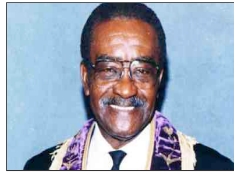




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East Palo Alto Today

Providing news that is relevant, informative and critical



East Palo Alto and Belle Haven

January - February 2010

Vol. 5 No.20

Emergency plan is close

By Richard Hackmann
East Palo Alto Today

For the past few years, several city officials, city staff members and residents in East Palo Alto have made emergency preparedness a top priority. Now, their efforts have yielded rich fruit in the

form of emergency plans that are ripe for implementation. East Palo Alto's Master Emergency Preparedness Plan is finally nearing completion and, as highlighted by the East Palo Alto City Council's December 15 discussion on the topic, the plan shows no signs of letting the community down

in the event of a catastrophic event. During this December council meeting, East Palo Alto's Police Chief Ronald Davis and Chief Harold Schapelhouman, from the Menlo Park Fire Protection District, led an in-depth presentation on the state of East Palo Alto's new emergency

plan and the proactive steps that East Palo Alto has taken to ensure an appropriate response in the event of a major emergency. The fact that East Palo Alto's three volume Master Emergency Preparedness Plan is close to completion was highlighted during their presentation, which was ac-

companied by a newly developed flipbook that showed what residents should do in the event of an emergency. The color-coded flipbook is an emergency guide (printed in English and Spanish) that explains in simple terms what city residents should do and

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Amazing Grace



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Developing Cooley Landing



This photo shows an aerial view of Cooley Landing which is located in the City of East Palo Alto at the end of Bay Road. Photo courtesy of Jitze Couperus and Saul Chaiken

By Lily Lee
East Palo Alto Today

Cooley Landing is an 8.5 acre peninsula at the end of Bay Road, surrounded on 3 sides by San Francisco Bay. It contains Carl Schoof's boat repair shop, wetland plants and animals, views of the entire San Francisco Bay, and other surprises. Visitors enjoy the free and open feeling from being out in the Bay sur-

rounded by water – yet still within East Palo Alto city limits. East Palo Alto has long wanted to open Cooley Landing as a park and nature and history education center.

The City of East Palo Alto invites all residents to a community open house workshop Saturday, February 6, 2010, to get community input on the developing plans. Please come by to see conceptual designs, learn about nearby en-

vironmental centers, ask questions, and share ideas. The open house will be at College Track (1877 Bay Road) 10 - 4 pm. The City will also host tours of Cooley Landing then.

In 2003, the City started a community process in which residents agreed they wanted to see Cooley Landing become a public park to enjoy scenic views and wildlife and learn about local history and nature. In 2005, the commu-

nity agreed on concept plans that showed a simple and natural design. To implement this plan, in 2006, the City started technical studies, which are now nearly complete.

These studies of the soil and groundwater contamination, plants and animals, and other practical site conditions show that cleanup and protection of endangered species

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Making it happen in EPA

By Gail Ortega
East Palo Alto Today

Nine visioning sessions were conducted in East Palo Alto during November and December 2009 with approximately 100 people participating. All participants were

residents and or stakeholders via service or work relationships in the community. The participants were cross generational and cross disciplinary. A session conducted with youth from the community proved to be very informative.

The sessions were de-

signed to elicit a vision of what a community without poverty would look like from a broad cross-section of community members and to inform residents of East Palo Alto and Belle Haven about President Obama's Promised Neighborhood Initiative. Participants

were given the opportunity to comment on whether they agreed with the premise of the initiative and whether such an initiative would work in the communities of East Palo Alto and Belle Haven as a solution

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- Opinions
- TV Listings
- Youth News

Quest Learning Center might be lost

By Patrick Sweeney
East Palo Alto Today

East Palo Alto is in danger of losing a great service to the students and school districts in the community if a new grant can't be found. Since 1999, EPA Library has been host to the Quest Learning Center that provides after school free literacy-based tutoring for 3rd-12th graders. Through major support from the William & Flora Hewlett Foundation in the last several years, this program boasts increases in student achievement of one grade level or more and pro-



students and parents attend the Quest Learning Center at the East Palo Alto Library.

vides support for both parents and students to increase the literacy levels of East Palo Alto children.

Most of the Quest students are 3rd-5th graders from the Ravenswood City School District who are required to attend a minimum of 3 days per

week. While attending Quest the students participate in literacy enrichment, homework assistance, academic skill building activities, mentoring, and guidance. Quest offers field trips, special events, and other incentives for students who work hard on completing their homework assignments and strive to fulfill their educational goals. Parent workshops are

also provided to help families assist their children with academics and to improve communication with teachers and school administrators.

Quest is staffed by a full-time Director, part-time Tutor Supervisors, part-time Tutors/Mentors, and a corps of dedicated Adult & Teen Volunteers. The Quest team works closely with students, their families, and their classroom teachers to improve their mastery of all school subjects, especially English and Math.

These staff members are the key to helping students develop self-confidence and be-

come part of a creative, literate, and interested community of learners. However, without continued support from charitable foundations and individuals, Quest will lose this dedicated group of employees and won't be able to continue helping EPA students achieve their goals.

For more information or to get involved with fundraising please contact Darwin Eustaquio, Program Director, at (650) 321-7712 x226 or at eustaquio@smcl.org

Patrick Sweeney is the branch manager for the East Palo Alto Library.

El Centro de Aprendizaje Quest

Por Patrick Sweeney
East Palo Alto Today

East Palo Alto se encuentra en peligro de perder un gran servicio para los estudiantes de la comunidad si una nueva ayuda financiera no puede ser encontrada. Desde 1999, la Biblioteca de EPA ha hospedado al Centro de Aprendizaje Quest, un programa académico gratis después de escuela para estudiantes en los grados 3-12. A través de un gran apoyo financiero de la Fundación William y Flora Hewlett en los

últimos años, el 77% de los alumnos matriculados en el programa han aumentado sus niveles de lectura independiente por lo menos 1 grado y el 29% han aumentado por lo menos 2 grados en un plazo de evaluación de 6 meses.

La mayoría de los estudiantes de Quest son estudiantes de los grados 3-5 del Distrito Escolar de Ravenswood, asisten cinco días por semana, y se benefician de proporciones de alumno-a-tutor de 5:1 o mejor. Ellos participan en actividades que aumentan la alfabeti-

zación, ayudan con las tareas, desarrollan las habilidades académicas, y asesoran. Además, los estudiantes participan en excursiones educativas, concursos de ortografía, exhibiciones de talento, visitas de autores y varios eventos de la biblioteca. También se ofrecen talleres para padres para aprender como ayudar a los hijos con los estudios y para mejorar la comunicación con los maestros y administradores escolares.

Nuestros estudiantes de los grados 6-12 asisten una o dos veces a la semana y reciben la ayuda de un tutor voluntario graduado de la universidad. A través de ambos componentes, más de 100 estudiantes reciben apoyo académico de calidad cada año escolar.

El personal de Quest cuenta con un Director de tiempo completo, Supervisores y Tutores Adultos de



Photo courtesy of the East Palo Alto Library
Students in the Quest program in the East Palo Alto Library

continuacion de la pag.9

The Parolee Program

By Richard Hackmann
East Palo Alto Today

The East Palo Alto City Council unanimously approved on a four to zero vote, with one Council Member out sick, a request to extend the services provided by the Community-Based Coalition (CBC) to eligible parolees outside of East Palo Alto.

The decision came at the council's December 15 meeting at the recommendation of East Palo Alto Police Chief Ronald Davis who stressed the importance of keeping the East Palo Alto Parolee program alive due to its high success rate. Davis feared that if the program was not offered to parolees in neighboring communities, then East Palo Alto,



Police Chief Ron Davis

on its own, couldn't sustain the necessary participation levels necessary to justify the spending. Fears that extending this program to surrounding communities would bring more crime to East Palo Alto were quickly nullified after moving accounts of the programs success were presented to the East Palo Alto City Council.

Currently, the California Department of Corrections

and Rehabilitation (CDCR) oversees the program, which operates out of the East Palo Alto Day Reporting Center where parolees go for assistance with their transition back to society. The center, which is located at Free-at-Last, provides what some of the parolees described as invaluable career services never dreamed of in the past. However, with the present budget issues facing Sacramento, proponents didn't want to take any chance that the funding for this program would be turned off due to a less-than-capacity enrollment level.

As Davis said, "By extending services to a few we may save services to all."

Under the current program continued on page 5

East Palo Alto Today
Call us to place your ad in the next issue (650)327-5846, ext. 311

Energy Efficiency and Environmental Protection

A Bright Idea!

Fluorescent tubes also contain mercury. To recycle tubes, please call San Mateo County's Household Hazardous Waste Program for recycling options at 650-372-6200. View drop-off locations online or make an appointment to dispose of other household hazardous waste at: www.sanmateo.org/hhw.

Message brought to you locally by:

Fluorescent lighting contains mercury and is not allowed in the garbage.

The County of San Mateo would like to recognize and thank the Retail Recycling Partners who assist the County in the proper recycling of fluorescent bulbs. The following retailers are providing a community service and helping protect the environment and your neighborhood.

Take back your used fluorescent lighting to these Retail Recycling Partners:

Bealco: Healthy Green Home - 855 Santa Cruz Ave. - Menlo Park
Portland Valley Hardware - 112 Portland Rd. - Portland Valley
MCA - 1700 East Bayshore Rd. - East Palo Alto
All Home Depot Stores

HOUSING DISCRIMINATION

Are You A Victim?

If you have been discriminated against in your housing situation, visit Project Sentinel, a non-profit agency

(888) F-A-I-R-H-O-U-S-I-N-G, (888)324-7468

Community News Briefs

More city information now online

The East Palo Alto City Council opened its February 2, 2010 meeting with the announcement that all of the supporting material to accompany the evenings city council agenda was posted online on the city's website.

As he made that announcement East Palo Alto City Council member Carlos Romero congratulated the city staff for making it possible for residents to download the



Carlos Romero

complete packet for each city council meeting.

"I'm very, very happy that we finally got there. Let's take one item off of our to do list," he said. The city council's agenda and the complete city council packet can be found at the city's website at <http://www.ci.east-palo-alto.ca.us/citycouncil/agendas/index.html>

February - Black History Month in East Palo Alto

The City of East Palo Alto issued a proclamation during its February 2 city council meeting that declared February 2010 as National African American (Black) History Month in the City of East Palo Alto. To see the proclamation online go to: http://www.epato-day.org/news/2010/february/black_history_proclamation.htm

Funding foreclosed properties

In his report to the East Palo Alto City Council recommending that it fund a pilot program to assist first time homebuyers to purchase foreclosed properties in the city, Wilbert Lee, the city's housing director, said that property values for single family homes had decreased by at least \$150,000 to \$200,000 over the past two years.

He requested that city officials allocate up to \$345,000 as set aside funds for down payment assistance loans and closing cost assistance for first time homebuyers who would like to buy vacant, foreclosed properties. A final decision by the council is still to be made.

All first time buyers who

are interested in purchasing a home in the city are invited to contact the East Palo Alto-Housing Services Department at (650)853-3109. The department is located at 2277 University Avenue.

Head Start and Early Head Start Programs

The budget President Obama sent to Congress on February 1 builds on the expansion to early learning programs made through the American Recovery and Reinvestment Act of 2009, including a proposed \$8.2 billion for Head Start and Early Head Start. Across California, the stimulus funding has already created hundreds of new early childhood education spaces in Head Start and Early Head Start classrooms, and created

new jobs for teachers and staff.

In East Palo Alto, East Palo Alto Head Start received about \$150,000, allowing it to open a new classroom this year for 20 three and four year olds, many of whom have experienced traumatic or stressful home environments.

In addition to other staff, the school hired four full-time teachers for its new classroom to provide the children with more individual attention and support.

In total, Head Start and Early Head Start programs in San Mateo County received more than \$815,000 in Head Start stimulus funds, creating new spaces for 69 children and jobs for nine new full-time employees countywide.

First Source Hiring is on target

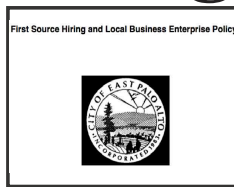
(This is 1 in a series of 5 articles)

In order to address persistent unemployment or under-employment in East Palo Alto, the City and Redevelopment Agency adopted the First Source Hiring (FSH) and Local Business Enterprise (LBE) Ordinance in 1994 and updated it in 2001. The policy was created so that local residents increase their chances of benefiting from jobs created as a result of the Redevelopment Agency's efforts in East Palo Alto.

The First Source Hiring policy has been one of the strongest features of the entire

program. The City Council/Redevelopment Agency had the vision to enact a FSH policy to insure that local residents were able to take advantage of employment opportunities in the city. Most cities don't have a First Source Hiring policy or program. The City of Oakland, the City and County of SF, Port of Oakland, Berkeley and Richmond are the only cities in the Bay Area who do.

Currently, in East Palo Alto 1,245 jobs exist at the Ravenswood Gateway 101 Retail Center of which 455 or 36% belong to local East Palo Alto residents. "Some East



Palo Alto resident's have been employed as long as 9 years in the Ravenswood Gateway Retail Center. Nevertheless, it's still not enough, people need more jobs," said Marie McKenzie, Redevelopment Project Manager and coordinator for the FSH Program.

The unemployment rate for

the City of East Palo Alto was about 20%, as of Dec. 2009, lower than the 20.7% reported in July. However, it is still the highest unemployment rate in San Mateo County, which average 9%.

"In this economy with so many people out of work or looking for jobs, we need to do more," said, Mayor David Woods. "We need to consider what we can do within our First Source Hiring Program that would increase the ability of local residents to become employed."

The main issue facing local residents is the ability to satisfy the requirements for em-

ployment. The FSH program continues to experience challenges placing resident's who often have various issues affecting employment, like having: a criminal background, limited education/skill set specific for the job, limited or no access to computers, weak or no past work history, poor presentation and interviewing skills, and very low educational attainment, which make it very difficult to compete in the open job market. About 52% of East Palo Alto residents, 25 years or older, do not have a high school

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City, County & State Government Meetings & Contacts

East Palo Alto City Council

The City of 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

David E. Woods Mayor
(650) 853-1907

Carlos Romero Vice Mayor
(650)328-4363

A. Peter Evans
(650) 321-1009

Ruben Abrica-
(650) 321-4001

Laura Martinez
(650)714-5337

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

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.

901 Weeks Street
East Palo Alto, CA 94303-1310 (650) 325-9021

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. An agenda is posted in advance of the weekly meeting, and past agendas and minutes are filed by the date they were held. Call the City Clerk at 650.330.6620.

Menlo Park City Council Members

Richard Cline
Mayor
(650) 228-5166

John C. Boyle
Vice Mayor
(650)906-7163

Kelly J. Fergusson
(650) 327-4533

Heyward Robinson
(650) 208-1512

Andrew M. Cohen
(650)327-5332

Menlo Park Boards, Commissions, Committees

Arts Commission
Bicycle Commission
Environmental Quality Commission
Housing Commission
Las Pulgas Committee
Library Commission
Parks and Recreation Commission
Planning Commission
Transportation Commission

San Mateo County Bd. of Supervisors

Supervisor Rose Jacobs Gibson, 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.

State Officials

Governor Arnold Schwarzenegger
State Capitol Building
Sacramento, CA 95814
Phone: 916-445-2841
Fax: 916-445-4633
Email: governor@governor.ca.gov

Assembly Member Ira Ruskin

District Address
5050 El Camino Real
Ste.117
Los Altos, CA 94022
650 691-2121

Senator Joseph S. Simitian

District Address
160 Town & Country Village
Palo Alto, CA 94301
(650) 688-6384

A call for census participation in 2010

By Margot Grant
East Palo Alto Today



Margot Grant speaks before the East Palo Alto City Council fluence of the 2000 Census data.

With April 1st just around the corner, Census 2010 is rapidly approaching. The Census is the method the federal government uses to count each resident in the United States.

Every year federal funds are awarded to states and communities based on the decennial census. In 2008, San Mateo County received approximately \$4.7 billion from Federal Government as an in-

there is a lot at stake if East Palo Alto and the entirety of San Mateo County are under represented in the 2010 Census.

It is incredibly easy to participate in the census. The 2010 Census is one of the shortest questionnaires in U.S. History and it only contains ten questions. Residents are asked to take ten minutes to complete the form and to return by mail. The envelope has free postage, so participating is completely free.

The 2010 Census is also

available in 59 languages. Based on feedback from the 2000 Census, the U.S. Census Bureau created new programs to ensure this year's census is much easier to complete for non-English speakers.

There will be approximately 50 Questionnaire Assistance Centers located throughout San Mateo County to answer questions and provide language assistance to those who need it. Residents can also call 1-866-872-6868 to receive help with their question-

naires over the phone.

One of the biggest concerns about the census is surrounding the form's confidentiality. There is a very serious misperception that census data is shared amongst other government agencies.

However, this is not the case. All answers are completely safe and protected by law. In fact in 1953, under the Truman administration, the White House had to undergo

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Looking to the next season

By Mark Medeiros
East Palo Alto Today

These days, not very many people think about East Palo Alto's roots in farming and agriculture. With Ravenswood Shopping Center and all the new development, it's hard to imagine EPA filled with orchards, poultry farms, nurseries and vegetable gardens.

But over the past year, EPA residents have experienced a small part of that former country atmosphere each Saturday afternoon at the EPA Commu-

nity Farmers' Market. We are proud that the Farmer's Market has been there for the community all year, rain or shine. It's been a place for neighbors to meet, for families to buy fresh and healthy food and meet the farmer's who work so hard to put that food on our tables.

On December 19, we had our last market day for the season. Now, we are reflecting on our successes and challenges, as well thinking about this coming year.

We opened in June with a



Photo courtesy of HJ Burroughs Mark Medeiros and David Kane close the Farmers' Market on its last day in 2009.

new location at 2415 University Avenue in the parking lot for the library and city hall. This turned out to be a popular location, with over 300 residents visiting the market each

day at the peak of the season.

Our new EPA Fresh Checks program was a huge success, giving EPA residents access to over \$20,000 in free Fresh Checks that they used to purchase fruits and vegetables. The Fresh Checks were distributed to WIC and Food Stamp recipients at the market, as well as through various community partners.

But the Farmers' Market isn't just a place to buy food, it's a community event. Our staff and the farmers got to know the "regulars," those

customers who came back each week to buy their favorite produce. These folks know that shopping at the Farmers' Market is a different experience than going to a supermarket. They bought their vegetables from the people who brought them straight from their farms to our neighborhood.

We want to make the Market even better next year by bringing in more vendors and organizing more special

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The importance of caring for baby teeth

By Dr. Virginia P. Humphrey, II DDS
East Palo Alto Today

Baby teeth do more than provide a pretty smile.

Many people assume because primary teeth will be replaced eventually by permanent teeth, it is not nec-

essary to invest in the care or treatment to save them.

Contrary to popular opinion, children's teeth perform many important functions:

They provide nutritional benefit -

Without healthy, reasonably well-aligned teeth, a child may have difficulty chewing and

eating a well-balanced diet. When a child's mouth is sore because of cavities, loose teeth, or sore gums, she may refuse to eat. Pain will also distract a child from being able to sleep and function well during the day.

Contribute to speech development -

Speech is more difficult without healthy, reasonably well-aligned teeth, and may cause permanent pronunciation problems requiring speech therapy.


They aid in the normal development of the jawbones and facial muscles -

Like muscles in other parts of

the body, children's face and jaw muscles need exercise to help them develop properly. Chewing provides exercise for a child's jaw, cheek, and tongue muscle.

Reserve space for the permanent teeth and help guide


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Project Sentinel

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1(888) 3 2 4 7 4 6 8



Emergency Preparedness Meeting

For those of you interested in helping our community prepare for an emergency or disaster, the Chief of Police will be hosting a meeting to discuss the possibility of forming a Citizen's Corps. Chief Davis, Captain Chalmers, Carol Parker from Menlo Park Fire District, Kenneth Dueker from Palo Alto Police (coordinates the East Palo Alto HAM operators) and East Palo Alto CERT members are scheduled to attend. Neighborhood Watch Groups, Block Captains and anyone else who is interested in participating are encouraged to come.

Date: Wednesday, February 17, 2010
Time: 6pm – 7:30pm
Location: 219 Demeter Street
East Palo Alto, CA 94303



For more information call 650-853-5939

Why we can't wait for organs

Re-Thinking Organ, Eye & Tissue Donation and the Gift of Life

By Ayanna N.S. Anderson
EPA Today Contributor



Ayanna N.S. Anderson

Like many people, I look ed forward to the month of January for a myriad of reasons. The first month of a brand new year, January has always represented a time of renewal, recalibration of personal goals, and reflection... especially when it comes to commemorating the birthday of Rev. Dr. Martin Luther King.

Each year, I find myself evaluating how far we've come in terms of actualizing Dr. King's dream of embracing equality and humanity for all. When I reflect upon Dr. King's legacy, I'm especially inspired by his unwavering vision for a better tomorrow. Dr. King's vision for a better tomorrow goes far beyond color; it encompasses every aspect of our life. For me, a better tomorrow means taking charge of your health.

For the year 2010, I encourage you to re-imagine a vital health issue: organ, eye and tissue donation. Perhaps you are not 100 percent sure

about what organ, eye and tissue donation is. Or, perhaps you are aware of organ, eye and tissue donation, but you have yet to decide if you are ready to take the next step of signing up as a donor. Here are a few important facts that you should be aware of:

DID YOU KNOW?

More than 100,000 men, women and children are waiting for a life-saving transplant. More than 21,000 Californians need organ transplants and thousands more need tissue transplants.

In Northern and Central California alone, more than 10,000 people are waiting for organ transplants to save their

lives

An average of 19 people die each day because there are not enough donors

Although African Americans make up 14 percent of the U.S. population, they account for 35 percent of all patients waiting for kidney transplants; every 12 minutes, another name is added to the waiting list

Latinos, African-Americans and Asian and Pacific Islanders are more likely to need organ transplants due to high incidences of high blood pressure (hypertension) and diabetes

CALL TO ACTION: WHAT YOU CAN DO TODAY

When you read these statistics, you may wonder what you can do to be more involved. Here

is a simple five-step action plan that you can follow:

Step 1: The Power Lies in You

The first step you can take is to simply understand that you have the 'Power' to donate life.

Step 2: Separate Fact

from Fiction

The next step is to get as much accurate information as you can about organ, eye and tissue donation.

There are many myths and misconceptions surrounding organ, eye and tissue donation. Don't let a lack of truth deter you from deciding whether or not organ donation is for you. Stay informed. Here are a few of the most common myths along with the actual facts:

Myth: If emergency room doctors know that you're an organ donor, they won't work as hard to save you.

Fact: If you are sick or injured and admitted to the hospital, the number one priority is to save your life. Organ do-

nation can only be considered after brain death has been declared by a physician.

Myth: Your history of medical illness means your organs or tissues are unfit for donation.

Fact: At the time of death, the appropriate medical professionals will review your medical and social histories to determine whether or not you can be a donor.

Myth: Organ donation disfigures the body and changes the way it looks in a casket.

Fact: Donated organs are removed surgically, in a routine operation similar to gallbladder or appendix removal. Do-

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The Chairez Family

Family Night targets students for success

By Dorothy Burnside
East Palo Alto Today

Sequoia District high school students and their parents attended the second annual African-American Family Educational Night on January 28 at College Track in East Palo Alto.

Family Night was an informative and inspirational evening, providing support to the entire family to increase the four-year high school graduation rate in the East Palo Alto community. The evening began with entertainment by the Menlo-Atherton Choir. In his keynote speech, Dr. Frank Wells, principal of Redwood Continuation High School, told students, "Nothing is possible if you don't have a vision."

Wells cited several people



This picture shows some of those who attended Family Night. Included is East Palo Alto's Chief of Police Ron Davis.

who did have a vision, like Maggie Walker who believed in individual self-help and integrity. Wells told the students how taught herself bookkeeping and accounting and founded a bank in 1903. The Consolidated Bank and Trust Company, which Walker founded, thrives today as the oldest continually operated African American bank in the

United States.

After Wells' presentation, students and parents attended separate workshops. Students, then, listened to motivational speaker and author Wil Cason on Visualizing Your Victories and to M-A college advisor Alice Kleeman on How To Pay for College.

Several students, including Caprice Powell; 12th grade; M-

A; Ayona James, 12th grade; Redwood; James Givens, Jr; 12th grade; Sequoia and Julius Brass, 12 grade; Redwood said that they appreciated hearing "the words of wisdom and support in the student workshop." They said, "if you have a dream -- to go for it," and they talked about "the importance of setting goals."

Another students said, "Mr. Cason gave me confidence to figure out how to be successful. Mr. Cason really gave me hope. He made me feel really sure of my dream. I will now go on to say, 'I will become -- because of him.'"

Parents heard presentations by Sequoia and Woodside Guidance counselors on topics that included graduation requirements, credit recovery, a-g college entrance require-

ments, benefits of taking higher level courses, social isolation in the honors classroom, strategies for success, and getting past the "too cool for school" syndrome. Parents responded that students need to hear more motivational speakers like Dr. Wells -- people who students can relate to and who look like them.

Parents expressed interest in working with a parent coalition within the district to improve the quality of education for students of color. The Sequoia District's next step, said Dorothy Burnside, will be to help parents form a District Target Success Parent Group.

At the Family Night, families also received printed information about high school: four-year high school educa-

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Parolee Program

agreement, which began in 2007 and is set to expire in June of 2010, only 20% of the parolees who participated in the program ever go back to prison. A staggering rate when compared to the state relapse average of 70%.

Davis elaborated on the success rate when he noted, "The CDCR and Caltrans [who provides 36% of the parolees with jobs] is already trying to replicate this in Oakland and Los Angeles. We are sitting on what we believe will be the model program for both

California and the rest of the country."

However, Davis isn't the only person who believes in this program. During the public comment portion of the discussion numerous program participants gave moving accounts of the programs successes and what it provides for them.

As Gary Bell of East Palo Alto said, "I went through the Caltrans program successfully, completed that, and got a grant to go to truck driving school and got my commercial license. Now I have a nice

place to go where there are computers available to go out and look for jobs. It has been so helpful to me and I hope it is able to stay around for everybody else."

Charles Greer of East Palo Alto went on to say, "The Daily Reporting Center has been a great help to me and everyone who is there. I've been on parolee for almost 30 years and this is one time in my life that I have actually opened up and had East Palo Alto and the people who work there help

me with my life. To get my license, to get fine employment, to get jobs and to talk to people and talk to myself not only in AA, but also in NA, I get to learn to live again. And to extend this to another program or another community outside, that would be a great help. They do a lot for us, everyone in East Palo Alto. It's a great place and I appreciate it."

In talking about the parolees to the council, David Lewis, who is the co-founder of Free-at-Last summed it up, "They become citizens once again and can become engaged in

making their community a better place."

The group presentation left the council meeting's audience with the idea that the parolee program would be able to continue with increased enrollment. However, a final word on funding will come down from the California State Legislature in the coming months.

Richard Hackmann is the Co-Founder & Executive Director of the Center for Community Action and the current Chair of the Palo Alto Young Professionals.

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From the Editor's Desk

Being proud of my country

January and February, coming at the beginning of the year, are months of celebration. The biggest celebration, of course, takes place on New Year's Eve. We've just celebrated the birthday of Dr. Martin Luther King, Jr. and marked the one year anniversary of President Barack Obama's inauguration. This February, we celebrate Presidents' Day, a national holiday, in honor of Presidents George Washington, and Abraham Lincoln.



Henrietta J. Burroughs

There is also Valentine's Day when we can celebrate the love that we have for each other. This year, the end of January and the beginning of February mark the fifth anniversary of the East Palo Alto Today newspaper which distributed its first issue at the end of January 2006. Certainly with everything going on around us, we can always find something to celebrate.

There was even a feeling of celebration in Haiti when bystanders in Haiti chanted U.S.A, U.S.A as members of this country's search and rescue teams pulled several Haitian survivors from the massive building debris that entombed them.

Isn't it strange sometimes, how one event can bring to mind another event that might be only remotely related? The chanting of the Haitian bystanders reminded me of Michelle Obama's remarks during the presidential campaign in 2008, when she said, "For the first time in my life, I am proud of my country." Her remarks came at a critical point in Sen. Barack Obama's campaign.

Needless to say, her statement sent shockwaves through much of the nation and put Michelle Obama on the defensive. Many people throughout the country wanted to know how she could possibly say that? Why wouldn't she be proud of this country?

Cindy McCain, the wife of Obama's opponent John McCain responded, "I have and always will be proud of my country." Well, if one is honest about it, and the truth does not lie far beneath the surface, there are key periods in America's history and key policies

the nation has enacted that Michelle Obama could have mentioned to back up her statement.

She could have pointed to how badly this nation has treated Native Americans: decimating tribes, taking their land and confining them to reservations, where even now they suffer from alcoholism, poverty, high rates of suicide, illiteracy and the other ills that afflict this nation's inner cities.

She could have mentioned the tragedies that occurred at Wounded Knee and during the "Long Walk" made by hundreds of Navajos during 1862. The 200 years that slavery was legal in this country is another example she could have cited. Then there was America's war with Mexico which was fought over Mexico's refusal to send back to America escaped slaves who fled to Mexico seeking freedom.

Isn't it just a little ironic that African Americans fled to Mexico to seek freedom and opportunity?

Obama could even have cited the Chinese Exclusionary Laws, the Japanese Internment Camps, the years of government policies that supported Jim Crow laws and led to the wholesale denial of rights to African Americans for decades. Even now, one can cite some of the inequities that exist in this country's immigration laws, and even closer to home, current racial profiling policies.

Do you know, she could even have pointed to the decades that United States Marines occupied Haiti and conscripted Haitian males to work for several years without pay to build roads in their own country.

There are a lot of things Michelle Obama could have said to justify the statement she was initially credited with making. But, discussing some of these chapters in American history carried major risks for Obama's campaign. With an election hanging in the balance an explanation wasn't

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Photo courtesy of Henrietta J. Burroughs
This photo presents yet another view of Cooley Landing in East Palo Alto. See story by Lily Lee on page 1 of this issue.

Letters in East Palo Alto Today

Cooley Landing

Dear Editor

"Cooley Landing is one of the best opportunities for East Palo Alto to arrive in the company of great cities with a SF Bay Area waterfront. EPA roads are at capacity and any notion of its inclusion in the High Speed Rail plan is non-existent. What lessons can EPA learn from Haiti? The need for a viable waterfront for emergency amphibious relief. EPA has two general aviation airports in its locality with San Carlos and Palo Alto. While these airports will play a significant role in the transport of people, goods and life saving equipment/organs during emergency, it is important to realize the bulk of these same goods/people are best delivered amphibiously. Cooley Landing is a natural/strategic amphibious point in the area South of Dumbarton/South of San Mateo Bridge(s)'. It is important to include an emergency infrastructure at Cooley Landing that will take advantage of the unique water access by amphibious means. That such a geologic bonus on an alluvial plain exists will

prove a tremendous advantage for EPA, just as it will Port Au Prince. I will always request an opportunity to add to a Cooley Landing conceptual design for amphibious water transit/emergency relief for the City of East Palo Alto. I do so now."

Charles Ivan King
East Palo Alto Transportation and Public Works Commissioner, CAC Member, San Mateo County Transportation Authority

Water tanks for East Palo Alto

Dear Editor

Your interviews are good and informative. Maybe you could do one about preparing for an earthquake or natural disaster. EPA needs water tanks to hold extra water. Aperia and the city manager have been informed by the county twice to get some kind of second source of drinking water. Mr. James makes a lot of money and didn't do much for EPA. The EPA city council hasn't done a thing about it. Mr. Woods was an absentee

BAWSCA representative. I don't think he will care about the water tanks unless the residents complain.

Aperia is on the BAWSCA board. BAWSCA had a geologist who spoke about earthquakes and water pipes. Aperia was there to hear the speech. EPA is doing nothing to protect their residents. Has Aperia told the residents to get a water filter on their homes or sinks? I have the EPA water report and it didn't look good.

Palo Alto told EPA they would not share their water with EPA if something should happen. Why aren't they building tanks now? They add corrosive additives which disintegrate the aging pipes. In an earthquake EPA will have no water. It will be another Katrina. No one will help them.

Places of worship could have CERT programs taught on worship sites so the CERT program could be taught in the languages of the EPA residents.

Wynn Grcich
Hayward, CA

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.

A letter to my friends and colleagues

Stewart Hyland

EPA Today Contributor

Very happy new year good friends! I am writing this letter in recognition of my hopes and frustrations; however ultimately in my faith.

Some difficult transitions are taking place in our activist community amid a growing effort to capitalize on the fruition of many successes to create an actualized tipping point in East Palo Alto and Belle Haven communities.

Personally, I would love to be independently wealthy at this time. That way I could devote myself to wrestling with the challenges that face our



Stewart Hyland

addicted or elders, homeless and/or formerly incarcerated, or all of our diverse young people. But, I am my community. Many of the same economic and life challenges that our family has to face are the same as those of many in our town.

Blessed, truly blessed I am to be here to share in a few of

our community's successes. I can say that I have sat on the board of EPACANDO and on the Founding Governance Board of the Hewlett Foundation Neighborhood Improvement Initiative, that became One East Palo Alto. Both of those great experiences are significantly so because I was fortunate enough to share them with Mother Barbara Mouton - Madame Mayor the first.

How many times have you sat with a Dr. Warren Hayman or Mama Dee Uhilemoengi or Luis Avelar or William Webster as you worked long hours often unpaid but definitely compensated because of the work done in pure devotion in

order to improve the lives and brighten the futures of brothers and sisters who did not live under your parent's roof but our Creator's sky.

As we go forward please remember those times, hold compassion for one another during difficult times. And forgiveness when needed, we are few and there is so much work to do.

And so my hopes and frustrations lead me, as always blessed as I know I have been, back to my faith. Time and again I learn about your / our successes, when we have united for a greater good that is when we have our most enduring successes. This time -

this time let us draw from our collective memory of self-determination to move our East Palo Alto and Belle Haven families further towards the mountain top; where poverty will be eradicated.

One of our great inspirations in this effort, Robert 'Uncle Bob' Hoover said we can do it "just want to remind you that we are taking on a 20-40 year project and we need to think and plan with that in mind."

Enough said, I look forward to working with you.

Peace and abundant blessings in 2010,
Stewart Hyland

Deferred dreams

R.B. Jones

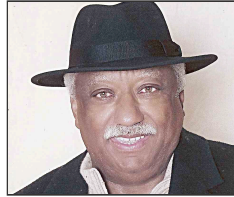
EPA Today Contributor

I suppose the East Palo Alto community has had time to assess the effects of the majority city council's (Abrica, Romero and Martinez) decision to locate a grocery store in the Ravenswood 101 Shopping Center. It is just as important to look at the staff that participated in this decision and their relationship to this community. Let's take a fact based walk through the decision making process, the prob-

able mind set of the staff and majority council members and the effects of their decision.

First of all, we all know that "grocery stores" pay little or no taxes, (maybe 5%) other than cigarettes and liquor. The grocery store can make tons of profit, but that profit only benefits the owner. There were at least three (3) studies done to bring a grocery store to East Palo Alto, at a cost of approximately \$20-25,000 and "Mi Pueblo" was rejected totally on the first two studies, and came in #3 of 3 in the most recent study.

Those of us from as far back



R.B. Jones

as 1983 have wanted and worked for a major "super market" or "grocery store" but we were unsuccessful. The question should be "why this store; why at this time and why at this location", why the ma-

majority city council (Abrica, Romero and Martinez) defy all business standards and recommendations of their staff to make this decision. Why would this council majority (Abrica, Romero and Martinez) deny input from 4 former Mayors, (Rose Gibson, Donna Rutherford, Pat Foster, and R.B. Jones) and a majority of individual vendors located in the 101 Shopping Center. Why would this majority (Abrica, Romero and Martinez) appoint a planning commission where in everyone of them supported the grocery store plans but not one of them made the decision

based on planning decorum.

For Instance:(A)Commissioner Allen said he supported the grocery store because he had wanted a grocery store for a long time.

(B)Commissioner Glover said that although no one spoke to her when she shopped in a Mi Pueblo store in Mountain View, she still wanted to buy a steak and fresh vegetables, so she voted to accept Mi Pueblo's plan!

(C)Commissioner Skinner implied that he liked Mexican

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Built to Last coming to an end

By Gail Ortega

EPA Today Contributor

This letter is to notify you that the Built to Last Collaborative will officially end its contract with the Sequoia Union High School District for Academic Coaching at the end of this month, January 31, 2010.

Over the course of three years the Built to Last Collaborative launched an innovated approach to supporting the class of 2011. We focused on approximately 400 Ravenswood City School District students entering the Sequoia Union High School District. We received a multiyear grant from the Governor's office of the California Volunteers/The Corporation for National and Community Services, also known as AmeriCorps. AmeriCorps funding allowed us to recruit, screen, and deploy over forty area residents as AmeriCorps members. We



Gail Ortega

created an innovated model we call Academic Coaching to match one member to 10 students on four campuses. We piloted the model on the campus of Menlo Atherton High School and in the first full year of AmeriCorps funding 2008-2009 launched the program on the three other campuses.

We faced several major implementation and sustainability challenges during the first full year of operation. We were required to raise over \$400,000 in matching money for a start up with an untested model during a recession. Secondly, AmeriCorps required substantial administrative attention and program

supervision focused on the AmeriCorps members, training, supervision, records, and retention. By December 09 we implemented a series of budget cuts and program reductions to insure continued services for the remaining of the 08-09 school year. Fortunately we secured a recovery grant that allowed us to meet the financial match requirements. Also we were successful in designing and implementing the required grant administration and programmatic changes required to operate a successful AmeriCorps federal grant, all of which proved to be too little too late in light of the economic crisis.

The 09-10 programs were reduced from four campuses to two, Carlmont HS and Menlo Atherton HS with plans to serve 80-100 students on each campus. Fund development efforts did not result in obtaining the funds required to

launch the 09-10 program. The program start date was pushed back from September to October and the program was started with the City East Palo Alto Measure C funding, Sequoia Union High School district funding and a small grant from the city of Menlo Park. By December 2010 it was decided to forego the third year AmeriCorps funding due to the inability to secure the financial match and the amount of administrative infrastructure required to support the AmeriCorps grant.

Effective January 31, 2010 major financial support for the 2009 -2010 Built to Last Collaborative Academic coaching program will end. Menlo Atherton High School has arranged to continue staffing

and academic coaches on their site for the remainder of the 09-10 school year although there will be some reductions to hours of services. Fund development will con-

tinue to raise funds for Carlmont where reductions in services will be the most severe. At this point Carlmont limited services will continue through February 28, 2010.

The next few months will be spent not only developing funds to ensure that the current youth have a successful school year, but in strategically determining how Built to Last fits into the overall community support system for East Palo Alto and Belle Haven youth. Built to Last applied for 501C3 status as a nonprofit corporation and the plan is to re-organize the board of directors and advisory group. In the upcoming months I will be calling on you for your friendship, your advice, your labor, and your wisdom.

Thank you for all the support, insights, and help you've already provided over the past three years. Peace Gail

Gail Ortega is the executive director of the Built to Last Collaborative.

Healthy and delicious foods

By **Eve Sutton**
East Palo Alto Today

Blessed with a variety of fruits and vegetables year-round, we can enjoy fresh salads even during the fall and winter. Emily Burke of Menlo Park created a colorful, delicious salad for using only Fuyu persimmons (the kind eaten hard, like an apple), cucumbers and pistachio nuts. With her kind permission, I am reprinting it here, along with some hints for using balsamic vinegar as a dressing.

Persimmon, Cucumber and Pistachio Salad. If persimmons are not available, use a sweet citrus fruit like tangelos, which are shown in the picture



Persimmons, cucumbers, and pistachios make a tasty side dish or snack. Add a little balsamic vinegar for extra flavor.

in the Spanish language translation of this recipe.

For each 2 servings, use 1 Fuyu persimmon and 1 small cucumber. They should weigh about the same, or the cucumber might weigh a bit more. If desired, add about 10-12 pistachio nuts, plain or salted.

For a large bowl of salad (10-12 servings), use about 5 persimmons and 5 small cucumbers or 2-3 large cucumbers, with about 50-60 pistachios.]

1. Peel the cucumber and cut into bite-sized pieces.
2. Cut around the top of the persimmon to remove the stem. You can peel the persimmon for a softer fruit, or wash the persimmon and leave the peel on, for more fiber and vitamins. Cut into bite-sized pieces. Fuyu persimmons have no seeds, or maybe only a few very small seeds that are easily removed.
3. Mix all ingredients in a bowl. You can mix the pistachios into the salad, or sprinkle them on top.

Balsamic Vinegar, Reduced

for Dressing

Balsamic vinegar is grape juice that has fermented like wine in wood barrels, and gone past the wine stage to become vinegar. It has a deep red color and enough natural sugar to make it slightly sweet, almost a syrup. The really good brands can be used straight from the bottle as a sauce or dressing. Some brands are ridiculously expensive, and others are reasonably priced.

Like all vinegar, balsamic vinegar has some acetic acid. Acetic acid is good because it helps your body absorb calcium from your food, and it helps balance your blood sugar levels. However, some of the inexpensive vinegars have an acid taste that is too

strong. If you happen to get a brand that tastes too harsh to use straight from the bottle, you can mellow the flavor by cooking it a little.

Microwave directions
Pour 2-3 tablespoons (about 30-40 ml) of balsamic vinegar into a clear glass. Microwave on high for 20-30 seconds, until you see steam coming up. Let the vinegar cool, taste it, and repeat as needed. You might have to remove half the water, or more, until the vinegar tastes like a thin syrup.

Stovetop directions
Pour 2-3 tablespoons (about 30-40 ml) of balsamic vinegar into a non-stick pan. Simmer until the vinegar has lost about half the water and tastes like a thin syrup.

A call for census participation

continued from page 4

renovation. It was necessary to relocate the President until the renovation was completed.

The Secret Service requested from the Census Bureau information on residents living the proposed relocation areas to conduct background checks to ensure the

President's safety.

However, because census data is completely confidential, even to the President of the United States, the request was denied.

However, even if confidentiality is not of concern to the resident, participation is still difficult to muster. In 2000, only 65 percent of

the U.S. population mailed back their census questionnaire, and in East Palo Alto this number was an alarming 60 percent.

In the midst of such difficult economic times, it is paramount our communities achieve complete participation from all residents. Simply put, an inaccurate

count could cost the county hundreds of millions of dollars in badly-needed funding, and threatens their ability to provide resources that are critical to the betterment of our communities. The slogan for the 2010 Census is "It's in Our Hand". Quite accurately, it is in our hands through both participation and in-

formation sharing that will determine a significant financial outcome for our communities over the next ten years, ents.

Margo Grant is the Census Coordinator, County of San Mateo. She can be reached by email at mgrant@co.sanmateo.ca.us

Developing Cooley Landing

continued from page 1

and numerous permits will be needed to open a park.

The City is now ready to refine the concept plans the community reviewed earlier. A design team will invite community input at the February 6 meeting and at several follow-up public meetings in spring and summer 2010.

By summer, 2010, a new Cooley Landing community-based Vision Plan will form the basis for applying for permits and funding for construction. If the project can secure permits and funding by fall, 2011, the City hopes to lay new clean dirt on much of the site to protect the public from contamination, plant new plants, construct trails, and open the park to the public in 2012. Opening a building on the site to the public may take longer.



Photo courtesy of Henrietta J. Burroughs
Supervisor Rose Jacobs Gibson, third from left, stands beside Congresswoman Anna Eshoo, and other local officials during a visit to Cooley Landing when the congresswoman visited East Palo Alto to attend the reopening ceremonies for the completion of Phase 1 of Bay Road.

Background

The City's history of dreams began in 1849 at this spot. San Francisco banker Isaiah Wood planned and built a wharf at what is now Cooley Landing. Cooley Landing may be considered the birthplace of the City and was an important place of commerce in the 1800's.

From 1932 to 1958 it was a County dump, but from the 1960's to 1990's, Carl Schoof covered the dump with dirt and built and operated a boat repair business in a 4,000 square foot wooden build-

ing. He retired, and Cooley Landing has been closed to the public.

As part of the Pacific Flyway, this marsh area provides food, shelter, and habitat for a variety of fish and wildlife and a crucial winter refuge for migratory birds.

It connects the Palo Alto Baylands Nature Preserve and the Ravenswood Open Space Preserve, both critical habitats for the California Clapper Rail, a pheasant like bird with a population of only about 300 birds worldwide, and the Salt Marsh Harvest Mouse. Co-

leey Landing is a short walk from the San Francisco Bay Trail.

Community Vision

In 2003, City staff organized four Cooley Landing walking tours attended by over 100 local residents, community leaders, and property owner. Soon after, the City Council held a Cooley Landing Study Session, and forty residents and Council members sent a strong message that they want public access for low intensity recreation, education, and

conservation while respecting the natural and historic integrity of the site.

The Packard Foundation funded concept drawings to show potential future approaches for developing Cooley Landing that all stakeholders supported. In 2005, the City presented these drawings at a series of community meetings, and residents strongly supported the simpler more natural looking plans.

Cooley Landing can be a place of rest for hikers, a picnic area for local residents, a place of staging for walks to admire nature and a regional amenity. The existing structures may be used if rehabilitated as an educational, historical or recreational facility for neighborhood children and local residents.

In March, 2006, the City Council accepted the center portion of Cooley Landing as a gift from the Peninsula Open Space Trust for this purpose. The Midpeninsula Regional Open Space District, a government agency, also owns part of the site and is working closely with the City as a partner to help implement the community's vision.

In San Mateo County, the City of East Palo Alto has the lowest ratio of municipal parks per capita for a city of equiva-

lent density, with half an acre of parkland per 1000 residents versus the California state recommended standard of 3 acres of parkland per 1,000 residents. Cooley Landing would increase the City's parkland by more than 50%.

All the stars are aligned to realize the community's vision for Cooley Landing. Diverse local leaders and residents have expressed strong community consensus around a shared vision. Studies thus far shows this vision is technically feasible.

Partners from local community groups, schools, funders, and government have already contributed to this project and have committed to further support. Restoration of Cooley Landing will provide residents with direct access to San Francisco Bay, create a link between two other nature preserves, and revitalize the adjacent industrial area.

For further information, contact Lily Lee, Cooley Landing Project Manager, City of East Palo Alto, 2415 University Ave., 2nd Floor, East Palo Alto, CA 94301.

To reach her by phone, call 650-853-3166 by fax 650-853-3115.

Her email address is lleec@cityofepa.org and the website address is: www.cooleylanding.org

Alimentación y Nutrición

Por Eve Sutton
East Palo Alto Today

Bendecido con una variedad de frutas y verduras durante todo el año, podemos disfrutar de ensaladas frescas, incluso durante el otoño y el invierno. Emily Burke, de Menlo Park, creó una colorida ensalada deliciosa sólo con caquis Fuyu (el tipo de comida duro, como una manzana), los pepinos y los pistachos. Con el permiso generoso de su parte, estoy reimprimiendo de esta receta aquí, junto con algunos consejos para el uso de vinagre balsámico, como un vendaje.

Ensalada de Caqui, Pepino y Pistacho. Si caquis no están disponibles, use un cítricos dulces como tangelos, que se muestra aquí.

Para cada 2 porciones, use



Tangelos, pepinos, pistachos y hacer un plato sabroso o merienda. Añadir un poco de vinagre balsámico para añadir sabor.

1 caqui Fuyu y 1 pepino pequeño. Se debe pesar sobre el mismo, o el pepino puede pesar un poco más. Si lo desea, añadir unos 10-12 pistachos, lisos o salados.

Para hacer un tazón grande de ensalada (10-12 porciones), utiliza alrededor del 5 caquis y 5 pepinos pequeños o 2-3 pepinos grandes, con alrededor de un

50-60 pistachos.

1. Pelar el pepino y cortar en trozos pequeños.
2. Corte alrededor de la parte superior de la caqui para eliminar el tallo. Usted puede pelar el caqui para una fruta más suave, o lavar el caqui y dejar la cáscara en, para obtener más fibra y vitaminas. Cortar el caqui en trozos pequeños. Caqui Fuyu no tienen semillas, o quizás sólo unas pocas semillas muy pequeñas que son fácilmente removibles.
3. Mezcle todos los ingredientes en un tazón. Usted puede mezclar los pistachos en la ensalada, o dispersarlos en la parte superior. Vinagre Balsámico, reducido para aderezo ensaladas

El vinagre balsámico es el jugo de uva que ha fermentado como el vino en barricas de madera, y superada la fase de vino a convertirse en

vinagre. Tiene un color rojo profundo y el azúcar natural suficiente para que sea un poco dulce, casi un jarabe. Las marcas muy bien se puede utilizar directamente de la botella como una salsa o aderezo. Algunas marcas son ridículamente caras, y otros tienen un precio razonable.

Al igual que todos vinagre, vinagre balsámico tiene un poco de ácido acético. El ácido acético es bueno porque ayuda al cuerpo a absorber el calcio de los alimentos que comemos, y ayuda a equilibrar sus niveles de azúcar en la sangre. Sin embargo, algunos de los vinagres de bajo costo tienen un sabor ácido que es demasiado fuerte. Si le sucede que busca una marca que sabe muy desagradable, no lo use directamente de la botella. En cambio, puede el

sabor suave calentando el vinagre durante un corto tiempo.

Direcciones Microondas Verter 2-3 cucharadas (unos 30-40 ml) de vinagre balsámico en un vaso transparente. Microondas a temperatura alta durante 20-30 segundos, hasta que vea el vapor viene. Permitir que el vinagre para descansar hasta que es más fresco, el sabor, y el calor por otro 20-30 segundos si es necesario. Puede que ayuda que quitar la mitad del agua, o más, hasta los gustos vinagre como un jarabe fino.

Direcciones Stovetop Verter 2-3 cucharadas (unos 30-40 ml) de vinagre balsámico en una sartén antiadherente. Cocine a fuego lento hasta que casi la mitad del agua es desaparecida, y el vinagre es un poco dulce.

Donde los sueños difieren

Por R.B. Jones
EPA Today Contributor

Sungo que la comunidad de East Palo Alto, ha tenido la oportunidad de evaluar los efectos de la decisión de la mayoría de los consejeros de la Ciudad (Abrica, Romero y Martinez) para localizar una tienda de comestibles en el Centro Comercial de Ravenswood 101. Es importante también conocer el personal que participó en esta decisión, y su relación con esta comunidad. Comencemos a analizar el procedimiento que llevó a tomar esta decisión basándonos en los hechos, el probable sistema de la mente del personal y de la mayoría de los consejeros de la Ciudad y los efectos de esta decisión.

Antes que nada, todos sabemos que "las tiendas de comestibles" pagan poco o nada de impuestos, (quizá el 5%) con excepción de los cigarrillos y del licor. Las tiendas de comestibles pueden hacer toneladas de ganancia

económica, pero esa ganancia solamente beneficia al dueño. Hubo por lo menos tres (3) estudios hechos para traer una tienda de comestibles a East Palo Alto, a un costo de aproximadamente \$20 - 25.000 y "Mi Pueblo" fue rechazado totalmente en los primeros dos estudios, y en el estudio más reciente, quedó en tercer lugar de 3 otras posibilidades que se tomaron en cuenta.

Los que desde 1983 hemos deseado y hemos trabajado para un "supermercado" o "tienda de comestibles" desafortunadamente fracasamos. La pregunta debe ser "porqué este almacén; porqué en este tiempo y porqué en esta localización", porqué la mayoría de consejeros de la ciudad (Abrica, Romero y Martinez) desafiaron el estándar de negocios y las recomendaciones de su personal al tomar esta decisión. Porqué la mayoría de consejeros de la ciudad (Abrica, Romero y Martinez) se negaron a considerar las recomendaciones de 4 al-

caldes anteriores, (Rose Gibson, Donna Rutherford, Pat Foster y R.B. Jones) y la mayoría de vendedores individuales, situados en el Centro Comercial de Ravenswood 101. Porqué esta mayoría (Abrica, Romero y Martinez) designó una Comisión de Planeamiento, en la cual todos apoyaron los planes de la tienda de comestibles, pero ninguno de ellos tomó la decisión de planeamiento basándose en integridad.

Por ejemplo:

(a) Comisionado Allen, dijo que él apoyó la tienda de comestibles porque él había deseado una tienda de comestibles durante mucho tiempo.

(b) Comisionado Glover, dijo que aunque nadie le inició plática, cuando ella hizo compras en una tienda de Mi

Pueblo en Mountain View, ella todavía deseó comprar un filete de res y verduras frescas, ella votó para aceptar el plan de Mi Pueblo!

(c) Comisionado Skinner, comentó que a él le gusta la comida mexicana.

Bien, si alguno de estos comisionados hubieran atendido a cualquiera de las sesiones de entrenamiento patrocinadas por la liga de las Ciudades, el Condado o del Estado de California, tal vez habrían utilizado otro método/nivel de juicio.

Ahora hablemos del personal que recomendó y apoyó esta horrible decisión. Utilizaré el salario de 2006-2007 y usted puede agregar un aumento de aproximadamente 15-20% para 2008-2009.

Administrador de la Ciu-

dad, Alvin James \$183.409.84; Jefe de Policía, Ronald Davis \$160.842.80 ;20 Oficiales de Policía \$102.322.00 hasta \$162.938.41

Director de Desarrollo, Carlos Martinez \$114.451.16; Supervisor de Proyectos, Sean Charpentier \$74.761.94; Abogado de la ciudad, Vince Ewing \$190.000 (Mínimo); Senior Planner, John Tarr \$66.0000

Es absolutamente interesante que ninguna de estas personas vive aquí; con la excepción de los oficiales de policía y del abogado de la ciudad, ninguna de estas personas tiene un interés personal en esta ciudad, esta acusación es verificada por el

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Quest

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medio tiempo, y un cuerpo de Voluntarios Adolescentes y Voluntarios Adultos. Estos empleados son la clave para ayudar a los estudiantes a desarrollar confianza en sí mismos y formar parte de una comunidad creativa, alfabetizada, y interesada en la educación. Sin el apoyo financiero de fundaciones y personas, Quest perderá este grupo de empleados dedicados y no será capaz

de seguir ayudando a los alumnos de EPA a lograr sus objetivos.

Para obtener más información o para involucrarse con la recaudación de fondos, por favor póngase en contacto con Darwin Eustaquio, Director del Programa, al (650) 321-7712 x2260 eustaquio@smcl.org

Patrick Sweeney es el encargado de rama para la biblioteca del este de Palo Alto.



Estado Preparación de Emergencia

Reunión



Para aquellos de ustedes interesado en la ayuda de nuestra comunidad a prepararse para una emergencia o desastre, el Jefe de Policía recibirá una reunión para hablar de la posibilidad de formar el Corp de un Ciudadano. Jefe Davis, Capitán Chalmers, Carol Parker de Distrito de Fuego de Menlo Park, Kenneth Dueker de Policía de Palo Alto (coordina a los operadores de HAM de East Palo Alto) y miembros de CERT es programado para asistir. Grupos de Vecindad, Bloquee a Capitanes y alguien más que está interesado en la participación son animados a venir.

Fecha: el miércoles, 17 de febrero de 2010

Hora: 6pm – 7:30pm

Lugar: 219 Demeter Street

East Palo Alto, CA 94303



Para más llamada de información 650-853-5939

Lifecycles

Honoring African American composers

By LaDoris Cordell
East Palo Alto Today

There was a standing room only crowd at the performing arts center at eastside prep for the concert in tribute to African American composers on Sunday, January 24, 2010. The audience was composed of an ethnically diverse crowd with people coming from East Palo Alto, Palo Alto, San Francisco, Oakland, San Jose, Santa Clara, and as far away as Fresno.

To say that the music was enthusiastically received by the audience is an understatement. People were on their feet at the end and joined in with the performers for the encore, singing a refrain of "It's me o lord (standing in the need of prayer)" composed by Betty Jackson King. The program began at 3:10 p.m., when Chris Bischoff, the



Photo courtesy of Deanne Tucker
From left, Victoria Erlich (cellist), Yolanda Rhodes (soprano), Susan Brown (violinist), LaDoris Cordell, Josephine Gandolfi (pianist), and Deanne Tucker (pianist)

founder and principal of Eastside Prep, welcomed the audience. Then the concert began as the music of ten African American composers were featured in the program. Yolanda Rhodes, one of the finest sopranos in the world, and a product of East Palo Alto, had the audience mesmerized with her renditions of songs by composers Charles Brown, Howard Swanson, Undine Smith More, Betty Jackson King, Florence Price, Leslie Adams, and Margaret

Bonds. When she concluded her plaintive singing of "Watch and Pray" the audience was transfixed, then burst into applause.

Susan Brown, an accomplished violinist, and Victoria Erlich, an amazing cellist, along with Josephine Gandolfi, a world class pianist performed the music of William Grant Still, who was known as the "dean of African American music." Deanne Tucker, an accomplished pianist and student of Gandolfi, not only

accompanied Rhodes in several of her songs, but also played two gorgeous piano solos composed by Still.

LaDoris Cordell, also a piano student of Gandolfi's, accompanied Rhodes, as she performed the music of Valerie Capers, and with Gandolfi, played the two-piano concerto "Kaintuck" composed by William Grant Still. She also played "Troubled Water," a masterful piano piece composed by Margaret Bonds and based upon the spiritual "Wade in the Water." But there was a twist: Gandolfi arranged the piece for four-hands and played it with Cordell as a duet to finish the concert with a flourish.

The idea to perform the music of these gifted and overlooked African American composers was that of Gandolfi's, who has taught piano in Menlo Park for many years as well. It was also her suggestion to donate the proceeds of the ticket

sales to support the music department at Eastside Prep. The donations came to almost \$3,000, every penny of which will go to Eastside Prep's music department.

CD's of the performance may be available in the near future, although pricing information is not yet available. Those interested in obtaining a CD of the concert, can send an email to: ladoris@judgcordell.com.

LaDoris Cordell is a retired Santa Clara County Judge who participated in the recital.

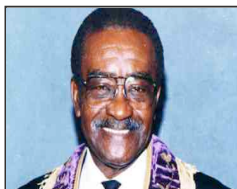


Photo by Deanne Tucker
Three musicians play during the concert.

Paying tribute to Tommie Roberts

Tommie Benjamin Roberts was born March 26, 1928 to Willie Catherine Burton and Tom Roberts in Kemper County Township of Portersville, Mississippi.

After the death of their mother in 1943, Tommie along with his sister and brothers moved to San Francisco, California to live with their father. Following high school Tommie joined the United States Army and served for several years. Upon leaving the service, he went to work for the Greyhound Bus Company, then drove a bus for San Francisco Muni, and finally to Cal-



Tommie Roberts

Trans where he worked for 30 years, receiving many awards and commendations.

Tommie married Mamie McHenry in 1954 while still in San Francisco. Two children, Sonja Tracy and Byron McHenry, were soon welcomed into their happy union.

They joined St. John Baptist church of San Francisco, and was baptized there by the late Reverend James A. Morgan. After moving his family to East Palo Alto, he united with St. John Baptist church in East Palo Alto, under the pastorate of Reverend Robert Fairley. He worked actively, along with Bro. George White, caring for the facility with expertise, causing the pastor, Reverend Dr. Ricky Williams, Sr., to nickname them his "go-to-guys."

He was also very active in his community, serving on the East Palo Alto Planning Com-

continued on page 13

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COOLEY LANDING OPEN HOUSE WORKSHOP

The City of East Palo Alto is hosting a community open house to get community input on the developing plans for Cooley Landing, the 8.5-acre peninsula at the end of Bay Road.

Please come by to see conceptual designs, learn about nearby environmental centers, ask questions, and share ideas!

Saturday, February 6, 2010, 10:00am - 4:00pm

At College Track, 1877 Bay Road, East Palo Alto (Between Pulgas and Demeter)

We will provide Spanish translation and refreshments

Noon and 2 pm – Tours of Cooley Landing, walk or drive from College Track

10:30 am - Fun group activity to generate ideas for what visitors can experience and learn

For more information, see www.cooleylanding.org or contact Lily Lee, Cooley Landing Project Manager
City of East Palo Alto
650-853-3166, fax 650-853-3115