities such as Facebook or Amazon (in other words, corporate interests will take precedence over community interests) – keep going!

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Realize you're planting seeds that you may/may not see in your lifetime. Let the spirit of God and change-makers that came before you (especially those who incorporated the city!) guide you as you agitate/advocate for your community. I'm grateful for locals, who amidst gentrification and all of the politics... STILL give back!

## Medication Assisted Treatment

MAT to broaden treatment options for the untreated opioid addict.

However, people struggling with addiction still face barriers to treatment. Currently, Medicare does not cover MAT medications for

beneficiaries in opioid treatment programs. Fortunately, there is bipartisan Congressional support for providing such Medicare Part B coverage to Medicare beneficiaries, who are treated in opioid treatment programs.

Similarly, many state Medicaid programs and commercial insurers don't cover MAT. A number of policy making groups and organizations, including the American Medical Association and the President's Commission on Com-

bating Drug Addiction and the Opioid Crisis, have urged them to change these policies so that everyone has access to treatment.

MAT is a tragically underutilized tool. Coordinated policy initiatives -- ones that

continued from page

increase MAT use, implement prevention programs, and use balanced enforcement -- offer the best chance to end the opioid epidemic.

Mark Parrino is the President of American Association for the Treatment of Opioid Dependence.



# COMMUNITY CALENDAR

**"Atomic Homefront" documentary film - August 06, 2018** In commemoration of Hiroshima Day, view this film about the deadly problem of nuclear waste, threatening the future. It is a powerful indictment of the failure of the federal government and corporate oversight to properly safeguard radioactive waste dumped in a St. Louis, MO landfill from a local uranium-processing facility in the city contracted by the Manhattan Project in 1942. The program is from 6:30 to 9 p.m. (with the film starting at 7:00) at Rinconada Library's Embarcadero Room, 1315 Newell Rd. in Palo Alto.

**National Night Out in East Palo Alto - August 7, 2018** See the East Palo Alto City website at <http://www.ci.east-palo-alto.ca.us/Document-Center/View/3756> for more information and locations. Street closures begin at 5:00 p.m. and end at 9:00 p.m. The festivities start at 6:00 p.m.

and end at 8:00 p.m.

**Special East Palo Alto City Council Meeting - August 8, 2018** - East Palo Alto City Council Chamber - 2415 University Ave. in East Palo Alto.

**East Palo Alto Beat Meetings Beat Two**  
**Date: Thursday, August 2, 2018** Time: 06:30 pm - 08:00 pm Location: Ecumenical Hunger Program (2411 Pulgas Avenue, EPA, CA 94303)

**Beat Three**  
**Date: Wednesday, August 8, 2018** Time: 6:30 p.m. - 8:00 p.m. Location: Peninsula Park Apartments - 1977 Tate Street, East Palo Alto

**Beat One & Four**  
**Date: Thursday, August 16, 2018** Time: 6:30 p.m. - 8:00 p.m. Location: Community Room at City Hall - 2415 University Avenue, East Palo Alto

See more community calendar events at the website for the East Palo Alto Today newspaper [www.epatoday.org](http://www.epatoday.org)

**State of the City Address - Celebrating the 35th Anniversary of East Palo Alto** - Monday, August 20, 2018 - 6:30 p.m. - 8 p.m. the East Palo Alto City Hall at 2415 University Ave., East Palo Alto.

No Spanish special meeting. For more information call: 650-853-3100

**East Palo Alto Family Movie Night - August 24, 2018.** Fourth Friday's through September 2018. For more information, visit [cityofepa.org](http://cityofepa.org) or call 650-853-3100.

## Talking with Henrietta

How You Can Own A Small Business



Photo courtesy of Talking with Henrietta. From left, Naomi Echols, Henrietta J. Burroughs and Crystal sit on the set of the Talking with Henrietta television show after the taping of their show discussion on July 26, 2018.

This show can be seen on Channel 30 on the Midpeninsula and on the Internet at the days and times below until Fri August 11, 2018 on Sundays@5 p.m., Mondays@2 p.m., Tuesdays@8 p.m., Wednesdays@2 a.m., 11 a.m. and 6 p.m., Thursdays@8 p.m., Fridays@3:00 a.m. and 12 p.m. and Saturday at 10 a.m.

Talking with Henrietta also appears on Channel 27 on Wednesdays at 10:30 p.m.

Get more information about this show on the East Palo Alto Today website at [www.epatoday.org/tv.html#smallbusiness](http://www.epatoday.org/tv.html#smallbusiness)

## Keep Community Media Alive



Support the East Palo Alto Center for Community Media and its media outlets by making a tax deductible donation and by purchasing one or more **T-shirts for \$15.00 each** (sm., med., large and x large), and one or more **water bottles for \$10.00 each**. See more ways to support the center's programs below.

## Support the East Palo Alto Center for Community Media

The East Palo Alto Today newspaper is published by the East Palo Alto Center for Community Media, a nonprofit agency that was formed in January 2003 to create media outlets in East Palo Alto and provide the type of positive, relevant information about the community that is not easily found elsewhere. If you like what you see in East Palo Alto Today, then we ask that you enable us to serve the community better. You can do this by completing the partnership card below and mailing it with your tax deductible donation which will go directly to the center's media efforts. You can read more about the East Palo Alto Center for Community Media online at [www.epamedia.org](http://www.epamedia.org). You can also donate to the center at the EPA Today and the EPA Media websites. Please contact us if you have any questions. We look forward to hearing from you.



Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Organization: \_\_\_\_\_ Email Address \_\_\_\_\_

Street Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Yes, I am interested in becoming a partner with the East Palo Alto Center for Community Media. Please accept my tax-deductible donation as a personal contribution \_\_\_\_\_ or as a contribution on behalf of my organization \_\_\_\_\_.

\_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ \$250 \_\_\_\_\_ \$500 \_\_\_\_\_ \$1,000 \_\_\_\_\_ \$2,000

\_\_\_\_\_ \$2001 to \$5,000 \_\_\_\_\_ \$5,000 and above \_\_\_\_\_ In-kind \_\_\_\_\_

\_\_\_\_\_ Please check back with me about becoming a donor.

\*The East Palo Alto Center for Community Media is a tax-exempt nonprofit corporation - CA # 20-1415500

Mail donations to:

East Palo Alto Center for Community Media PO Box 50274 East Palo Alto, 94303



# Joe Louis Walker

## East Palo Alto Blues Festival

Fillmore Slim  
Bobby Webb  
Nate Branch  
Tebo  
Alvin Draper  
J.C. Smith Band  
West Coast Blues Society  
Caravan of Allstars  
Flyte Boyz  
Mike B Ray Starr  
Will Roc Project

# Live Music

August 4th and 5th 2018  
**Bell Street Park**  
560 Bell Street, East Palo Alto, CA  
**Free Admission** 12 Noon to 7 PM  
Reserve Booth (650) 799 8563  
PatrickBrockandCompany.com  
Deadline August 1, 2018

**Sue's Good Cooking**

# East Palo Alto Blues Festival

**Saturday 12-7 PM**  
Fillmore Slim  
Lady Chico  
Alvin Draper  
Tebo  
West Coast Blues Society (Caravan of Allstars)  
Bobby Webb  
Flyte Boyz (Mike B, Ray Starr)

**Sunday 10 AM - 12 PM**  
Church Services  
**Sunday 12-7 PM**  
Joe Louis Walker  
JC Smith  
Oakland Blues Divas  
Terrible Tom Bowden  
Nate Branch  
Will Roc Project

**Sue's Good Cooking**

For Booth Information go to [PatrickBrockandCompany.com](http://PatrickBrockandCompany.com)  
make checks payable to East Palo Alto & Belle Haven Chamber of Commerce

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— COMMUNITIES —

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More than 50% of Woodland Park staff are East Palo Alto residents

Más del 50% del personal de Woodland Park son residents de East Palo Alto

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## Equipo de Woodland Park!

*Nuestro equipo esta creciendo para mejor servir a Woodland Park!*

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Aplicar en [www.careersatalliance.com](http://www.careersatalliance.com) y seleccione East Palo Alto, CA

Woodland Park Job Fair  
Thursday, July 26th 4 pm - 8 pm  
Woodland Park Feria de Empleo  
5 Newell Court, East Palo Alto