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AACHAC sponsors annual women's health conference page 9



It's always important to be friendly page 6

East Palo Alto Today

Providing news that is relevant, informative and critical



East Palo Alto and Belle Haven December 20, 2013 - January 25, 2014 Vol. 9 No.35

New interim police chief appointed



Photo courtesy-City of Menlo Park
Chief Lee Violet

By Henrietta J. Burroughs
East Palo Alto Today
East Palo Alto's City Manager, Magda González, issued a press statement on January 16 announcing the appointment of Lee Violet as East Palo Alto's new interim police chief.
It was an announce-

ment that came as a surprise to many city residents.
Violet now replaces Chief Federico Rocha, who served two and a half months as the city's interim police chief. Rocha was appointed when the city's former police chief,

Ron Davis, left the city on November 8, 2013, to head the U.S. Department of Justice's Office of Community Oriented Policing Services (COPS), a federal agency in Washington, D.C.
In explaining Violet's appointment, González

said, "Violet served as San Bruno's police chief for eight years, before retiring in 2006 with over 30 years of experience in municipal law enforcement in several peninsula cities."
Violet has experience serving as the interim po-

lice chief in Millbrae, Half Moon Bay, and most recently in Menlo Park.
Rocha served his last day as East Palo's interim chief on Friday, January 17 and the obvious question, of course, is why Chief Rocha was re-continued on page 9

Acclaimed opera celebrates the City of East Palo Alto



Photo by Jane Theresa Jones

East Palo Alto City Council member Ruben Abrica stands with Yolanda Rhodes, Lara Garner, Genie Tjahjadi, Pamela Marie Connelly and William B. Webster at the East Palo Alto performance of Webster's opera, *The Little March Girl*.

By Jane Theresa Jones
East Palo Alto Today

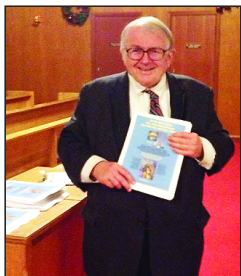
December 29, 2013, was a big night for East Palo Alto resi-

dent William Webster. It was the night the East Palo Alto community had a chance to view the chamber opera he wrote, titled *The Little Match Girl*.
His opera successfully premiered in Paris, France in June 2013, the month East Palo Alto officially celebrated its 30th anniversary as a city.
Webster wrote the opera to celebrate the 30th Anniversary of East Palo Alto's incorporation as a city and he dedicated it to the memory of East Palo Alto community leader Aretha Lawrence.
But this night, a video of the Paris world premier was presented at the St. Francis of Assisi Church on Bay Road in

East Palo Alto. Ruben Abrica, former mayor and councilman served as the master of ceremonies for the event.
After the video presentation, there were live performances. Ajay Lawrence, Aretha

Lawrence's son, read a selection during the evening event. East Palo Alto's own Poet Laureate Kalamu Chache presented her poem honoring the 30th anniversary International recognition of the City of East Palo Alto.
Soprano Yolanda Rhodes sang an aria called, "The Year Declines" from the *Little Match Girl*. A duet was sung in Spanish by soprano Pamela Marie Connelly, as the *Little Match Girl*. Connelly sang "Ganny, Don't Leave Me" with Mezzo Soprano Genie Tjahjadi as *The Grandmother*.
The duet was arranged for the chorus which sung in Tongan. The chorus included Mele Tavake, Laumanu Manisela,

Palescte Tau, Teama Lasalo and Telesia Katavake. Choir members from the St. Francis of Assisi Church also sang. Pianist Lara Garner accompa-continued on page 10



William B. Webster



Program cover for the opera

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See my progress.

SERGIO SALINAS
GAS CREW FOREMAN

“PG&E is investing \$4.5 billion every year to strengthen our energy infrastructure and enhance pipeline safety. Let me tell you about our work right here in San Mateo County.

My co-workers and I have **validated the maximum operating pressure** on all gas pipelines; **constructed three miles of brand new transmission pipeline**; **installed 16 new automated safety valves**; and **hydrostatically tested 41.3 miles of gas transmission pipeline** to ensure safe operating pressures on every gas pipeline in the county. We are making progress every day in San Mateo County to enhance the safety of our gas system.

Safety is my job for our community.

My name is Sergio Salinas. I live in San Mateo County and I’ve worked at PG&E for 24 years.

I’ve never been a part of anything more important than the work I’m doing now. My co-workers are strength testing 577 miles of pipe and we’ve already completely replaced 77 miles of pipe—well on our way to the goal of replacing 185 miles of older pipeline. We’re using innovative, state-of-the-art technology to make our entire gas system safer.

It’s happening all over Northern and Central California. But my job is right here in San Mateo County and I would be proud to show it to you.

You can take a look for yourself at www.pge.com/SeeOurProgress. PG&E is made up of people like me—and I’d love to show you my progress in protecting our communities.”

Sergio Salinas

See our progress in San Mateo County:

- **CONSTRUCTED 3 miles of brand new pipeline**
- **INSTALLED 16 new automated safety valves**
- **TESTED 41.3 miles of pipeline for safe operating pressure**
- **VALIDATED the maximum operating pressure on all gas pipelines**



www.pge.com/SeeOurProgress



Community News Briefs

Nineteen-year-old fatally wounded in drive-by shooting

East Palo Alto recorded its first murder victim of the year. Nineteen-year-old East Palo Alto resident, Josue Barbosa Zamora, was shot and killed on January 13, 2014 in the 2200 block of Dumbarton Avenue around 7 p.m.

Zamora was walking alone around 7:15 p.m. at the 2200 block of Dumbarton Ave., about 300 feet from his home when he was shot and killed. He died at the scene.

"We are outraged at the senseless level of violence around us, our children should be able to walk down the street without fear of being

shot and killed. Without a warning, another mother lost a healthy happy child and now has to come up with thousands of dollars to bury him, a huge financial burden added to the horrific pain," said Margaret Petros, executive director of Mothers Against Murder, a non-profit dedicated to supporting families of murder victims.

Lorena Zamora, the youth's mother, established a memorial fund to raise funds for the funeral and burial expenses of her beloved son.



Photo - Mothers Against Murder This photo shows a street memorial honoring Josue Barbosa Zamora.

Donations can be made to Josue's Memorial Fund at the San Mateo County Credit Union located at 1735 E. Bayshore Rd., East Palo Alto, CA 94303.

You can mail a check or walk in person to deposit funds into Account #509750 (Lorena Zamora for Josue's Memorial Fund).

Nineteen-year-old Zamora attended Menlo Atherton High School and was a full time employee at the Panera Bread in San Jose.

Mothers Against Murder is

supporting Ms. Zamora "to ease some of her pain and is asking the community to share the sympathy and reach-out to help." Petros said. "We will make sure a dignified service is made available for Josue."

Zamora is survived by his his mother, an older brother and a younger sister.

Zamora's death came one day after an 18-year-old city resident was shot and wounded at 1:44 p.m near the 2300 block of Palo Verde Avenue in East Palo Alto.

The victim sustained a superficial gunshot wound to his head and was subsequently released from the hospital after being treated.

The East Palo Alto police are asking that anyone with knowledge of Zamora's shooting or of any city shooting or crime, contact the police by phone at 650-321-1112; con-

tact the police anonymously by email at epa@tipnow.org; send a text message from a cell phone to 650-409-6792 or send an anonymous voice mail to 650-409-6792.

For more information about Mothers Against Murder, go to <http://www.mothersagainstmurder.org>.

The City of East Palo Alto Launches "Nextdoor" Neighborhoods Neighbor-to-Neighbor Online Network



Now the residents in seven East Palo Alto neighbors have their own online community.

On January 15, the City of East Palo Alto can use an on-

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How to protect yourself from catching the flu

By **Henrietta J. Burroughs**
East Palo Alto Today

Health officials remind everyone that it's not too late to get a flu shot

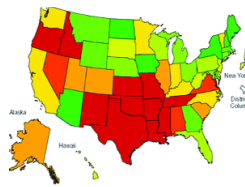
The California Department of Public Health (CDPH) announced, in the most recent reporting period, which ended on January 11, 2014 that there have been 45 confirmed influenza related deaths in California, an increase of 38 deaths over the previous week.

Dr. Ron Chapman, director of the California Department of

Public Health (CDPH), said, "Flu activity continues to increase statewide, including reports of hospitalizations, severe disease and the number of deaths,"

Dr. Chapman said, "We are clearly in the midst of what appears to be an earlier peaking, severe flu season, and I encourage everyone who has not yet gotten a flu vaccination to do so. The influenza vaccine remains the most effective way to protect yourself from the flu."

According to the CDPH, an additional 50 deaths are under investigation as flu related.



Map showing flu activity in the U.S. To see details go to <http://www.cdc.gov/flu/weekly>

The elderly, pregnant women, infants, or those with other health conditions are at the highest risk for catching the flu. However, it has been noted that the current strain of

the flu has also caused deaths among young, healthy people.

Thus far San Mateo County has 3 confirmed flu-related deaths under the age of 65. One of these deaths was that of an infant. As of January 16, the county has had 8 flu-related ICU hospitalizations.

The American Red Cross recommends five steps that everyone should take to minimize his or her chances of catching the flu, in addition to getting a yearly flu vaccine for everyone six months of age and older.

Five steps people can take to help prevent the

spread of the flu virus:

1. Stay home if sick.
2. Avoid close contact with people who are sick.
3. Cover the nose and mouth with a tissue or sleeve when coughing or sneezing, and throw the tissue away after use. If that's not possible, cough or sneeze into the elbow, not the hands. People with the flu can spread it to others about six feet away through coughs and sneezes.
4. Wash hands often, especially after coughing or sneezing. If soap and water

continued on page 6

City, County & State Government Meetings & Contacts

East Palo Alto City Council

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: www.ci.east-palo-alto.ca.us

East Palo Alto City Council Members

Laura Martinez
Mayor
(650) 714-5337

Lisa Yarbrough-Gauthier
Vice Mayor
(650) 387-4584

Ruben Abrica
(650) 380-4987

Larry Moody
(650) 389-7165

Donna Rutherford
drutherford@cityofepa.org

East Palo Alto Agencies, Boards, Commissions, Committees

Planning Commission
Second and Fourth Monday

Rent Stabilization Board
Second and Fourth Wednesday

Public Works & Transportation Commission
First and Third Wednesday

Youth Advisory Committee
First Thursday of each month

Senior Advisory Committee
Meets first Monday of each month 6:30p.m. - City Hall.

East Palo Alto Sanitary District
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 the first Thursday of every month at 7:00 pm.

Menlo Park City Council

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.

Menlo Park City Council Members

Peter I. Ohtaki - Mayor
Cell:(650) 328-0300

Ray Mueller - Mayor Pro Tem
Cell:776-8995

Catherine Carlton
Residence:327-5332
Cell:575-4623

Kirsten Keith
(650) 308-4618

Richard Cline
Residence:328-0300
Office:330-6631

Menlo Park Boards, Commissions, Committees

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

San Mateo County Board of Supervisors

Supervisor Warren Slocum Fourth District

The San Mateo County Board of Supervisors meets on March 3, 17, 31, & April 14, 28 2009 in the County of San Mateo Hall of Justice & Records 400 County Center, Redwood City, CA 94063. Roll call at 8 a.m. 9 a.m. Regular & Consent Agenda items. 650 691-2121

State Officials

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State Capitol Building
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Phone: 916-445-2841
Fax: 916-445-4633
Email:
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Assembly Member
Richard Gordon
District Address
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Los Altos, CA 94022
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State Senator
Jerry Hill
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1528 South El Camino Real
San Mateo, CA 94301
(650) 212-3313

From the Editor's Desk

What are your dreams for 2014?

In his well-known poem, *A Dream Deferred*, written more than 70 years ago, the African American poet, Langston Hughes wrote: What happens to a dream deferred?

Does it dry up
like a raisin in the sun?
Or fester like a sore—
And then run?
Does it stink like rotten meat?
Or crust and sugar over—
like a syrupy sweet?
Maybe it just sags
like a heavy load.
Or does it explode?



Henrietta J. Burroughs

this country now living below the poverty line and there are more people, just looking at the Bay Area alone, who are falling out of the middle-class into lines to receive free food for themselves and their families.

Globally, there are more people living in slavery in the world now than in any other time in human history. Human trafficking has reached epidemic proportions.

Racial unrest exploded across the United States during the 1960's, with racial disturbances in Newark, N.J., the Watts section of Los Angeles, in Cleveland, Ohio and in other American cities.

The deferred dreams of millions of black Americans had festered like a sore and exploded.

The height of the civil rights struggles in the 1960's saw the March on Washington in 1963 and the sweeping civil rights legislation that was passed in 1965.

President Johnson's War on Poverty and his administration's idea of the Great Society were the result of a new consciousness that many believed would lead to lasting changes that would benefit the poor and all races in America.

Within two decades, the ideals of the Great Society gradually passed into the ideas of Reaganomics which prevailed in the 1980's with major government cutbacks of many of the social programs that grew out of the 1960's.

With the celebration of Dr. Martin Luther King, Jr.'s birthday on January 15 and the national holiday on January 20, we can reflect on how far we've come to achieving the dream of economic justice and human and civil rights for all and how far away from the dream we've fallen.

With all of the energy spent and the lives that have been lost in the struggle for freedom and justice, just in the U.S. alone over the past 200 years of this nation's history, current statistics show that there are more people in

the world have questioned this country's surveillance policies in light of the NSA spying revelations.

It is all very sobering. This country and the world have a lot of work to do to deliver on the ideal that everyone has a "right to life, liberty and the pursuit of happiness."

What remains of Dr. King's dream and the dreams of all of the others who had a vision of a better world? Fortunately, those dreams are still alive and well. As we begin this new year, we have another opportunity to deal with the critical issues that beset us locally, regionally, nationally and globally.

We all have different dreams. So, how can we work together to forge collective dreams that move us forward in achieving a more just society and a more just world? Fortunately, we stand on the shoulders of those who have gone before us. So, we have stunning role models who have led us thus far, and we must not let them down.

We have a long list of heroes and heroines to whom we can look who come from all races, faiths and walks of life. There are, to name just a few, well-known figures like Harriet Tubman, Gandhi, Mandela, Cesar Chavez, Dr. King, Delores Huerta, Mother Theresa, Rosa Parks, and yes, literary figures like Langston Hughes. There are so many others who have shown the way.

What are dreams, after all? They are visions to be realized no matter how long they are deferred, no matter which way the political pendulum swings. We have a new year in which we can all work relentlessly to achieve the dreams that we *choose* to better the world.



Cartoon by Pablo Maldonado for East Palo Alto Today

Letters in East Palo Alto Today

U.S. Government eavesdropping

Dear Editor:

It's legal. The Federal Government can eavesdrop on your cell phone conversation.

On the pro side of this argument you can say you got a bodyguard. If you were ever abducted by Godzilla your cell phone could be located and therefore it can trace your location. If some hijackers wanted to take hold of a plane and one of the hijackers calls his mom. Bam!

He's caught and the passengers are saved. The bodyguard helps by watching you. This maintains the freedom Americans have to be monitored or protected by the government. The law is on your side till they prove your innocent or guilty.

On the con side of this argument you can say you got NO privacy. Your affairs behind your wife's

back can be tracked by Sprint. The CIA secret operative mission you want to leak to your insider can be tracked on your Metro PCS phone. You trying to plan a bank robbery heist over your T-Mobile phone account. They got you. The law is on your side till they prove your innocent or guilty.

Where did this come from? In George Orwell's Book, 1984 he wrote that the BBC or the Big Brother Corporation will watch every move we make.

At the time 1984 was written it was blasphemous but now it looks as if 1984 was a prophecy that is how it is right now.

Today, this is standard procedure. Cameras on the bus, at 7/11, McDonalds, Bank of America, Denver Airport or that massage parlor. Why? The government is our bodyguard and this is one big investigation. Sounds fair right?

Is this the gray area people

talk about? Is this how life imitates art? Is this world one big TV studio like the Truman show where governments own all the channel's and watch YOU. They want to protect all Americans by watching them. They want to prevent terrorist attacks.

They want to pin point a terrorist before he makes the FBIs most wanted and the ones already on that list.

That's very considerate of them. It's also a jealous government that doesn't want the impression that you're cooperating with other countries.

Whether the government is your Guardian or your vindictive girlfriend you still have some rights. Right? Americans got the US constitution to look towards to protect their privacy. In theory, you do.

Michael Uhila
East Palo Alto, CA
January 7, 2014

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

Publisher: East Palo Alto
Center for Community Media
Editor-in-chief: Henrietta J. Burroughs

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www.epatoday.org and www.epamedia.org

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

Take a look at the East Palo Alto City Council

By Michael Uhila
East Palo Alto Today



Michael Uhila

For the purpose of entertaining the subject of East Palo Alto politics, let's look at the city council's ethnic makeup. It has three African Americans and two Latinos.

Mayor: Laura Martinez
Race: Latino

Vice Mayor: Lisa Yarbaugh Gauthier
Race: African American

Council Member: Ruben Abrica
Race: Latino

Council Member: Larry Moody
Race: African American

Council Member: Donna

Rutherford
Race: African American
Let's look at the statistics of East Palo Alto's racial demographics. The following figures come from the United States Census Bureau:
64.5% of East Palo Alto consists of Latinos
16.6% of East Palo Alto consists of African Americans
Now, what races are NOT on the city council and what per-

centage do they make up of the East Palo Alto population. 28.8 % of East Palo Alto consists of Whites. 7.5% of East Palo Alto consists of Pacific Islanders and 3.8% of East Palo Alto consists of Asians.

Those are the numbers. Now as far as who votes and who doesn't vote, that's another story. As far as political power goes in the ethnic groups, I don't know who's superior or inferior. As far as experience in politics -- the most democrats -- who knows? That's another story, too.

East Palo Alto is 30 years old and its city councils have been predominately African American. Theoretically, it's the voters who put them there.

Does that mean that the other races are inferior in their political drive? Does it mean

that African Americans and Latinos are the only ones that care about East Palo Alto? Does it mean that two races are in the race to being dominant in politics? Does it mean that the East Palo Alto political structure is rigged like a wrestling match? Does it mean that the Latinos or the African Americans want to corner the political game in East Palo Alto? Is it always time for change? It's up to you to decide that and it's all debatable.

Today the obvious is: African Americans are not the majority in the City of East Palo Alto. Yet they are the majority on the City Council. Latinos are the majority in East Palo Alto but the minority on the city council.

Are there Latinos who vote for African Americans and are there African Americans

who vote for Latinos which might explain this imbalance of population and city council composition.

Maybe there should be some affirmative action for politics in East Palo Alto: The give another race a try at politics program. Just to see if the dynamics would shift a little.

Of course this is just me entertaining an idea because democracy is based on votes. Theoretically, voting gets them in and voting gets them out.

This is not written to encourage people to vote or not vote because they are entitled to do whatever they want. However, you might want to look at the ethnic makeup of this city council.

Michael Uhila is an East Palo Alto resident who is a frequent contributor to East Palo Alto Today.

Let us show respect for the elderly and the others around us

By Ebonni Black
East Palo Alto Today

Not too long ago while out shopping, I witnessed a caretaker verbally abusing one of her patients. He was an elderly gentleman who was clearly in poor health.

I was so astounded by her behavior that I felt compelled to address her.

It saddens me to think that people we'd rely on to care for us, could be so cruel, especially when it comes to an elderly person. In a sense, they are like tender babies.

His feeble disposition was enough to fill me with the utmost compassion. There are elderly persons subjected to horrific abuse everyday with no one there to defend them.

I was moved to write this piece to shed light on a situation that is very real. I would encourage those who have elderly family members in convalescent homes and on-call caretakers, to check in on your

relatives and elderly friends. Oftentimes out of fear, the elderly will not report when they are being abused.

Being present in their lives is a good way to help combat this type of evil.

I feel in my heart that it was meant for me to witness that elderly man being verbally abused.

Although I realize the dangers one can face when involving oneself in other people's busi-



Ebonni Black

ness, it's never okay to stand by and allow someone to abuse an elderly person or anyone else for that matter.

I am not sure where the family members were of the man I saw, or if they were even active in his life.

I do, however, hope that in that moment when he was completely vulnerable to attack, he was able to feel the presence of "protection".

I couldn't help but think of him being my own parent. I can't ever imagine them being treated that way.

Please check up on your

relatives and dear friends.

Not only would it be comforting to them to share a visit with you, but it would also send a clear message that they are loved.

My hope and prayer is that every elderly person in this world is being treated with the utmost kindness, respect, compassion and love.

Ebonni Black is a former East Palo Alto resident who is very concerned about the health and well being of the residents in East Palo Alto and the many others who come into her life.

The need to bring an end to busing - Part 2

By J. Samuel Diaz
East Palo Alto Today

Busing: a holdover from a stalled civil rights movement Part 2.

Bring education to the students

Or would you rather insist that education be brought to your children? Why not view the reality that bussing is an antiquated, stale solution for a problem that needs to be addressed by investing in education locally? Why not just establish a standard high school in East Palo Alto? Why not establish a college campus right next to this high school? Why not eliminate bussing altogether?

If you invested in education locally, you might see your student scenario change to this: You get up and eat breakfast. You stayed in bed a little longer and so got up at 07:15 AM. You get to talk with your

mom and dad before they head out to work and your mom gives you some advice: "Stay away from them bad kids! You know your aunt saw you again hanging out with them!" You heed her advice before she hugs

and kisses you and tells you to be good on your first day at the new high school. You casually walk to the high school and your class starts at 08:00 AM. It's a boring day, but you hear from older students how wonderful it is! None of them have been downgraded to remedial classes and now all of them are taking regular history, Algebra I & II, and regular biology with its own laboratory! You look at them as if they had just landed from another planet speaking some strange,



J. Samuel Diaz

unintelligible language. For you are a ninth grader and you already are enrolled in first year Algebra and you plan to take Geometry during the summer and so take Algebra II your sophomore year. You already are in

Biology and History and you plan to accelerate your studies during your junior year. You know this, because you are meeting your educational planner this week with monthly, follow-up meetings already scheduled to make sure you stay on track to gain access to Advanced Placement courses by your junior year. That will put you on the same footing for entry to the top colleges and universities you are already following. And while you just see this as a

normal start to your high school years, you see the juniors and seniors -- those strange students who want to break down doors to education for some odd reason -- running across the street to get to their college classes. The only problem is it is 04:00 PM and evening classes don't start until 06:00 PM. But there they are, spending two hours waiting, as if they were in some pretend study hall; it seems odd that for them two hours would be nothing. But then again, you never were in their shoes. Were you? In any case, you head home at 04:00 PM to drop off your books. You stop by your friend's house next door to talk and watch some TV before you both head over to the college and wait for your older siblings who didn't eat dinner because they wanted to be there when the college doors opened for the first time. Odd

world around you, you might say. But you have time to study in the library finish your homework.

Educational infrastructure

Any real estate agent will tell you that one of the first things home buyers look for is the K-12 schools located in their area and the quality of those schools. When your neighborhood is devoid of any part of that K-12 infrastructure, your real property values suffer as a result. Is it no wonder home values continue to be undervalued in East Palo Alto? And who in their right mind would try to convince you to divest from such a core infrastructure component as education?

Did you ever notice that home values are highest in those areas located near to quality sources of education and study? Have you noticed

Lifecycles

It is always important to be friendly

By Pablo Maldonado and Roberto Gutierrez Perez
East Palo Alto Today

Adam Bremer is the manager of the Home Depot store in East Palo Alto.

He comes from the state of Utah. When he was in school in Utah, Bremer studied Spanish and learned how to speak the language. He also learned other languages such as Samoan and Tongan, since one of his best friends was from Tonga.

He began doing maintenance on the parking lot of his local Home Depot in Utah and worked his way up to be a store manager. Moving to California was of his efforts that



Adam Bremer, in the center, stands with two of his assistant managers, Tony Fonseca and Daniel Forgoza.

gave him the opportunity to have his own store.

He was willing to move away from his home state in order to get further in his career. So, he moved to California where he had the opportunity to be the manager

of a Home Depot store.

Now, he has been with Home Depot for 15 years and has been the manager of East Palo Alto's Home Depot for three years.

Bremer said that he is grateful that he lives in California because of its warm cli-

mate and because it offers him many opportunities to work in a multicultural market and to use the different languages that he speaks.

Bremer believes that the most important thing in the retail business is to have a facility manager who is involved with the community.

Because of his interest in the store's community, Bremer said that he has been able to make Home Depot a more versatile place for people to shop.

Bremer's assistant managers: Daniel Forgoza, Tony Fonseca and Hector Perez are part of the team that Bremer developed to deliver good customer service to the store's

customers and to the community of East Palo Alto.

Bremer does not like to just work in his office because he likes to be involved in the store helping customers with their needs. He also likes to keep the store well stocked and help out with long lines at the registers.

Bremer believes it is always important to be friendly and appreciate the store's loyal consumers and his staff in order to build relationships with the store's customers and with his associates.

Pablo Maldonado and Roberto Gutierrez Perez are East Palo Alto residents. Perez is currently a student at San Jose State University.

Es siempre importante ser amistoso

Por Pablo Maldonado y Roberto Gutierrez Perez
East Palo Alto Today

Adam Bremer es el manejador de la tienda The Home Depot en East Palo Alto.

El viene desde el estado de Utah. Cuando el estudiaba en su escuela de Utah, Bremer estudio el idioma Español. El también aprendió otros idiomas como Samoano y Tongo, por que se mejor amigo buena de la cultura de Tonga.

El empezó trabajando para

The Home Depot hacienda mantenimiento en los estacionamientos de su tienda local en Utah y fue moviéndose en posiciones con su experiencia en el servicio al cliente. Moviéndose hacia California le dio la oportunidad de tener su propia tienda.

El estaba dispuesto a moverse de su estado natal para llegar más adelante en su carrera.

El ahora tiene quince años trabajando por The Home Depot, y ya tiene tres años siendo manejador in The tienda de East Palo Alto.

Bremer se siente agradecido



Adam Bremer

por la oportunidad de trabajar con diferentes mercados culturales que tiene California. Sabiendo varios idiomas le ayuda comunicarse con sus clientes y también hacer relaciones con gente de

diferentes culturas.

Bremer creó que lo más importante en el negocio de la tienda, es estar involucrado en la comunidad local. Por su interés en la comunidad de la tienda, Bremer comenta que la tienda The Home Depot es un lugar más agradable de ir de compras.

Los manejadores asistentes de Bremer incluye Daniel Forgoza, Tony Fonseca and Héctor Perez. Ellos juntos han hecho un gran esfuerzo tener buenas relaciones con su clientes y la ciudad de East Palo Alto.

Bremer no le gusta nomas estar detrás de un escritorio, él le gusta estar atento con sus clientes para que ellos se sientan satisfe-

cho con sus compras.

También a él le gusta tener la tienda bien surtida de productos y ayudar en las cajas para sacar los clientes hacia sus trabajos cuando las líneas de forman en las registradoras.

Bremer cree que es importante que uno siempre tenga que ser amistoso, y amable con sus clientes para demostrar a los clientes que la tienda agradece su servicio para tener buenas experiencias con clientes y los trabajadores de The Home Depot.

Pablo Maldonado y Roberto Gutierrez Perez son residentes de East Palo Alto. Perez esta ahora un estudiante de San Jose State University.

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How to protect yourself

continued from page 3

are not available, use an alcohol-based hand-rub.

5. Avoid touching the eyes, nose or mouth.

"If someone has the flu they should avoid contact with others as much as possible," said Mark Cloutier, American Red Cross Regional CEO. "Everyone should also disinfect surfaces used commonly such as door knobs, switches, phones, computers and remote controls."

DO I HAVE THE FLU? The common signs of influenza are high fever, severe body aches, headache, being extremely tired, sore throat, cough, runny and/or diarrhea (more common in children). If someone thinks they have the flu, their health-care provider should be consulted. Someone should seek medical care immediately if they develop any of the following symptoms:

- Fast breathing, trouble

breathing or bluish skin color.

• Pain or pressure in the chest or abdomen (adults).

• Confusion or sudden dizziness.

• Not drinking enough fluids, not being able to eat, or severe or persistent vomiting.

• Flu-like symptoms that improve but then return with fever and worse cough.

• Children - not waking up, being so irritable that the child does not want to be held or not interacting. Fever with a rash. No tears when crying or significantly fewer wet diapers than normal.

For more information on influenza and other respiratory disease reports visit: <http://www.cdph.ca.gov/data/statistics/Pages/CISP-DataArchive.aspx#influenza>

To see more ideas on how to stop the spread of the flu go to: www.redcross.org/prepare/disaster/flu also <http://www.cdc.gov/flu/>

Lifecycles

A team that is distinguishing itself locally and nationally

By Lamisha Brown
East Palo Alto Today

Peninsula Sports Academy is an organization that is composed of a collaborative group of business men and women; coaches, parents, community leaders, and youth workers who are all passionate about investing in the athletic and academic development of underserved youth.

We are a community of volunteers who work with youth advocates such as the East Palo Alto Police Department, local churches and other community organizations to fulfill the goals and objectives of our mission.

It has maintained its 501c (3) status for the last four years. The organization is



Photo courtesy of Lamisha Brown
This photo shows the PSA Vikings and their coaches during the summer of 2012.

comprised of sports, academics (through the 180 Program), PSA takes its athletes to various tournaments around the Bay Area. Twice a year the play-

ers get the opportunity to travel to places like Las Vegas, Los Angeles and Reno for basketball tournaments as well.

In 2013, PSA had four

strong teams. When the basketball season started last year, these four teams together won ten championships. Last July, the PSA VIKINGS 10U went to Vegas and took first place! They went 5-0. The team had an incredible season!!

This is the same team that went to Florida and made history as the East Palo Alto Greyhounds. So, we were able to place our team "on the map" from Reno to Vegas due to our collective efforts as an organization, working with these youth to better their athletic abilities. I believe that this organization deserves public attention. The parents deserve to be recognized for their consistency and dedication to PSA in building and fostering a proper foundation for their children through academics and

sports.

This past August, we branch off and became the Black Top Ballers. So, look to hear more about us.

Everyone will agree that fostering knowledgeable, responsible, and goal oriented students is an important priority for our schools, families, and community. This program has yielded exceptional results in the attitudes and behaviors of our youths and as a whole, this would not have been possible without the efforts of our parents and constituents who are all involved to put the child's success first.

Lamisha Brown, co-founded the Peninsula Sports Academy (PSA) seven years ago with Tometrius Paxton. She is also one of the team's coaches.

Saying goodbye: Some of the East Palo Alto residents who died in 2013

MORTON	LA ARGENTINA		FEMALE	AFRO AMER	01/05/13	80
MARTIN	EUGENE		MALE	BLACK	01/16/13	79
COLLINS	MOLLIE		FEMALE	AFRO AMER	01/18/13	92
COLEMAN	LAMONT	D.W.	MALE	AFRO AMER	01/26/13	21
OLIVO	MARTIN	PAUL	MALE	MEXICAN	02/11/13	68
CLARKSTON	JOHNNIE	BEATRICE	FEMALE	AFRO AMER	02/11/13	88
DIAZ-LOPEZ	PRUDENCIA		FEMALE	GUATEMALAN	02/12/13	85
ALEXANDER	DOROTHY	MARIE	FEMALE	AFRO AMER	02/16/13	75
AUGMON	EZELL		MALE	BLACK	03/07/13	84
TAYLOR	BERT	O	MALE	AFRO AMER	03/10/13	78
BONNER	WILLIE	MAE	FEMALE	BLACK	03/11/13	68
TUPOU	ITENI	S	MALE	TONGAN	03/18/13	49
ROMERO-GASTELUM	MARIO		MALE	MEXICAN	03/31/13	53
ARMSTRONG	DONALD	WAYNE	MALE	BLACK	03/31/13	57
PERKINS	BEVERLY	JEAN	FEMALE	BLACK	04/08/13	71
GOMES	ARNOLD	R	MALE	BLACK	04/25/13	62
JONES	MARY	ELLEN	FEMALE	AFRO AMER	04/29/13	71
McGHEE	CHARLES	EDWARD	MALE	BLACK	05/04/13	73
BASSETT	RICHARD	L	MALE	BLACK	05/05/13	88
QUINONES-CASTANED	JOSE	LUIS	MALE	MEXICAN	05/19/13	15
SMITH	RUBY		FEMALE	BLACK	05/26/13	95
BRACY	ARQUIETTA	DENICE	FEMALE	BLACK	05/31/13	49
WHITE	DOROTHY	LEE	FEMALE	BLACK	06/19/13	81
YOUNG	CHRLENE		FEMALE	AFRO AMER	07/08/13	79
HUHANE	SIMILAI	S	MALE	TONGAN	07/09/13	54
WILKINS	SHIRLEY	ANN	FEMALE	AFRO AMER	07/23/13	59
MAMATA	KITONE	T	MALE	TONGAN	08/11/13	35
ANDERSON-ASHFORD	PHILOMENA	LEPRIA	FEMALE	AFRO AMER	08/13/13	47
JONES	NORRINE	ELAINE	FEMALE	AFRO AMER	09/07/13	51
PEREZ	RAMIRO		MALE	HISPANIC	09/14/13	78

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Home sharing offers creative, affordable housing solutions

By Lena Potts
East Palo Alto Today

You may not have heard of "Home Sharing", but there's nothing new about it. HIP Housing, the San Mateo based non-profit that runs one of the nation's largest Home Sharing programs, has been around for over 40 years. The organization serves all of San Mateo County, and each year provides affordable housing for over 1,400 people. One of the best ways to do this is to Home Share.

The Home Sharing program creates affordable housing from the existing housing stock by matching people who have a spare bedroom with those looking for a place to live. It is a mutually beneficial solution- those renting out a room in their home, called



This photo shows HIP Housing's Willow Road apartment complex in Menlo Park on opening day in 2013.

Home Providers, can supplement their income, while those who need a place to live, Home Seekers, can find stability and security at an affordable rate.

Nettie Criss has been a Provider since 1998. During the last 15 years, she has had 3 housemates through the program,

all of whom she loved having in her home. "I enjoyed them, and they enjoyed me. They were just a joy to communicate with and be with", she says of her housemates.

Currently, Jim "Reggie" Regino, a tennis instructor, is renting the space in Nettie's home.

Regino was referred to HIP in 2006, and was matched with Nettie soon after his intake interview. He describes their relationship as very caring, saying, "I've become very close to her...I call her to check on her and she calls me too."

Criss has lived in California since 1957, and moved into the home in East Palo Alto she currently shares with Regino in 1960. Describing herself as "particular", Nettie is grateful for HIP Housing's screening and interview processes. Each time she rented out space in her home through the program, she received a number of referrals from HIP, and ultimately rented the space to the individual she felt the most comfortable with. After tragically losing her second housemate to

cancer in 2006, she met with a number of home seekers, but decided Regino would be the best fit. "She called me! She said she liked me, and she really wanted me to move in", he says of hearing from Nettie.

Like most Home Sharing clients, Nettie came to HIP Housing to mitigate some of her housing costs. She explains its impact on not only her finances, but her housemates as well: "It's helpful to me because I'm on a very fixed income...it helps me as well as them."

While Jim and Nettie have had an exemplary relationship, sharing a home can come with occasional conflicts. HIP Housing is prepared for that as well. When matches are made, both parties sit

continued on page 11

Viviendas compartidas ofrece soluciones creativas y asequibles

Por Lena Potts
East Palo Alto Today

Puede ser que no haya oído de "Vivienda Compartida", pero no hay nada nuevo sobre lo. HIP Housing, la organización de San Mateo sin fines de lucro que opera uno de los programas de Vivienda Compartida más grandes del país, ha estado operando por más de 40 años. HIP Housing ofrece servicios a todo los residentes del condado de San Mateo, y cada año provee vivienda asequible para más de 1,400 personas. Una de las mejores maneras de hacer esto es compartir la vivienda.

El programa de Vivienda Compartida crea vivienda asequible de las viviendas existentes. La manera en la cual se hace esto es por crear una pareja entre una persona quien tiene un cuarto(s) de sobra y alguien que esté bus-

cando un lugar donde vivir. Es una solución mutuamente beneficiosa- las personas que ofrecen el cuarto, quien son referidos como proveedores, suplementan su ingreso, mientras las personas buscando pueden encontrar estabilidad y seguridad a un precio razonable.

Nettie Criss ha compartida su casa desde 1998. Durante los últimos 15 años, ella ha tenido tres compañeros de casa por parte del programa, le ha encantado tener en su casa cada uno de ellos. "Me la pasa bien, y ellos se la pasaron bien. Ellos eran una alegría cuando nos comunicaban y estaban con migo," ella dice de sus compañeros de casa.

Actualmente, Jim "Reggie" Regino, un instructor de tenis, renta el espacio en la casa de Nettie. Regino fue referido a HIP Housing en el 2006, y fue em-



parejado con Nettie muy poco después de su entrevista inicial. Él describe su relación como muy cariñoso, dice, "He crecido muy cerca hacia ella...la llamo para ver cómo esta y ella me llama también."

Criss ha vivido en California desde 1957, y se mudó a la casa en East Palo Alto que comparte

actualmente con Reggie en 1960. Ella se describiendo a sí misma como "exigente", Nettie está agradecida por el proceso que incluye entrevistas y verificación de antecedentes utilizados por HIP Housing. Cada vez que ella alquilaba el espacio en su casa con el programa, recibió muchas referencias de HIP Housing, y finalmente alquiló el espacio a la persona con quien se sintió más cómoda. Después perdió su segundo compañero de casa trágicamente a cáncer en el 2006, encontró muchos buscando vivienda, pero decidió que Regino era la persona adecuada. "¡Ella me llamó! Ella dijo que yo le gustaba, y ella quería que yo vivir en su casa," él describe así la llamada de Nettie.

Similar de la mayoría de clientes de Vivienda Compartida, Nettie vino a HIP Housing para

mitigar algunos de sus gastos de vivienda. Ella explica el impacto en no solo sus finanzas, pero sus compañeros de casa también: "Es útil para mí porque tengo en un ingreso fijo...no solo me ayuda a mí, pero además a ellos."

Mientras Jim y Nettie han tenido una relación ejemplar, el compartir una casa pueda tener conflictos ocasionales. HIP Housing está preparado para esos conflictos también. Cuando parejas están creadas, ambos clientes hablan con una consejera experta de la organización para cumplir un "acuerdo de vivienda juntos", donde ellos resumen todos los detalles, reglas, y necesidades para compartir viviendas. Después, cada participante tiene consejería de largo plazo disponible durante el tiempo que permanecen en el

continúa en la página 11

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Some of the East Palo Alto and Menlo Park residents who died in 2013

The ethnic descriptions listed below are at the request of the surviving family members. Jones Mortuary in East Palo Alto supplied these listings.

ANGUIANO	GUILLERMINA	BLANCAS	FEMALE	MEXICAN	09/22/13	64	BERRY	LOYD	ARNOLD	MALE	CAUCASIAN	01/17/13	91
EVAIMALO	MARIA	TAFOLOSA	FEMALE	TONGAN	10/09/13	29	MITCHELL	DOROTHY	JERALDINE	FEMALE	AFRO AMER	01/27/13	84
WEAVER	ESTHER	YOUNG	FEMALE	AFRO AMER	10/13/13	73	WARNER	SIMONE	MARIE	FEMALE	WHITE	02/15/13	92
SMITH	GIRLIE	M	FEMALE	AFRO AMER	10/20/13	82	TURNER	CEDELL		MALE	AFRO AMER	03/20/13	80
FERRELL	BLANCHIE	LEE	FEMALE	BLACK	10/31/13	95	JOHNSON	JURIST	ARNETTE	FEMALE	BLACK	05/14/13	41
FINNEY	FRANK	ALLEN	MALE	AFRO AMER	11/02/13	30	KENDALL	VIVIAN	JOYCE	FEMALE	AFRO AMER	07/04/13	88
FOSTER	ZELIA	S	FEMALE	BLACK	11/04/13	85	THIBEAUX-ERVIN	HELEN	M	FEMALE	AFRO AMER	08/18/13	80
McGEHEE	JOHNNIE	B	MALE	AFRO AMER	11/24/13	83	ENGLISH	BERNARD		MALE	AFRO AMER	08/29/13	75
WINN	PEARLIE	M	FEMALE	AFRO AMER	11/26/13	69	CASTILLO	CARMEN	G	FEMALE	MEXICAN	09/30/13	77
WALLACE JR	JOHN		MALE	AFRO AMER	12/02/13	92	MAHONI	NIVALETI		MALE	TONGAN	10/08/13	78
TATAKAMOTONGA	FRANK	DAVIDLEE	MALE	TONGAN	12/06/13	37	GRAY	OSCAR	LEE	MALE	BLACK	10/08/13	64
RODGERS SR	JOHN	ANTHONY	MALE	AFRO AMER	12/07/13	54	HAGGANS	BRUCE	TYRONE	MALE	AFRO AMER	12/15/13	66
LEVIAS	HILTON		MALE	AFRO AMER		64							

AACHAC sponsors annual women's health conference

By Dennis Parker
East Palo Alto Today

On December 7, 2013, nearly 500 Bay Area residents and health service providers gathered at the San Francisco Airport Marriott Hotel for the 6th Annual Women's Health Conference hosted by the African American Community Health Advisory Committee (AACHAC) and Mills-Peninsula Health Services. The event focused on African American women, however the audience of men and women included all ethnic, age, and faith groups. After all, obesity, diabetes, heart disease, stroke, and a sedentary lifestyle are a concern, no matter who you are.

The theme of the event was "Feeding Your Body & Soul" and was reflected in the



Photo courtesy of Max Williams
This picture shows some of the AACHAC attendees at a group lunch

breakout sessions that included discussions (some presented in Spanish) on Covered California and Medicare; diabetes; women's self defense; navigating corporate America; incorporating Wall Street assets; minor car repair; cooking made simple and nutritious; dance fitness; getting help at your pharmacy;

hearing loss; meditation; breaking the myths of veganism, and more.

Breakfast and lunch were served, and participants were offered screenings for blood pressure, glucose, HIV/AIDS, hepatitis C, vision, and hearing. Flu vaccinations were also given. Massages were available and exhibits by health

and wellness vendors provided a wealth of information and handouts.

Photos of the event will be available for viewing in a few weeks on the web site, www.aachac.org. In the meantime, go there to see the other events that occur throughout the year, such as Soul Stroll, an anti-bullying initiative, men's health symposium, care givers support group, health screenings at participating churches, and more.

The mission of the African American Community Health Advisory Committee is to increase awareness of major health issues affecting African Americans and other people of color, with a vision to eliminate health disparities through innovative models of health education and services across generations and diverse com-

munities. Serving the community for 18 years, the AACHAC consists primarily of volunteers and personnel from Mills-Peninsula Health Services. Anyone interested in sharing knowledge for life is welcomed to become involved.

Dennis Parker is a resident of East Palo Alto and serves as a community advocate.

#####



Photo courtesy of Max Williams
An AACHAC martial arts class at the women's conference.

Busing

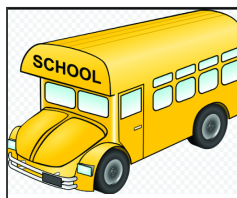
the cornerstone library in San Mateo is located just blocks from Hillsborough? Have you noticed the three community colleges are located in some of the wealthiest areas of the county? So when you see a long-term policy of divesting from education in your poorest neighborhoods, you have to wonder why that is being done. Because the wealthy neighborhoods sure ain't doing that!

Conclusions

In the end, busing has not addressed the inequity that has persisted in education. Busing has failed because it was never designed to provide anything for the

poorer neighborhoods. In the end, busing allowed for the divestment from education in these poorer neighborhoods and to move the segregation from distinct, public facilities to boundaries defined by classroom and tracking. Busing remains a serious impediment to education and adds no value to the student experience for those who are bussed. In fact, it detracts from their experience and discourages many to skip classes, become truant and eventually drop out of education.

The time has come to bring education to these underserved students. If they have been underserved for so many decades,



Courtesy of <http://www.wplipart.com>

then does it not make sense to at least balance out their educations and adequately serve them today? Is this not the whole concept behind a fair and equal education?

So let's rebuild this educational infrastructure in East

Palo Alto. Let's give our students equal and fair access to education so that they gain the same footing as students have in any other school. Let's begin to invest in education in our neighborhoods and demand this be done throughout the county. For investing in education has to be done at the city level, the county level, the high school district level and the community college district level. When you have all four of these levels of government working together and using our tax dollars to invest in our local neighborhoods and not shifting those funds to

wealthier areas, we will then begin to experience the change we need to make our neighborhoods prosper once again. For the answer to our woes was not external to us: It was within us and our neighborhoods all along. Our children can and will become successful once we give them the chance to succeed. Now ain't that somethin'?

J. Samuel Diaz is an author, community activist and a former candidate for the San Mateo County Community College District.

continued from page 5

New interim police chief

continued from page 1

placed.

González said that Rocha was reaching "the maximum number of annual hours allowable for a retiree to work for the City, as regulated by the Public Employees' Retirement System (PERS)."

She explained further that under state law, retirees can work no more than 960 hours per year. This restriction prevents

state retirees, who work from double dipping; in other words, they cannot receive their retirement pay, while they continue to draw a salary.

In the past, the pension reform act was extended to allow retirees to continue to work, but the extension that would have allowed Rocha to remain with the city was not continued.

González acknowl-

edged that the city knew about Rocha's situation when he was hired as the city's interim police chief. But she said, "We were hopeful."

City officials expect to have a process in place for the appointment of East Palo Alto's permanent police chief by the end of February 2014.

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This new year, take a stand against obesity

By Dick Resch
East Palo Alto Today



Dick Resch

What's your New Year's Resolution? Hitting the gym more? Cutting carbs?

There's an easier way to get healthy in 2014, and it doesn't require gallons of sweat or the elimination of bread. It's called standing.

A growing body of research shows that spending more time on your feet -- whether at home, at work, or during meals -- can have surprising health benefits. Even better, it's a whole lot easier to keep a New Year's resolution to simply stand more.

Remarkably, regular exercise can't undo the negative effects of sitting. According to Dr. Genevieve Healy, a researcher at the University of Queensland's School of Popu-

lation Health, "We've become so sedentary that 30 minutes a day at the gym may not counteract the detrimental effects of 8, 9 or 10 hours of sitting."

It's no exaggeration to say that sitting is the new smoking. An analysis published in the British Journal of Sports Medicine found that every hour spent on the couch watching television shaves 22 minutes

off one's life.

Smoking a cigarette, meanwhile, costs the average person only 11 minutes.

But unlike kicking a nicotine habit, sitting less is as easy as straightening your legs and standing up. And believe it or not, giving your recliner or office chair some time off can bring substantial health benefits.

A study published in the February issue of PLOS ONE, a science journal, found that, when it comes to reversing the harmful effects of sitting, "increasing the time spent walking/standing is more effective than one hour of physical exercise." Good news for those of us who may have trouble making it to the gym.

A renewed commitment to standing can start at the office. An astonishing 86 percent of

Americans spend their workdays planted in a chair.

But that's easy to fix. For starters, keep an eye on the clock and make sure to stand up at least once every thirty minutes. Instead of riding the elevator, opt for the stairs once or twice a day. Phone calls also provide a great opportunity to spend some time on your feet -- or to pace a little to get the blood flowing.

Height-adjustable sit/stand desks can help workers make standing an even more integral part of their office routine. The Centers for Disease Control and Prevention have found that such desks can reduce workplace sitting by as much as 224 percent.

Workers who adopted a sit/stand approach also reported having less back and

neck pain -- and were in a better overall mood.

At home, it's important to resist the urge to plop down on the couch. As it turns out, television sets work just as well when viewers are standing up.

Although we rarely realize it, most furniture -- from lunch tables to computer desks -- is designed with sitting in mind. A shift to a more upright, standing-centric lifestyle, therefore, will require a change in furniture.

All too often, January's self-improvement project becomes February's personal disappointment. As 2014 dawns, avoid falling short of your resolution to be healthier in the New Year -- and simply stand up.

Dick Resch is CEO of KI Furniture.

Acclaimed opera celebrates EPA

nied all of the performers. City Council members Donna Rutherford and Larry Moody were also in attendance. Abrica agreed that the community should continue to have events until next July to celebrate the city's pivotal anniversary.

The opera's East Palo Alto performance was held as a fundraiser to build two new classrooms for the creative

Montessori Learning Center located next to the Saint Francis of Assisi Catholic Church.

Not only was the evening's spotlight on the opera, but it was also on Webster, who has been a resident of East Palo Alto since September 1974.

Webster has been an affordable housing advocate for the past 25 years. He has

served on numerous committees and on the boards of directors of various East Palo Alto organizations, generally associated with affordable housing preservation or development.

He is also a founding board member of both EPA CAN DO, the primary affordable housing developer in East Palo Alto, and of Community Legal Services in

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East Palo Alto, Inc.

On January 6, at the East Palo Alto City Council's first meeting of 2014, Webster thanked Abrica for encouraging him to have the presentation of his opera in East Palo Alto and he thanked Rutherford and Moody for attending.

Jane Theresa Jones is an East Palo Alto resident, who is and active volunteer.

Having sleep problems?

If you are 60 years or older, you may be eligible to participate in a study of Non-Drug Treatments for Insomnia sponsored by the National Institutes of Health, and conducted at the Veterans Affairs Palo Alto Medical Center.

Participants will receive extensive sleep evaluation, individual treatment, and reimbursement for participation. **For more information, please call Stephanie at (650) 849-0584.** (For general information about participant rights, contact 866-680-2906.)

Community New Briefs

line network called Nextdoor to interact online daily, find recommended local businesses, post and share information on events, opportunities, or crime activity, ask and answer questions of each other, get updated on city and community issues.

According to the founders of Nextdoor, it is an online network that was started in San Francisco in 2010 for local communities "to build stronger and safer neighborhoods."

It allows neighbors to quickly communicate with each other and exchange information. The Nextdoor website states that neighbors can:

- *Quickly get the word out about a break-in
- *Organize a Neighborhood Watch Group
- *Track down a trustworthy babysitter
- *Find out who does the best paint job in town.

Currently, the East Palo Alto neighborhoods set up to use Nextdoor are Palo Alto Park, Runnymede, Pulgas Gardens, Woodland Bayshore, Newbridge, Bay Road, and Palo Mobile Estates.

The online network is free and private and neighbors are required to sign up and create passwords.

The City of East Palo Alto is encouraging residents to sign up for the network.

In announcing the city's participation, East Palo Alto's City Manager, Magda González said, "Our community can be healthier, stronger, safer, and more connected when our residents know each other better and get more involved in their neighborhoods. Nextdoor is a great way to keep in touch with your neighbors, share information, and help each other out -- and that is what a strong community is all about!"

The city recommends that residents go to www.nextdoor.com, enter their address, and join their neighbor network.

Anniversary of Officer Richard May's death

At the first East Palo Alto City Council meeting of the year on January 7, 2014, Interim Chief of Police, Federico Rocha reminded the council that the day marked the eighth anniversary of East Palo Alto Police Officer Richard May's death.

Mays was murdered by an ex-parolee in East Palo Alto.

Give support to the local newspaper

At the same council meeting, Councilmember Larry Moody urged the City of East Palo Alto and the local community to advertise in East



Palo Alto Today, the city's only locally produced newspaper.

Since the city has been posting advertising in other newspapers, Moody held up an issue of EPA Today at the council meeting and told the city staff that the other area papers (mentioning several by name), do not represent the East Palo Alto community.

He said EPA Today was a bilingual newspaper that could be found throughout the city in local nonprofits, businesses and in other organizations.

He mentioned the work being done by the paper's writers and its editor-in-chief and his comments received a round of applause from the audience members at the council meeting.

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Appointment of Meda Okelo

The San Mateo County Board of Supervisors unanimously approved the appointment of Meda Okelo to the San Mateo County Parks and Recreation Commission on January 7, 2014.

Okelo was recommended for the commission position by Supervisor Warren Slocum, who represents the 4th District in San Mateo County, which includes the communities of East Palo Alto, Redwood City, the portion of Menlo Park that is east of El Camino and the unincorporated community of North Fair Oaks.

Okela was employed for years in the City of East Palo Alto as the director of East Palo Alto's Community Services Department.

The Parks and Recreation Commission meets on the first Thursday of even-numbered months (February, April, June, August, October and Decem-



Meda Okelo

ber) at 4:00 p.m. in the Board of Supervisors Chambers, Hall of Justice, 400 County Center, Redwood City.

Interim Police Chief speaks before East Palo Alto Rotary Club

One day before the announcement of his successor, Interim Police Chief Federico Rocha spoke to the Rotary Club of East Palo Alto Bayshore.

At the January 15 meeting that was held at Ming's Restaurant in Palo Alto, Rocha was asked to give comprehensive picture of providing public safety.

During his talk he said that the last stage in the process of providing public safety is law enforcement. Tantamount to the process is education and prevention crime measures.

He said that if a city does well in taking preventative measures, then it needs to pay less in law enforcement.

Community Calendar

First and third Tuesdays of the month

East Palo Alto City Council meeting in the Community Room at 2415 University Avenue, East Palo Alto, CA. Public session starts usually at 7:30 p.m.

For more information, call (650) 853-3100 or go to the Agenda Center on the City of East Palo Alto's website at <http://www.ci.east-palo-alto.ca.us/agendacenter>

Sunday, January 26, 2014 at 3 p.m. in the Performing Arts Center Eastside Col-

lege Preparatory School 1041 Myrtle Street, East Palo Alto.

A warm invitation is extended to the community to attend the fifth annual benefit concert featuring music by African American composers, performed by the musicians and guest artists of the African American Composers Initiative (AACI.) All proceeds from ticket sales will benefit the school.

Ruby Bridges The AACI musicians, joined by the Eastside Choir under the direction of David Chaidez, will present

the premier of "Ruby."

For more information, go online to <http://aacinitiative.org>

Tuesday, January 28, 2014

The City of East Palo Alto invites everyone to the fourth in a series of eight meetings about the design of the new Cooley Landing Education Center that will begin construction in the Fall of 2014. From 6.30 pm to 9.00 pm in the Community Room at 2415 University Avenue, East Palo Alto, CA.

Thursday, January 30th

from 12 noon - 1:00 pm at the EcoCenter in the Palo Alto Baylands Nature Preserve, 2560 Embarcadero Road.

Local environmental nonprofits Acterra, the Environmental Volunteers, and Save the Bay are teaming up to welcome members of the public to observe and document the highest seasonal tides, or "king tides," while learning about baylands ecology.

The event will include an educational walk through the Baylands Nature Preserve with Environmental Volunteers

docents.

For more information, go to <http://www.eventbrite.com/king-tides-walk-tickets-10005698313>

See more community calendar events at the website for the East Palo Alto Today newspaper at www.epatoday.org

Local producers attend CreaTV awards gala

By Henrietta J. Burroughs
East Palo Alto Today

It was billed as "the party of the year" and a night to walk the red carpet. Attendees were invited to put on their top hat and pull out their heels.

Many television producers from throughout the Bay Area arrived at the California Theatre on the evening of January 18 in San Jose to do just that.

It was the night of the 2013 CreaTive Awards gala put on by CreaTV, the public access station in San Jose.

The guest of honor was legendary actor and community activist Ed Asner.

Rudy Parris, the singer-songwriter, season 3 finalist on The Voice was the featured performer.



Photo courtesy of East Palo Alto Today
From left, Jeff McGinnis, the Pro Services and Zoom In instructor at the Media Center, producer and talk show host Henrietta J. Burroughs and the Administrative and Finance Assistant at the Media Center, Lupita Segura, are shown during the CreaTV gala.

The annual awards gala was designed as a salute to honor the award-winning work of Bay Area producers and

video makers. So, videomakers and producers from San Francisco to Gilroy assembled to see which finalists

among them would walk away with the top prizes in the awards competition.

The competition consisted of ten categories and had approximately five finalists per category.

The Media Center had four local producers who were chosen by CreaTV judges as finalists in the competition.

They were Martin Wasserman and Greg Weinstein for the Future Talk feature on 3D Printing; Henrietta J. Burroughs, for her Talking with Henrietta show, The Last Taboo; Debra Katz for Palo Alto Electricity - 100% Carbon Free and Margaret Rex and Karen Adams for The Magic Paint Box Public Service Announcement- Healthy Eating.

The one winner in each of the ten categories received a hand blown art glass award and the Adobe Creative Suite Professional Edition.

None of the Media Center producers received the top prize in



Photo courtesy of CreaTV
Rudy Parris

their category, but all of the finalists received a small light bulb pin as a memento of the occasion.

Watch the next
Talking with Henrietta
Top News Stories of 2013
See more information about this show at www.epatoday.org/tv.html.

Home sharing

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down with one of the organization's experienced counselors to perform a "Living Together Agreement", wherein they outline the rules, details, musts, and deal-breakers for cohabitating. From there, every participant has long-term counseling available to them for as long as they remain in the program, with the staff serving as an unbiased, professional support system for the clients.

HIP Housing's solutions are especially useful in the current housing climate, where the aver-

age rent for a one bedroom apartment has risen to nearly \$2,100 in San Mateo County. New affordable housing units are built, but not fast enough to account for the rapidly growing numbers of people who cannot afford to live here. The organization has seen a sizeable increase in calls about Home Sharing from some hoping to boost their income, some trying to recover from homelessness, and everyone in between. And, after 41 years, HIP Housing's Home Sharing Program has become a

strong network of staff, board members, and clients truly invested in this community.

"It's just a blessing," says Nettie.

Lena Potts is the community manager for HIP Housing, which is located at HIP Housing 364 South Railroad Avenue, San Mateo, CA 94401. Contact the agency by phone at (650) 348-6660. Or, follow on Facebook at www.facebook.com/hiphousing

Viviendas compartidas

continúa en la página 8

programa; el personal es un sistema de apoyo imparcial y profesional para sus clientes.

Las soluciones de HIP Housing son especialmente útil durante el crisis de viviendas actual, donde la renta promedio ha subido a casi \$2,100 en el Condado de San Mateo. Cuando departamentos nuevos de vivienda asequible están construidos, no es lo suficiente rápido para responder a los

números altos de personas quien no pueden pagar el costo de vivir aquí. HIP Housing a tenido un incremento de llamadas por parte de personas tratando de incrementar sus ingresos, unos intentan de recuperarse por falta de hogar. Estos problemas son más verdaderos ahora, cuando el crisis de vivienda continúa en este región. HIP Housing tiene mucho más quien están buscando a

quien pueden proveer, y ellos esperan que pueden atraer más quien proveen en el futuro, para servir a las más personas posible. Después de 41 años, el programa de Vivienda Compartida de HIP Housing ha crecido en un grupo fuerte de personal, miembros del consejo, y clientes sinceramente invertido en nuestra comunidad.

"Ha sido un bendición," dice Nettie.

Are you interested in IT projects, but you don't really understand the field? Now, you can increase your knowledge and your confidence with this new easy to read book:

Why IT Projects Fail

Purchase J. Samuel Diaz' latest Kindle book after February 15th on amazon.com!

Meet the author in East Palo Alto and receive a comb-bound printed version for \$15!

After Feb. 15th, the printed version and an accompanying 30 minute orientation to IT will go up to \$30!

So act today!!! Learn more about IT and IT facilities' role in infrastructure

For more information, email the author at jsamueldiaz@gmail.com or call (650) 248-0119

*Join us for this historic
groundbreaking event!*

**Únase a nosotros a este
acontecimiento histórico**

**Wednesday, January 22nd
at 2:00 p.m.**



1885 Bay Road, East Palo Alto

