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East Palo Alto Today

Providing news that is relevant, informative and critical



www.epatoday.org

East Palo Alto and Belle Haven

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Expanding dental care in EPA



Photo by HJ Burroughs

By Henrietta J. Burroughs

For many in the East Palo Alto community, it wasn't just a dream in the making, the opening of the Ravenswood Family Health Center's new pediatric dental clinic was a dream come true.

The expansion of the Ravenswood Family Dentistry facility was a substantial development for the East Palo Alto community, since the new quarters means that the clinic can now double the number of patients it can serve at its 1807 Bay Road location.

For Melieni Falemaka Talakai, chair of the Ravenswood Family Health Center's board of directors, the clinic's expansion means that the clinic can now provide 3,500 more men, women and children with quality dental care. "Dental care is health care,"

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Celebrate 13 Years of East Palo Alto Today

By Srishti Prabha

Rally around resource access in the East Palo Alto community

The Public Ally interns and Henrietta Burroughs, founder of the East Palo Alto Today newspaper, have collaborated to produce Media Day, an event that underscores the assets of the East Palo Alto community.

The purpose of Media Day, which is taking place on Saturday, May 4, 2019 from 10 a.m. - 2 p.m. at the East Palo Alto YMCA, is to support the residents of East Palo Alto in the face of the city's changing landscape.



EPA Today and its contributors work relentlessly to capture the culture and the spirit of the East Palo Alto community. EPA today, itself, serves the community as a resource with its mission to provide news that is relevant, informative and critical to its readers.

Education on social and political issues is a channel for local democracy and journalism is the source. A portion of Media Day is dedicated to the

celebration of EPA Today's 13 years of service in disseminating information to the East Palo Alto community. The success of this local media outlet is in part due to its coalition of community members and in part due to its leader, Henrietta Burroughs, who has kept the energy and passion alive and well at EPA Today.

Media Day is occurring in partnership with 20+ other local East Palo Alto organiza-

tions that provide resources and help to uplift their community. The focus and mission of these organizations range from identity building and business development to health care and food access.

There will be something at Media Day for everyone and, this in itself, speaks to the strength of community organizing in East Palo Alto. East Palo Alto has a network of nonprofits that are present for the benefit of those in their community. The belief that community resources create engaged community members is evident in East Palo Alto, as seen by the enthusiastic participation by our part-

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Understanding water usage in East Palo Alto

By Heleine Grewe, Karely Nunez, Kimberly Nunez, Julissa Moreno, Deshaun Jordan, Adriana Bejinez, Valeria Bejinez and Courtney Hill

"If you don't have water, you don't have affordable housing. If you don't have water, you can't grow."

-Carlos Martinez, former East Palo Alto City Manager

East Palo Alto has struggled with many issues stemming from economic, racial, and political factors. During that time there were no local systems to advocate for fair water and land distribution. Since 1994, Youth United for Community Action (YUCA) has been involved in helping EPA fight a variety of inequalities. One of the main disadvantages YUCA has fought to address is the city's low allocation of water.

When East Palo Alto was unincorporated, people used individual water wells as their main water source, until they dried up or saltwater was drawn in, which led neighborhoods to create collaborative water departments. East Palo Alto County Waterworks District (EPACWD) became one of the departments that served most of what would become East Palo Alto and a portion of Menlo Park. In the



Photo courtesy of Youth United for Community Action. The Cooley Landing Substation site is shown behind a locked fence on Bay Road near Cooley Landing in East Palo Alto.

1960s, San Francisco entered into a long term agreement with the EPACWD and other communities to receive wholesale water supply from the San Francisco Regional Water District. The terms of the agreement and the failure to envision the future of East Palo Alto contributed to its low water allocation. In addition to the unequal water allocation, East Palo Alto's unincorporated status resulted in a variety of other injustices in the community. Factors such as race discrimination, unincorporated status, and no support for local leadership left East Palo Alto without important resources, leaving the city to agree to a small Individual Supply Guarantee for water.

Before the city was incorporated, East Palo Alto was known as Nairobi. Due to community members of Nairobi not having the tools or official leadership to make important community decisions, as well as having an unincorporated status, Nairobi was excluded from beneficial economic development opportunities. Instead of community members making decisions, San Mateo County made many important economic decisions for Nairobi. There were many poor decisions made by the San Mateo County that led to various harmful industrial projects in East Palo Alto such as: County landfill, Romic (waste plant facility), pesticide and herbicide producers, and

auto dismantling facilities. These facilities led to environmental and economic burdens on East Palo Alto, such as soil and groundwater contamination from the Romic facility.

In the late 1960s, San Mateo County established and funded a five-member East Palo Alto Community Council as a response to East Palo Alto activists standing up and fighting for self-governance and local control. This council's power was limited, but they were able to advise San Mateo County supervisors on local issues. However, the council's authority was limited given that its recommendations didn't align with San Mateo County. In 1981, the San Mateo Local Agency Formation Commission (LAFCO) approved a petition from the Citizens' Committee requesting the incorporation of East Palo Alto as well as the dismissal of service districts, including the EPACWD. The

LAFCO ordered an election on the request, structured to allow embodiment only if voters approved the dissolution of all service districts. Menlo Park voters rejected the dissolution of services, which defeated the incorporation part of the petition. However, East Palo Alto advocates tried again and passed the measure of incorporation and dissolution of service districts. East Palo Alto became a city on July 1, 1983.

Shortly after East Palo Alto was incorporated many water agreements were put in place. These water agreements all play a role in why we have a low allocation today. Starting from the 1984 Settlement Agreement: the San Francisco Regional Water System (SFRWS) wholesale customers, including the EPACWD, entered a water sales contract with San Francisco in order to settle a water rate dispute that had started in the 1970s. This agreement led wholesale customers to sue San Francisco because of a 20.5% price increase that wholesale customers received compared to that of the San Francisco retail customers prices, which would only rise by 14.5%. The wholesale customers argued that the Raker Act gave them the right to ac-

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City, County, State & U.S. 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

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East Palo Alto Agencies, Boards, Commissions, Committees

Planning Commission
Second and Fourth Monday

Rent Stabilization Board
Second and Fourth Wednesday

Public Works & Transportation Commission
Third Wednesday

Youth Advisory Committee
First Thursday of each month

Senior Advisory Committee
Meets first Wednesday of the even numbered months from 1:30p.m.-3:30p.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

Ray Mueller
Mayor
650-776-8995

Cecilia Clark- Mayor Pro Tem
650-589-5073

Catherine Carlton
650-575-4523

Drew Combs
650-924-1890

Betsy Nash 650-380-3986

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

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Community News Briefs

New city manager

After many weeks and much deliberation, the East Palo Alto City Council announced its choice for the city's new manager.

During its regular meeting on April 2, 2019, the council introduced and voted unanimously to adopt a resolution hiring Jaime Fontes as the city's top manager.

Council member Ruben Abrica was traveling at the



Jaime Fontes

time and was not present for the meeting,

Fontes will replace former City Manager Carlos Mar-

tiniez, who resigned on October 12, 2018 to take the position of city manager in Richmond, CA.

Sean Charpentier has served as the city's interim city manager and he, along with Fontes, joined two other candidates who were chosen out of 52 applicants for final consideration for the city's manager's position.

Fontes will assume his position with the city on May 1, 2019, when his employment

agreement becomes effective. His compensation package amounts to \$291,800, which includes

After his appointment he was invited to address the council and was met by a round of applause by those present at the council meeting.

He began his remarks by thanking each council member personally, and then he immediately stated, "I want to let you know that I am cognizant of the fact that you were elected by the people and I work for you and carry out your mission. I will do my best to earn your trust on a daily basis and to continue to do it as long as I'm here."

He went on to say that there is a spiritual component to the job of city manager that involves their family, their faith and continuous optimism that things will get better.

He acknowledged his wife and his daughter, and his two sons who could not attend because they were working.

He then turned to the audience and said that he believed that East Palo Alto could become a regional leader in development and sustainable finances, with an economy that supports a multicultural and multilingual community....

Towards the end of his remarks, he said that we should not forget those who feel forgotten and left out.

Mayor Gauthier thanked him and then thanked Charpentier for all that he has done for the city.

With that said, Charpentier

received a standing ovation from those in the council chamber.

The following is a Notice of Enforcement that was issued by the East Palo Alto Police Department/

"On January 15, 2019, the City Council introduced an ordinance to restrict overnight parking of oversized vehicles between 2:00 am to 5:00 am (every day) that exceed 8 feet in height, OR 7 feet in width, OR 23 feet in length. The effective date of the ordinance will be May 1, 2019.

A deferred enforcement period began January 15, 2019; and ends on May 1, 2019

Only applicants who applied to Project WeHOPE (PWH) by Friday, 5:00 pm, February 15, 2019 and hold a valid certificate are permitted to continue to park on public roads after May 1, 2019.

No additional applications are being accepted

Only applicants that have submitted a complete application prior to February 15, 2019 will receive a 30-day Certificate from PWH to display on their vehicle....

To receive your certificate, please contact project wehope - Alicia Garcia 1854 Bay Rd, East Palo Alto, CA 94303 (650) 779-5049 or agarcia@projectwehope.com

FOR INFORMATION ABOUT THE NEW ORDINANCE, CONTACT THE CITY OF EAST PALO ALTO

Michelle Daher, Environmental Programs Management Analyst 1960 Tate Street, East Palo Alto, CA 94303 (650) 665-0482 or



Current Volunteer Opportunities NOTICE OF VACANCIES CITY COMMISSIONS, BOARDS & COMMITTEES

The City of East Palo Alto is seeking Applications for the following vacancies:

PLANNING COMMISSION: Three (3) vacancies - 2 full term and 1 alternate serving 1 year only

To fill a 3-year full term beginning June 1, 2019. The primary responsibility of the Planning Commission is to review development proposals on public and private lands for compliance with the General Plan and Zoning Ordinance. The Commission reviews all development proposals requiring a use permit, architectural control, variance, minor subdivision, and environmental review associated with these projects. The Commission serves as a recommending body to the City Council for major subdivision, re-zonings, conditional development permits, planned development permits, Zoning Ordinance amendments, General Plan amendments, and the environmental reviews associated with those projects. In addition, the Commission works on special projects as assigned by the City Council. *Regular Meetings are held on the 2nd and 4th Monday of each month at 7:00 p.m.*

Full time residency is required.

PUBLIC WORKS AND TRANSPORTATION COMMITTEE: Four (4) vacancies- 3 full term and 1 alternate serving 1-year term

To fill a 3-year full term beginning June 1, 2019. This Committee is charged with advising the City Council on matters related to the adequacy and improvement of all types of public and private transportation within and cross the City, including the best approaches to establishing and maintaining systems and facilities for the transport of people and goods around the City; the coordination of motor vehicle, bicycle, mass transit, and pedestrian traffic facilities; the development and encouragement of the most efficient and least detrimental overall transportation system for the City supporting the goals of the General Plan; coordination with regional transportation systems; and serving as an appeals board for appeals from staff determinations concerning establishment of traffic signs, pavement markings, speed zones, parking regulations, traffic signals, bike lanes, bus stops, etc. *Meetings are held the third Wednesday of each month at 7:30 p.m.* **Full time residency in East Palo Alto is required and, if selected, member shall not serve concurrently in a similar capacity with other public body in City.**

RENT STABILIZATION BOARD: Three (3) vacancies- 2 full term and 1 alternate serving a 1-year term

To fill a 3-year full term beginning June 1, 2019. This advisory body was first created as a result of City Ordinance No. 330 approved by the voters and is responsible for carrying out the provisions of said Ordinance including: Protecting residential tenants in the city from unreasonable rent increases by discouraging speculation in rental property and stabilizing rent increases; Protecting tenants from arbitrary, discriminatory, or retaliatory evictions; and, Assuring landlords both a fair return and rental income sufficient to cover costs of maintenance and operating expenses, as well as, the costs of capital improvements to their rental properties. *Meetings are the 2nd Wednesday of each month at 7:00 p.m.*

Full time residency in East Palo Alto is required and a disclosure of Applicant's interests and dealings in real property, including but not limited to, ownership, trusteeship, sale or management and investment in / and association with partnerships, corporations, joint ventures and syndicates engaged in ownership, sale or management or real property during the previous 3 years.

SENIOR ADVISORY COMMITTEE: Eight (8) vacancies—6 regular and 2 alternate

To fill a 3-year full term beginning June 1, 2019. The primary responsibility of the Senior Advisory Committee is to encourage, foster, facilitate, establish and purpose programs and services which enhance the social, economic, recreational, cultural, and personal well-being of the city's senior population and: a) Recommend the establishment of programs which stimulate and encourage the development and maintenance of senior programs and services in the City and to review such programs as are established; b) Review and make recommendations regarding the funding of senior programs and services that operate within the city for the benefit of the city's senior population; c) Review and make recommendations regarding seniors' special housing needs; and d) Advise the council and other boards and committees of the city regarding matters that affect the city's senior populations. **Regular meetings are held the 1st Wednesday of the even numbered months from 1:30-3:30 P.M. Full time residency in East Palo Alto is required.**

APPLICATION PROCESS: Applications are available in City Hall, 2415 University Avenue, 2nd Floor or you may download an application at <http://www.ci.east-palo-alto.ca.us/index.aspx?nid=119> Completed (showing a wet signature) applications must be received at the Office of the City Clerk at City Hall, 2415 University Avenue, 2nd Floor, no later than **April 30, 2019 by 4:00 p.m.**

The City Council will review all applications and conduct interviews at a City Council meeting in May- exact date to be determined. For more information contact City Clerk's Office at (650) 853-3127.

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**OPEN MONDAY THRU FRIDAY
10 a.m. to 5:30 p.m.**

From the Editor's Desk

What constitutes greatness?

President Trump in his presidential campaign, ran on the slogan of Make America great again."

But, what constitutes greatness for a nation? When it comes to power, a survey featured in the U.S. News and World Report under 2019 Best Countries rankings shows that the United States ranks as the most powerful country in the world, with the world's largest economy and biggest military budget.

But how does the U.S. rank in other ways? For example, how does the U.S. treats its inhabitants?

If you look at various reports that rank countries by their standard of living and the health and welfare of their residents, then the U.S. is far from the top of the list.

In fact, according to several surveys taken by, for example, the World Bank, groups linked to the United Nations, Gallup and civic and advocacy groups such as the World Justice Project and Freedom House, the U.S. ranks below the top ten and in some areas even lower.

When it comes to happiness, which takes into consideration such qualities of caring, freedom, generosity, honesty, health, income and good governance, the U.S. ranked number 14, with Scandinavian countries and Canada leading the list.

The "World Happiness Report" of 2017, from which these figures were taken involved the polling of 1,000 residents in countries throughout the world from 2014 to 2016.

The report stated, "The U.S. showed less social support, less sense of personal freedom, lower donations, and more perceived corruption of government and business."

A "Ranking America" study shows that the U.S. ranks 14th in education below South Korea, Japan, Singapore, Hong Kong, Finland, the U.K. and Canada. It ranks 24th in literacy and

17th in educational performance.

When it comes to health care, the ranking of the U.S. is dismal. According to the World Health Organization, the United States life expectancy is 78.6 years at birth, which puts it 42nd among 224 nations, and 22nd out of the 35 industrialized countries.

The findings continued, "Of 17 high-income countries studied by the National Institutes of Health, the United States in 2013 had the highest or near-highest prevalence of obesity, car accidents, infant mortality, heart and lung disease, sexually transmitted infections, adolescent pregnancies, injuries, and homicides.

A 2014 survey of the healthcare systems of 11 developed countries found that the US healthcare system to be the most expensive and worst-performing in terms of health access, efficiency, and equity.

Infant mortality was mentioned, but what about maternal mortality? "As of 2015, Maternal Mortality Ratio is 46th out of the countries ranked."

Addressing America's low world rankings in the above areas is probably not what President Trump had in mind with his slogan.

However, when the leaders of our cities and country can address these issues and provide workable solutions, then we can talk about America being great.

When we do, indeed live in a country where each person has equal access to opportunity and can strive on an equal playing field to pursue life, liberty and the pursuit of happiness, then our nation will truly be moving towards greatness.



Henrietta J. Burroughs



A small group from Nuestra Casa's Environmental Equity Program exchanged ideas about the quality of water in East Palo Alto and their concerns about housing, environmental justice, sea rise, flooding and other water-related issues. The group was part of a larger group that met on March 20, 2019 at 1846 Bay Road. Expect to hear some of the reports from the full group soon. - Photo by HJ Burroughs

Letters in East Palo Alto Today

Education in East Palo Alto

Dear Editor:

I ran a campaign for city council of East Palo Alto in 2018. I lost, but got to speak with many of our residents.

A recurring theme was education. One person suggested that education was a pillar of the community. Our current system appears to be far from a pillar, but that should certainly be an aspiration.

I'm not an educator by training, but I work as the board member of East Palo Alto's premier preschool, Creative Montessori Learning Center,

I've been and continue to be a math tutor, and recently have been working with the staff of the Oxford Day Academy on their field experience programs.

What I'm mostly concerned about, however, is our lack of a public high school that serves the entire community.

Parents in East Palo Alto voluntarily send their children



Court Skinner

outside the community for pre and elementary/middle school education and while that is a problem, it is one that I see progress in addressing.

We send our children to the Menlo Atherton, and Palo Alto High Schools for a different reason. Ravenswood High School, which was by many accounts a valuable asset to the community was shut down as I understand it, when affirmative action programs, in attempting to mix up the populations of students failed to do so and the Sequoia High School District shut down our school.

The site now hosts a shop-

ping center, which while valuable, is no replacement for a thriving public high school.

My impression is that East Palo Alto Academy has the potential to be that high school and that Menlo Atherton and Palo Alto High Schools are not a suitable approach to the education of our students. They deserve better.

The Sequoia High School District board needs to recognize this. The city should get behind this project.

I've spoken about this to only a few at this point, but so far have encountered no serious disagreement in the concept, only the potential for implementation.

I believe that our city has the capability to do what it needs to do to become a model for education. I would welcome a discussion with anyone, yay or nay sayers, but let's start talking.

Court Skinner
East Palo Alto

EPA Today's Policies & Principles

In order to better serve the communities of East Palo Alto and Belle Haven, East Palo Alto Today has made the commitment to operate with high professional standards and to adhere to a strict code of ethical conduct.

The principles and policies stated herein serve as an agreement with our readers, advertisers and all others within our service

area.

East Palo Alto Today is dedicated to conscientious journalism. We maintain this commitment by seeking and reporting the truth, acting with integrity, and serving the public interest. We will report the news thoroughly and accurately and include multiple perspectives without favoring one over the other.

We will hold ourselves accountable to common standards of decency, treating our colleagues, news sources, and the public with respect.

We are committed to maintaining our independence by avoiding partnerships, investments or business relationships that would compromise the integrity of our news reports.

East Palo Alto Today

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

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www.epamedia.org and www.epatoday.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

Poor planning could lead to 5 big retirement problems

By Chris Hobart

Ideally, retirement is a time someone anticipates eagerly – a reward for a lifetime of hard work and solid financial planning. But nearly half of workers who haven't reached retirement yet aren't that excited about the so-called golden years. In fact, they have big concerns.

A Gallup poll showed 46 percent of those not yet retired expect they'll be financially strapped when they do retire. Gallup's tracking of that metric has reflected persistent concerns with retirement through the early 21st century. Fifteen years ago, only 36 percent of workers said they wouldn't have enough money to be comfortable in retirement.



Photo courtesy <https://www.publicdomainpictures.net>

"A lack of sufficient retirement savings is a common problem, but there's a lot more to the pie chart of a comfortable retirement," says Chris Hobart, (www.hobartfinancialgroup.com), a financial professional and CEO of Hobart Financial Group. "Even people who have saved and invested wisely don't factor in enough of the costs in retirement, from health care to single

living and taxes."

Hobart notes five common retirement-planning mistakes:

Underestimating health-care costs. It's estimated that the average 65-year-old couple will need \$280,000 in today's dollars for health-care costs, and that number doesn't include long-term care. "Typically, we look at longevity as a blessing, but the longer we live, the more likely we are to have health-care issues," Hobart says. "The No. 1 solution is being intentional about segmenting a portion of money to address long-term health-care issues and studying the applicable insurance products. Many Americans ignore this problem and hope they don't have to deal with it, and then when they do,

it's too late."

Not having a plan for the surviving spouse. On average, women outlive men. "But for either spouse, the main factors to consider for a surviving spouse plan are the potentially reduced income, taxes as a single filer, where they'll live, and paying for the deceased spouse's final expenses," Hobart says. "Another problem results if the surviving spouse was never engaged much in the couple's financial planning. It pays for both spouses to have a good working knowledge about it."

Counting on Social Security to cover expenses. The monthly Social Security check usually won't pay the bills, especially if you still have mortgage payments. "You'll need to make up

the shortfall with other sources of income," Hobart says. "The important thing to look at here is, in a world where few people have pensions anymore, the onus on saving is on the individual retiree. It's more important than it's ever been."

Thinking you can dictate when you retire. One study showed that 51 percent of retirees retired earlier than they planned – and less than half did so by choice. "You have to expect the unexpected and plan for it well ahead of time," Hobart says. "Many things can happen – downsizing, health issues, taking care of a family member."

Signing up late for Medicare. The initial enrollment period is

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Is your smartphone smarter than you?

By Michael Uhila

April is national poetry month so let's get techie before selfies go viral. Are you smarter than your smart phone? If you can translate habeas corpus would that make you smart? Give me the hypertext markup language for banana pie? It's software evolution and artificial wackyness.

How did we get here? Steve Jobs presented the first iPhone back in 2007 and now we've got smarter phones. It's nerdy and look how far we got. Rhyme like you're a dime. Dropbox it to Viacom,

cc that to Microsoft and track your parcel on UPS. Text 867-5309 and they claim it's textual harassment. Call Rose on the 213 area code. International call to the Soviet Union with 011. Dial 911 and ask for R. Kelly.

Instagram your popularity, join a Meetup about dumpster diving and buy that Don Ho album on iTunes. Save paper, get the New York times and San Francisco Chronicle app on your phone. For soundtracks we got SoundCloud. Are you nosy about your neighbors? We got Nextdoor. PDF it to Office Depot, get Fandango to watch Captain



Michael Uhila

Marvel and open the Yahoo email. Über to work, DoorDash brings pickles and you can PayPal me for this article. Pay for a cup of coffee at Peets, check your account at San Mateo credit Union and

Venmo your money to Dubai - all on a smart phone. Upload it, download it and uninstall it with Domino's Pizza. Swipe it, tap it and reboot it again. Pay your bill on the AT&T, Metro, Sprint, T-Mobile or Verizon app. Match.com to see if there's a match and play mahjong for free.

Do you talk like this? I'm the VC with VD who delivered the EIR before it was MIA. What? Sync up your Samsung Galaxy and link up to employers on LinkedIn. Check Craigslist, Wikipedia Studio 54 and tweet President Trump on Twitter. Shop Amazon for a cardigan sweater. I feel

dumber already.

Why have memory but can't remember? Where's your capacity to rap like Mac Dre or decode hieroglyphics? Why do you got a brain? The phone is a calculator, phone book, calendar, travel agent and a tracking device just in case you get abducted by a Rottweiler. Sephora got an app for you to avoid having your makeup looking like a melted box of crayons. It's for your face. You could be a Jeopardy champion with that brain you got, but instead you want to download Noam Chomsky's book Manufactur-

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"Yes, your kid": EVERY child is at risk for suicide

(and the Warning Signs Are Nearly Impossible to Spot)

By Dr. Mark Goulston

As a psychiatrist specializing in suicide prevention, it's deeply troubling to me that suicide rates keep climbing, especially for teens. According to the Centers for Disease Control and Prevention, the suicide rate for white children between 10 and 17 years old was up 70 percent between 2006 and 2016, and up 77 percent for black children. Every time it happens, their bereaved parents say, "I had no idea." Other parents hear this and wonder how anyone

National Suicide Prevention Lifeline

 **Call 1-800-273-8255**
Available 24 hours everyday

could miss the signs. They often say, "That would never happen to my kid."

The truth is it could happen to your child...and you too may miss the warning signs. Suicide can affect any family at any time, and all parents should be on the lookout for behavioral indicators or suicidality.

Before you jump to judgment, there are a few things parents should know. The warning signs of suicide might be easier to piece together in retrospect, when you are looking for them. But in the moment, they can be much harder to detect. That's why it's so important to help everyone understand the suffering

and isolation impacting the at-risk community. In Stay Alive, a new 75-minute video/podcast documentary (available here on YouTube), featuring myself, suicide survivor Kevin Hines and suicide prevention advocate Rayko, we have an honest conversation about what it feels like to be suicidal, and provide some insight into what parents and at risk teens need to understand about how to address these thoughts before they become fatal (#StayAliveNow).

To really move the needle, we need to remove the societal stigma surrounding suicide. This begins with helping the loved ones of those at risk gain understanding and offer

support. The next step is helping society recognize what it really feels like to be suicidal. When everyone understands how much suffering is really going on, we have a real chance to reach out and save lives.

Meanwhile, parents need to be on the lookout for anything out of the ordinary in their children's behavior. It's crucial for them to learn to recognize the early warning signs of despair that could lead to suicide and break through at a time when their children need them the most.

A few insights:

First, accept that anyone

continued on page 14

Reducing the use of deadly force

Bill Aimed at Preventing Police Deadly Force Moves Forward

Legislation is First of Its Kind in the Nation

By Antonio Ray Harvey

The California Act to Save Lives, AB 392, cleared its first hurdle at the State Capitol. The Assembly Public Safety Committee voted 5-2 in favor of the legislation which is now headed to the Rules Committee for review.

Authored by Assemblymember Shirley Weber (D-San Diego), the legislation aims to restrict the use of deadly force by police officers, which has ended the lives of more African Americans and Latinos in California than any other state in the nation. In 2017 alone, cops in California killed 172 civilians. Of that number, Latinos made up a disproportionate 47.1 percent and Blacks accounted for 15.1 percent.

Assemblymember Shirley Weber speaks at a press rally before the police use of force bill AB 392 hearing.

Weber says her goal for

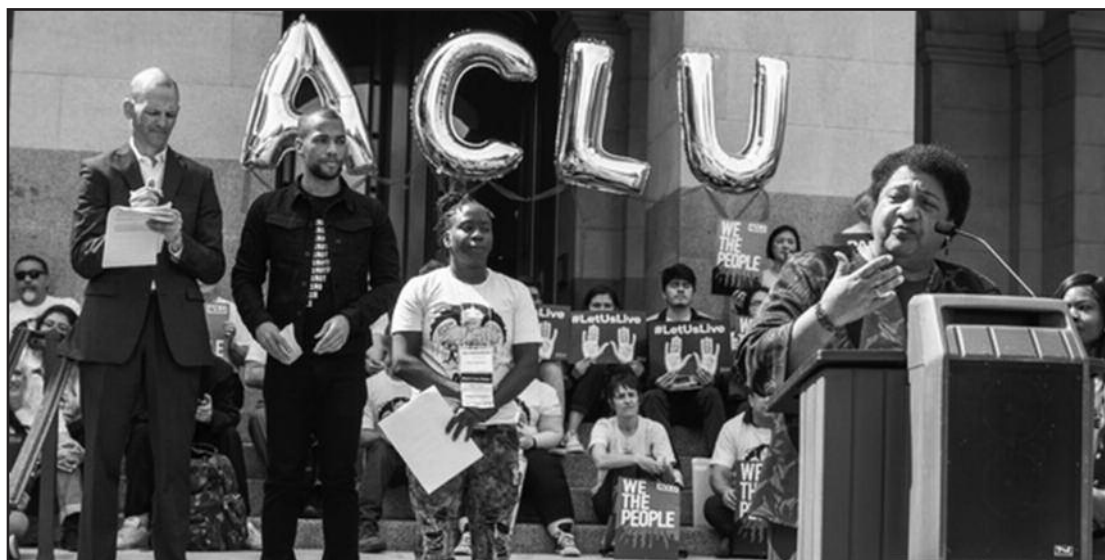


Photo by Russell Stiger Jr.

Assemblymember Shirley Weber speaks at a press rally before the police use of force bill AB 392 hearing.

introducing the bill, which has drawn wide and vocal opposition from police unions and law enforcement support groups, is to change the culture of policing in California and prioritize the sanctity of human life – not to victimize law enforcement.

“This bill does not in any way put any officer at harm. That is not the intent,” said Weber. “It is written to address the critical issues we’ve faced in this nation for over 400 years: how we treat

others who don’t look like us. This bill strikes a balance.”

Advocates of AB 392 from across the state – many of them social justice activists along with friends and family members of people injured or killed by police – came to Sacramento to witness the process and express their support. They filled the gallery of the Jesse Unruh room in the State Capitol and packed onto the main floor of the Assembly, many eyes full of tears as the

moment called up memories of their loved ones.

“I think AB 392 is a necessary bill that needs to be passed. It will help preserve life,” said Ciara Hamilton whose first cousin Diante Yarber was fatally shot in 2018 by four police officers in Barstow. “If any officer goes outside of de-escalation tactics, they would face criminal charges. I think that is equal, fair and just plain common sense.”

Hamilton said she at-

tended the rally on behalf of Yarber and his three daughters.

Malaki Seku Amen president of the California Urban Partnership with Khalil Ferguson at a rally at the State Capitol hold a flag with names of victims who were unarmed and killed by law enforcement.

AB 392 calls for redefining the state’s existing legal measure of “reasonable” force, replacing it with the word “necessary.” Officers would only be allowed to use deadly force if there is no other option. It would also amend the California Penal Code regarding “justifiable homicides” by “peace officers,” opening cops up to more civil and criminal charges for killing citizens.

Weber and the bill’s co-author Assemblymember Kevin McCarty (D-Sacramento) say they studied data from other cities that employ similar police de-escalation tactics to prevent homicides and injuries. That information helped to inform the language, spirit and structuring of the bill. If passed, AB-392

continued on page 14

Dedication that is noticed and appreciated

By Alamoni Afungia

She is an alumna at East Palo Alto Academy and the school’s secretary for the past thirteen years, so this time of year is a very important time to highlight Esmeralda Sanchez (also known as Esme) and acknowledge her personal story.

Sanchez has been a resident of East Palo Alto for the past thirty years and is very involved with the community.

Whether as an attendee of its schools, or as someone who is serving and working in EPA, she is proud of being raised and of growing up in this small yet strong willed society.

Since starting school, Sanchez was a student in the Ravenswood City School District. When it was time to attend high school, she was assigned to Carlmont High, but she was not too fond of the the student body nor the



Photo by Alamoni Afungia Esmeralda Sanchez

location. Thanks to a very good friend of hers, she learned about East Palo Alto Academy and got to hear different experiences that sparked her interest.

Sanchez speaks highly of EPAA and acknowledges the teachers for their hard work and dedication, but most importantly, the preparation they provide students after high school. All of her hard work

paid off, because she was recognized as an honor student twice during her time there.

Aside from her education, Sanchez escribed her experience living in EPA as pleasant. She recognizes the growth East Palo Alto has had since her childhood.

For instance, Esme mentioned the many new and improved non profit organizations that primarily focus on youth including: MMAP, YCS, BGGC etc.

According to her, these organizations are a fantastic resource for students to take advantage of and to stay busy after their school hours.

Another important thing she finds interesting in the city are the volunteer opportunities, such as the Annual Christmas drive at St. Francis. To her, this is an important time for

the community to come together and to give back to those in need. So, she gets involved whenever she has the opportunity.

More importantly, she mentions her job at East Palo Alto Academy as another way of serving the community. During our interview she confidently said, “I do not see myself working outside the community.”

She absolutely enjoys working at the high school mainly because of the relationship the students have with the teachers.

After she graduated from EPAA back in 2006, she originally wanted to go into the fashion industry, but after interning for San Mateo County, she found herself interested in helping people, especially in her hometown.

Although she primarily has

been working ‘behind the scenes’ at East Palo Alto Academy, the times she does work with students, she absolutely enjoys it!

Sanchez’s hard work at Bulldog Nation does not just ends as a school secretary, on campus she has served as the district informational manager, district test site coordinator, food program manager & the stanford scholarship manager as well.

It is amazing how people like Esme Sanchez make the East Palo Alto community a place that is unlike others.

Her love and dedication to serving the community through community service and at East Palo Alto Academy has not gone unnoticed or unappreciated!

Alamoni Afungia is a Public Ally who is serving as an intern at the East Palo Alto Today newspaper.



EAST PALO ALTO ACADEMY

A convenient place to get fresh, healthy food

By Edgar Tenorio

Small, urban cities are not always places where one can find healthy, fresh food. But, East Palo Alto's Community Farmers' Market is a convenient place to get fresh, healthy food at an affordable price. The market is located in the parking lot of the Ravenswood Family Health Center at 1885 Bay Road in East Palo Alto.

The Community Farmers' Market takes place every Wednesday from 11:00 a.m. to 2:00 p.m. and it boasts a wide range of organic fruits and vegetables, which are all sold by four local farmers.

The market, which is now run by local nonprofit Fresh Approach, was originally established in 2007, under the East Palo Alto nonprofit Collective Roots, with the purpose of building relationships between local farmers and the residents



Photos by Edgar Tenorio

Jose Gallardo stands proudly behind his food stand at the Community Farmers' Market that takes place every Wednesday at the Ravenswood Family Health Center from 11:00 a.m. to 2:00 p.m. at 1885 Bay Road in East Palo Alto.

Collective Roots and Fresh Approach merged in January 2018 (You can read about their merger here.).

Local farmer and vendor Jose Gallardo, thinks the Community Farmer's Market has

been very successful. "We have many recurring customers, it's like a family," he said.

Gallardo is the owner of Gallardo's Organic Farm and he has been selling at the market for the past six years. Since he is very passionate about bringing fresh, organic produce to the people of East Palo Alto, he even sets up his stand during the winter months.

Gallardo believes that the Community Farmer's Market, along with many other city events and programs, is doing a great job of increasing the community's access to healthy food.

Fresh Approach offers a wide range of programs and incentives to help local residents purchase food at the market. Vendors at the market take CalFresh EBT, and through California's Market Match program, buyers can

have up to \$5 per day matched. This means that for each dollar the buyer spends using their EBT, they will receive a dollar to spend at the market, up to \$5 each day the

market runs.

Buyers can also apply for Fresh Checks, a program that will also match up to \$5 per day the market is open. Vendors also accept WIC Fruit and Vegetable checks, as well as Senior Farmer's Market Nutrition Program checks.


To learn more about these programs, visit <https://www.freshapproach.org/matching-programs/>, or visit the Fresh Approach booth at the EPA Farmer's Market.

Edgar Tenorio is a Public Ally and he is interning at the East Palo Alto Today newspaper.

[Editor's note: See an interview with representatives from Collective Roots and Fresh Approach on the Talking with Henrietta show Building Community Using Food. See more at www.epatoday.org/tv.html#foodrevolution.



Jose Gallardo came fully prepared to sell lots of vegetables from his display table at the Community Farmers' Market on Wednesday when the market is open at the Ravenswood Family Health Center on Wednesdays.



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Celebrate

continued from page 1

ner organizations.

Media Day will be a fun-filled day with not only resource access, but also the creation of a safe space. There will be food, a BOUNCY HOUSE, music and speakers. Mayor Lisa Gauthier will be speaking at the event; she is an EPA native and an advocate for her constituents. We are honored to have her come and be among the other speakers, who have graciously agreed to be a part of the program.

If you'd like to give back on Media Day, you'll have an opportunity to give to the East Palo Alto Center for Community Media, which launched EPA Today, and to some of the center's partners, who will be present at the event.

One partner, in particular, the Grateful Garment, in alliance with Public Allies, is having a legging drive at Media Day. Please bring NEW leggings for victims of sexual assault, so that they don't have to leave the hospital in the paper gown provided to them.

You will receive an extra raffle ticket if you bring NEW leggings to Media Day and you could be the winner of a new bike or other prizes!



Mark your calendars for Media Day – Saturday, May 4, 2019 from 10 a.m. - 2 p.m. at the Lewis and Joan Platt East Palo Alto Family YMCA. We can't wait to see you all there! If you'd like to be a partner organization on Media Day, contact prabha.srishti@gmail.com

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Lifecycles

Antoinette Pietras - June 17, 1968 - March 29, 2019



Antoinette Pietras, the Rent Stabilization Board Administrator (1999-2008) has died. She was only 49.

Her vibrant personality charmed many and she was much beloved by all those who knew her both in East Palo Alto and in Oakland

where she worked for the Housing & Community Development Department for the last 11 years.

Over 500 people attended her funeral service in Berkeley (April 4th) at Mary Magdalene Church where a proclamation honoring her was read by Oakland's vice-mayor.

Representing East Palo Alto were the acting city manager and the city attorney as well as current and former rent board members.

Condolences can be sent to her mother Rosemarie through Angelica Patrick (apatrick@oaklandca.gov) or <https://www.sunsetview-cemetery.com/obituary/antoinette-marie-pietras/>

cemetery.com/obituary/antoinette-marie-pietras/



Getting to know our residents: Kalisa Vaka

By Alamoni Afungia

Kalisa Vaka is a native to East Palo Alto and a first generation student at De Anza College. Her parents are both migrants from the friendly islands of Tonga and both moved to the states around 1992-3.

While her mother came to East Palo Alto to help her aunt, who came to America first, her dad moved to East Palo Alto for a better life and he stayed with his uncle.

Kalisa's parents met in East Palo Alto 22 years ago and they now have three children: Kalisa, Ketj, Sione and the newest edition to their family-- their dog Callie.

When Kalisa's parents think of the United States, they think of "the land of opportunities" which, is why they taught their kids the importance of education.

When Kalisa first began her journey at De Anza, she

was studying nursing and felt pressured. It was not until she was inspired by a close family friend, Loisi, that she discovered her love for sociology.

"When I went to Loisi's graduation and found out she was studying sociology, I did some research on the topic and immediately fell in love with it," Kalisa said.

Now, Kalisa is in her second year and is hoping to further her undergraduate career at a four year institution where she will be able to continue her studies in sociology.

Being from East Palo Alto has always been a roller-coaster for her. Although she was born and raised here, she



Kalisa Vaka

attended school in Menlo Park through the Tinsley program. Since she was able to attend school in a school system that had more resources than the one in East Palo Alto, she feels blessed that she was able to get a great education.

However, she recalls being teased for coming from a "ghetto town." Kalisa mentioned that there was always negative comments from her privileged peers, who always assumed that East Palo Alto was dangerous and no one would be safe living here.

According to Kalisa, the funny thing is that all of those people, who said negative things are now trying to move

into the city, adding to the gentrification. Beyond this, Kalisa disagreed that EPA is dangerous and has little more to it other than violence.

Instead, she said that East Palo Alto is unique from neighboring towns, in that the culture here is like no other. In her words, "East Palo Alto is small, but the diversity here is unique. We have Mexicans, Polynesians, and Blacks. We can't find that in Menlo Park!"

Growing up, Kalisa and her siblings were involved in a program called East Palo Alto Tennis and Tutoring (EPATT.) EPATT provided local students with academic support as it also incorporated tennis instruction. Every November, everyone in EPATT would get together and participate in community activities.

Kalisa remembers being involved in all sorts of community service activities, such as: picking up trash near the bay, feeding the homeless, etc.

Kalisa is a proud EPATT alumna and highly recommends students in the community to join the group, because the program is not only a great resource, but it also has amazing people working there!

Kalisa is proud to be from East Palo Alto and is happy about the positive changes that have happened since she was little. "Back then, us kids were not allowed to go outside at night, but now kids can, because violence is not as bad as before."

Although, gentrification is real she is glad that the sense of culture and community that EPA has always been known for still exists. Many might see Kalisa as a great role model for the next generation and wish her the best of luck in her undergraduate career and in life in general.

Alamoni Afungia is an East Palo Alto resident and a former EPA Today intern.

CZI grant awardees celebrate their awards



Photo courtesy of the Chan Zuckerberg Initiative

Thirty seven nonprofit leaders celebrated their grant awards from the Chan Zuckerberg Initiative.

The 37 represented organizations in East Palo Alto, North Fair Oaks, Belle Haven and Redwood City. Their grant proposals were chosen from more than 160 grant applications that were submitted to CZI last October. The award announcements were made this February.

The awardees networked, heard a presentation from Priscilla Chan and enjoyed delicious food while listening to upbeat musical sounds.

Even the light rain that fell outside the Fox Forum in Redwood City on February 26, 2019 could not mar the spirit of the evening as they enjoyed the reception inside.

Lifecycles

Honoring community contributors

By Kristina Thompson

East Palo Alto Charter School has been a cornerstone school here in East Palo Alto for over 22 years. This Spring we had our first school wide art show which encompassed the work of all 450 students. Our school mission is focused on fostering a sense of “belonging” – EPACS feels that when our school and city community feels connected, ALL members thrive. This show was hosted and led by Summerlynn Burlew who “believes in building an art program that values every student’s right to play, cultivates creativity, and nurtures their incredible imaginations.” Our school community believes “When students feel connected to their environment, and know what to expect, they feel safe and



Photo courtesy of Kristina Thompson
East Palo Alto Charter School principal, Maricela Montoy-Wilson, left stands with the school’s award honorees: David Harper, Scape Martinez and Henrietta J. Burroughs. The other awardee, Maricela Landa, stands on the far right beside the school’s art teacher, Summerlynn Burlew. Not shown in this photo is Courtney Kass, another school honoree.

ready to learn. A sense of belonging is integral and imperative to a ready brain. This promotes and enhances a culture of learning.”

As part of building a strong bridge/connection to our greater community of EPA and East Menlo Park, EPACS gave five awards to those who

have shown creativity and helping community members feel connected, a practice we have demonstrated at each of our community events this year.

Those recipients where:

Scape Martinez is a contemporary urban artist, author, and educator at EPACENTER Art.

Thank you for your gift of visual arts all throughout our community. We are honored to be partnering with you to teach our students and beautify our school. Thank you for making our community come alive through your visual inspiration.

David Harper is a Business owner, Barber, and mentor leader to our community. Thank you for giving us a taste of what it means to be excellent in our gifts. We are so honored to learn from you. Thank you for taking your time to not only beautify people physically but to connect with each person that comes across your chair, or that comes close to your being. In your creative business you inspire art and creativity. You make the community more beautiful in your practices and we appreciate you.

Maricela Landa has an amazing presence that brings so much beauty to EPACS and the larger community. As an Independence Facilitator, she works with certain students but has a love for all students. Through her kindness, care and firmness she lets students know they are special and belong. She goes above and beyond her job description to prepare lessons, read through curricula, support other Independence Facilitator in their learning process and support Ms Okezie and Ms Frandsen in their own learning. She is an activist working to support schools in the community, and she is raising a beautiful family as a mother and soon to be grandmother. Her knowledge of our students has supported my practice as an educator

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HEALTHCARE THAT CARES



Get money to buy a used plug-in-hybrid car

By Kirsten Andrews-Schwind

Peninsula Clean Energy Offers \$4,000 to Help Residents Buy a Clean Car

Peninsula Clean Energy (PCE) is offering a \$4000 incentive to help income-qualifying residents of San Mateo County buy a used plug-in hybrid vehicle.

Plug-in hybrid electric vehicles run on clean electricity for everyday use and conveniently switch to gas for longer trips. They save owners an average of \$1000 per year on fueling and maintenance costs and clean up the air. Electric cars are easy to charge at home or work using a standard household plug and a cord that comes with the car.



Photo by Matt Henry on <https://unsplash.com>

Peninsula Clean Energy (PCE) has partnered with Peninsula Family Service (PFS) to offer the \$4,000 incentive to San Mateo County residents who purchase a used plug-in hybrid electric vehicle through the DriveFor-

ward Electric Program. Peninsula Family Service's DriveForward Program provides affordable loans to help participants purchase reliable used vehicles and strengthen their personal and financial stability. The enhanced Drive-

Forward Electric Program in partnership with Peninsula Clean Energy makes it more affordable for participants to purchase a clean plug-in hybrid electric vehicle.

Do I Qualify?

To qualify for PCE's \$4,000 incentive, you must meet the following requirements:

- Live in San Mateo County
- Meet qualifying income*
- Have the ability to plug in and charge the vehicle at home or at work

Qualify for a PFS vehicle loan

Annual income less than \$48,560 for an individual, \$65,840 for a family of two, and \$100,400 for a family of four. See the full income guidelines at peninsula-cleanenergy.com/DriveFor-

wardElectric
Steps to Qualify

1. Attend a PFS Financial Empowerment Workshop
Upcoming workshops:
Saturday, May 4 from 9am – 12pm in Daly City
Saturday, June 22nd from 9am – 12pm in Menlo Park
2. Meet one-on-one with a PFS coordinator
3. If approved, find a reliable used vehicle and get it inspected
4. Purchase a qualified vehicle

For more information, visit: peninsulacleanenergy.com/DriveForwardElectric or contact PFS at finemp@peninsulafamilyservice.org or (650) 403-4300 ext. 4105.

Water usage in East Palo Alto

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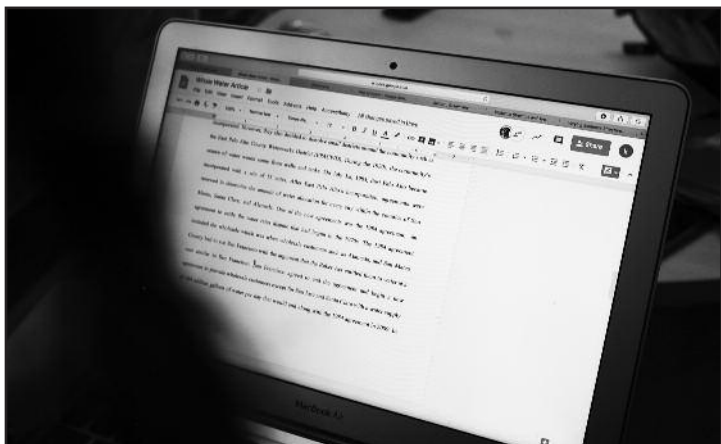


Photo courtesy of YUCA

Showing the article on water on the computer of one of the author's laptop computer

cess water at a fair price. Due to the lawsuit, San Francisco had to agree to give the wholesale customers a collective water supply allocation of 184 million gallons of water per day, which left East Palo Alto with an Individual Supply Guarantee (ISG) of 1.812 million gallons per day until 2009. A new agreement occurred in 1994 which allowed changes to the 1984 Agreement to establish new fixed ISGs based on existing allocations, recent use, and special circumstances. Under the 1994 Agreement, the EPACWD's ISG increased to 2.183 mgd, but other cities still received higher allocations.

Four years later, East Palo Alto submitted a proposal for the dissolution of the EPACWD and to divide its ISG between East Palo Alto and Menlo Park after many negotiations. The cities agreed to divide both the funds of the EPACWD and

their ISG based on the income generated by water customers in each city, giving 90% to East Palo Alto and 10% to Menlo Park, lowering East Palo Alto's ISG to 1.963 mgd. Additionally, the SFRWS decided to adopt an Interim Supply Limitation (ISL) on wholesale customers which meant that wholesale customers had to share 184 mgd collectively between more cities and if they exceeded the ISL, they would be charged extra fees. The conclusion to the 1984 agreement was coming in 2009 which prompted a new agreement. The 2009 Agreement mirrored the previous agreements, but it added limitations for wholesale customers to purchase and/or transfer water from outside the SFRWS without the consent of the San Francisco Public Utilities Commission, which limited wholesale customers to change any circumstances they may face

until 2034. As a result of all the added limitations, East Palo Alto was not able to increase their water supply for many years until recently, leading us to surpass our ISG four times and requiring us to pay extra charges.

After years of looking for water alternatives, East Palo Alto finally received 3.5 million gallons per day, which is still a low allocation for the city's growing population. Before reaching the 3.5 mgd goal, as mentioned before, the city only had 1.5 mgd which influenced the community to do research and work to get another water source so that the community could have enough water. To get to 3.5 mgd, East Palo Alto had to diversify its water sources and get water from neighboring communities. On June 19, 2018, the council of East Palo Alto, agreed to purchase 1 mgd from Mountain View at the cost of 5 million dollars. In need of fulfilling a goal of 3.5 mgd by 2040, the city found another water source. On May 7th, 2018, Palo Alto's City Council voted 7-1 to transfer .5 mgd to East Palo Alto at no charge with the agreement that East Palo Alto does not use our city water wells for production. This left East Palo Alto with a water allocation of 3.5 mgd.

As of now, East Palo Alto has one emergency water storage well. Emergency water storage is water that the city will provide in case of an emergency or if the city's water was to be shut off. The

city's only emergency water source is Gloria Way Well which produces 100 gallons per minute even though the city still needs 5 million gallons of emergency water storage tanks.

East Palo Alto is currently working on securing another emergency water source "Pad-D" Well, aiming to have it up and running in 2019. Pad D Well is planned to be used as an emergency water source. The production of Pad D Well will be expensive and will have to go through many tests and evaluations to make sure it stays in good shape. While East Palo Alto is working on improving water infrastructure altogether, the city is planning on adding more water storage to the southern end of EPA because as one lives further away from the

water source, the funnel loses pressure.

East Palo Alto is experiencing rapid growth with 30,000 residents and currently going through gentrification. Will the city see a rise in water demands now that it is being gentrified? The city manager claims that EPA has enough water for the next 30 years and if it were to get more water there would be higher rates for water we don't need. "We don't want to be water hogs," the former city manager claims.

To reiterate, the process of determining water allocation is based on average recent use. However, with a growing population and new construction, will there be enough water and emergency water for the next 7 generations?



Photo courtesy of YUCA

A serene scene on the edge of East Palo Alto

Nuestra Casa uplifts Latino families

By Lea Bolosan

As a young person inspired and motivated to create a just and equitable society, I am fortunate to learn about leadership, community organizing, and creating systemic change from successful nonprofit organizations in East Palo Alto.

Recently, I met with Andrés Connell, Executive Director of Nuestra Casa, for a discussion on the organization's history and its impact on East Palo Alto over the past twenty years.

In the mid-1990s, the demographic of East Palo Alto was changing. It became apparent that immigrant families from Mexico and Central America working in the Bay Area—once considered transient—were now beginning to establish roots in East Palo Alto.

In 2000, groups of community activists and local leaders received a grant from the Peninsula Family Foundation (now the Silicon Valley Community Foundation) to work with a consultant to map out the needs of this rapidly evolving community.

"When you come from rural parts of Mexico or rural parts of Salvador," Connell said, "how do you navigate the system in the United States?" After a year of surveying and interviewing residents, they identified the services that people needed most.

The result of this research was the formation of Nuestra Casa in 2002, a grassroots community organization consisting primarily of local,



Photo courtesy of <https://www.nuestracasa.org>

Latino leaders.

Connell describes the process. "Like any small nonprofit, your first lens to the community is services. You are a marginalized community that is underrepresented. How can we help you meet your basic needs?"

Nuestra Casa launched two programs to address two needs: communication and education. These pillar programs, which they still continue to run today, are English as a Second Language (ESL) classes for adults, and, because of a massive influx of students in the school district, a Parent Engagement program.

ESL instruction

The programs have provided ESL instruction to 1,800 students and trained 700 parent leaders through Parent Engagement workshops, where they learn how to navigate the public school system and how to access resources to enhance the well being of their families.

When people are given support to meet their basic needs, they begin to self-actualize. Individuals become motivated

by growth and exploration, and in Nuestra Casa's case, become empowered to help others in similar ways. Connell noticed this phenomenon with the community, which caused a shift in the organization's practices towards policy advocacy. "As we started to work with parents, and they became educated on their rights and on their role in the community," he said, "they started to take bigger jumps." Parent leaders from Nuestra Casa's Parent Engagement programs joined their school's PTA. "They took the initiative, asking 'What else can we do? How else can we make an impact?'" Not only were they helping Latino immigrants navigate the system, Nuestra Casa was giving them the tools and the encouragement to be represented in the system and advocate for themselves.

Promotora Leadership Development Program

Another program that highlights this phenomenon is Nuestra Casa's Promotora Leadership Development Program. Originating in rural Mexico, promotoras were

grandmothers, aunts, mothers with the "gift of gab" who were trusted by everyone in their community. These women were trained to use their strengths to form a network of ambassadors, informing their community about basic health and medical services that were coming to rural

areas. Nuestra Casa, in partnership with UC Berkeley's Health Initiative of the Americas, developed a curriculum to train promotoras to spread information about more than just health care. "It was a much more amplified scope of work focused on all things related to living as an immigrant in the community."

Employed promotoras receive a comprehensive training to become community advocates and leaders. Not only do they disperse valuable resources for the community, they act as a voice for the community to communicate its needs. "They are plugged into every PTA meeting, knitting circle, you name it," Connell said.

If families complain about not being able to afford food, for example, promotoras can report back to Nuestra Casa, who in turn can run food access workshops. "It is a powerful network, and they are the wheels that make us turn," Connell added, proudly.

In the nine years since its inception, Nuestra Casa has trained over 150 promotoras, many of whom have gone on to bigger and better things.

They plan to expand their leadership development program model to support promotoras in taking their skills to other organizations and becoming more self-sufficient.

Nuestra Casa is effective because it is attuned to changing trends in the community and strategic in what issues they choose to address.

When Assembly Bill 60 was passed in 2013, allowing a person to obtain a driver's license regardless of immigration status, Nuestra Casa began developing a curriculum for its clients. "A lot of our families were uneducated in their own language and could not pass the test," he said. "Even though it was in Spanish, the language was too academic. [People] couldn't understand what was being asked of them."

Nuestra Casa trained over 450 people over a course of six months. With culturally competent training curriculum, 90% of the students passed the written driver's test on their first try.

It is important for Nuestra Casa, as an agency, to use its resources in a way that benefits the community. When analyzing the issues as they pertain to Latino and immigrant families, he asks, "does this issue impact our families? If yes, does it merit us getting involved? If yes, let's strategize."

They acknowledge that to create change in the community, organizations cannot work in silos. "It's about building a network where everyone

continued on page 13

Your smartphone

ing Consent. The CIA and the NSA can trace it to your phone. CSI can find your DNA on the phone because you're not that smart. Order from Walmart, L.L.Bean and customize your shoes on the Adidas app.

Her phone was flagged by the Federal Communications Commission. His phone camera is an eyewitness in the court of law because it caught that CEO who KO-ed his wife. It's a smart phone, but not that smart. These phones can't cremate a corpse, filter water,

marry you, ordain you or even represent you in the Supreme Court. There's more that a cell phone can't do like fly a plane, fix a leaky faucet, inhale secondhand smoke, desalinate water, mow your lawn, reshingle a rooftop, wax your legs, vacuum Oracle Arena, perform heart surgery and push a shopping cart down Bell Street. We still need humans for such frivolity. Jam like it's spam.

Are we getting dumber? I used to memorize phone numbers for my dad because

he was too

lazy to write them down. Got questions on how to make pancakes, ask Quora. Report your income to the IRS by using TurboTax. Get some Sushi, but need a review, check it on Yelp. Want to save data try using WhatsApp. You can make a movie and put it on YouTube. The Muffin Stuffers can promote their music on Spotify. Your phone can do it if you touch it and command it. Firefox it, Facebook it, Google map it, and WordPress it for the masses.

Get nostalgic with iheart80s app and tell Martha Quinn why you kept your Rubix's Cube. Netflix got episodes of the Twilight Zone and Hulu got Seinfeld.

What's my point? You are asinine and the phone is smart. Planning to visit Australia try the Quantus app but what are you doing if your smart phone can do more than you. I had ideas for cell phones like the edible cell phone and the cell phone that turns into a skateboard but no venture capitalist is inter-

ested. Seriously people. If you don't have seven phone numbers that you can say at the drop of a dime or tell me what is the quadratic equation than you might be inferior to a smart phone. Do you think your cell phone is smarter than you?

Michael Uhila is an East Palo Alto resident and regular contributor to East Palo Alto Today.

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EPA Charter School

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Photo by Kristina Thompson
David Harper, far right, gives barbering tips in his shop, Sharper Images, which is located in Menlo Park on

PACE Gallery. Thank you for your support, partnership, and the opportunities you have provided our students through the year. Your invitation to be engage with the INCREDIBLE Artist JR in your gallery this year was monumental in cultivating belonging for our aspiring artists. They felt valued, *special*, and so honored to be with JR in his studio exhibit.

East Palo Alto Kids Foundation ("EPAK"): Thank you for your steadfast support of our art program through your generous gifts and belief in students and teachers. Your gifts cultivate belonging through access to meaningful experi-

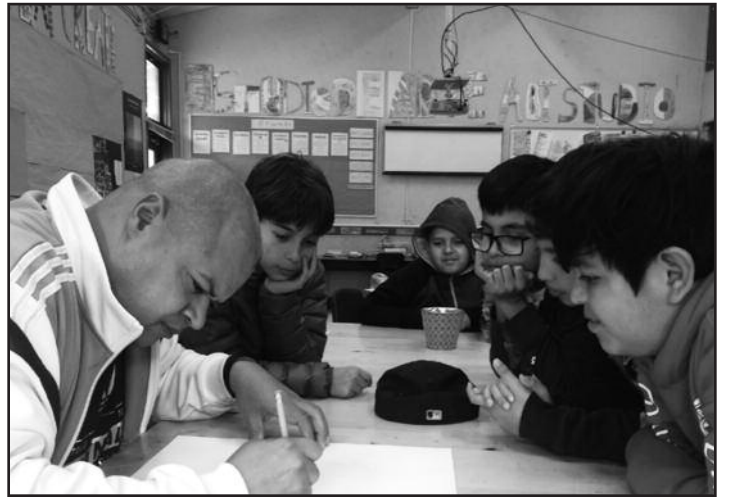


Photo by Kristina Thompson
Scape Martinez leads a graffiti art class for some very attentive community youth.

and her ability to know what is needed before it happens is so on time.

Henrietta J. Burroughs – hosts EPA news show Talking with Henrietta and manages the EPA Center for Commu-

nity Media. Thank you for your beautiful gift of spreading important messages and belonging through your news platform.

Courtney Kass of PACE Gallery – is the Art Director for

ences and resources.

Ravenswood Family Dentistry

she said. "Healthy teeth and gums allow us to focus on other aspect of life. It's truly a very important component of life."

Speaking after Talakai at the March 18 celebration, Congresswoman Jackie Speier decried the fact that healthcare in the U.S. isn't better.

"We're living in an era of denial," she said and she pointed to the fact that there are people who denounce vaccines and have a debate over who really deserves healthcare in our community.

When it comes to healthcare, Speier said that the U.S. ranks last of the 11 industrial nations in the world. "We spend more money and we have the worse outcomes."

Speier asked, "If we can't do this for everyone, who are we as a nation?"

She pointed out that the Ravenswood Family Health Center had received a one million dollar grant from the Obama administration. "This new facility is a worthwhile investment," she added.

When Ravenswood Family Dentistry opened in 2010, as a component of the Ravenswood Family Health Center, it started with the mis-



Photo by HJ Burroughs
Ravenswood CEO, Luisa Buada, speaks at the Ravenswood Family Dentistry's grand opening celebration for the expansion of its dental facilities. The presentations were made at the facility's site at 1807 Bay Road in East Palo Alto. She was joined by, from left Congresswoman Jackie Speier, Dr. Yogita Thakur, Melieni Falemaka Talakai, Pamela Kurtzman, CEO of Sequoia Healthcare District, Pastor Paul Bains and Rick Williams, the CEO of the Sobrato Family Foundation.

sion of addressing some startling statistics:

- Tooth decay is the most common chronic disease of childhood—5 times more common than asthma.
- 80% of pediatric dental disease occurs in 20% of children who are from low-income families.
- Chronic oral infections of the gums and teeth are asso-

ciated with poor health outcomes such as low-birth-weight, premature births, infections of the heart.

Dr. Yogita Thakur is the dental clinic's chief dental officer and she joined the Ravenswood Family Health Center nine years ago, when the clinic saw just over 2,000 patients. She said that dental services have expanded dramatically in the East Palo Alto community. Thakur said the clinic served 6,800 patients in 2018. Many of them came from all over the bay area and some of them traveled from as far away as Manteca.

Rick Williams, the CEO of the Sobrato Family Foundation described the Ravenswood Family Health Center and it's dental clinic as a critical safety net in the community. He said that 2,000 children a day go to school with some type of dental prob-

lem. Given the dire state of dental healthcare, he said that the grant the Sobrato Family Foundation provided to the Ravenswood Family Health Center was "the fastest grant we've ever processed."

Luisa Buada, the CEO of the Ravenswood Family Health Center was, understandably, ever present during the presentations. She even gave tours beforehand of the newly expanded clinic.

She presented flowers to Congresswoman Speier and received praise herself early on during the presentations. "Anyone who knows Luisa," Talaka said, " knows whether to get out of the wy or get run over. She knows how to deliver a dream!"

That dream achieved fruition when all who were present walked out of the building to cheer while the ribbon, marking the dental clinic's official opening, was cut.

Get more information about the clinic online at http://www.ravenswoodfhc.org/index.php/services/family_dentistry or call 650-289-7700

[Editor's Note: See Dr. Yogita Thakur and several other Ravenswood Family Dentistry staff members discuss the topic, Improving Dental Care in the U.S. on the Talking with Henrietta television show.

See more details at www.epa-today.org/tv.html#improvingdentaltcare.]



Photo by HJ Burroughs
The supportive audience listened attentively during the presentations that were made at the Ravenwood Family Dentistry's grand opening.



Photo by HJBurroughs
Ravenswood CEO Luisa Buada presents flowers and a certificate to U.S. Congresswoman Jackie Speier at the grand opening of the Ravenswood Family Dentistry's expanded clinic.

Nuestra Casa

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is able to do what they do best.”

The foreseeable challenge that requires the most attention, according to Connell, is the issue of affordable housing. “In San Mateo County, a family of four that makes \$114,000 is considered low income. Our families are living off half of that,” Connell said. Over 40% of the families in the Ravenswood School District are homeless. It is a challenge, Connell adds, for these families who have been living in East Palo Alto for so long to remain relevant in the community as the cost of living increases.

“That’s our major crisis right



Andrés Connell

now. You cannot have any level of community engagement without housing [issues] being at the forefront. People still need access to healthcare and a living wage, but that dark shadow of housing permeates everything that we do.”

They have been working to create a strong network of partners with diverse expertise to at least mitigate some of the effects of the housing crisis by influencing policy and demanding truly affordable housing.

Connell contends that in order to begin to solve the housing crisis, we need all hands on deck. This includes foundations, corporations, and policymakers. “We need to talk to multiple partners in the community across fields and races. It’s a joint effort and we have to work together because in 10 years, in a blink, none of us might be here.”

As he continues his work

with Nuestra Casa, he sees himself as a bridge between the past and the future—working hard to tackle today’s issues while developing young leaders to continue what Nuestra Casa has started.

Although the problem seems daunting, Connell is inspired by the new generation of young leaders who are working to advocate for East Palo Alto. “I’m encouraged by it,” he said. “I just hope that we have enough time to get there.”

To learn more about Nuestra Casa, you can visit the organization’s website at <http://www.nuestracasa.org> or their Facebook page at

<https://www.facebook.com/NuestraCasaEPA>

Lea Bolosan is a Public Ally who is interning at the East Palo Alto Today newspaper.

[Editor’s note: On April 17, 2019, Nuestra sent an email addressed to friends, partners, and supporters.

The email stated, “After ten successful years of leading Nuestra Casa de East Palo Alto, Andrés Connell is stepping down as Executive Director effective June 28, 2019 to pursue new opportunities in South Florida. We are grateful to Andrés for his strong leadership skills and the passion he brings to his work—he will be sorely missed....”].

Think twice before using diy orthodontics

Dr. Steve Giannoutsos and Dr. Seth Newman



Photo by Matthew Poetker, on <https://unsplash.com>

Do-it-yourself orthodontics, in which people attempt at-home treatments rather than seeing an orthodontist, is an upward trend. Lower costs and the convenience of mail-order braces are appealing factors to some consumers.

But orthodontists warn that trying to straighten your teeth in the comfort of your own home can actually lead to mouth discomfort, complicated oral issues, and high costs associated with correcting them.

“These DIY systems might straighten your teeth, but they fail to address other oral problems and can make them worse or even create new problems,” says Dr. Seth Newman (www.asktheorthos.com), a New York City-area orthodontist and co-author, with Dr. Steve Giannoutsos, of *Giving It To You*

Straight: Everything You Ever Wanted To Know About Orthodontics But Were Afraid To Ask.

“Braces aren’t just about straightening teeth,” Dr. Giannoutsos says. “They’re part of an intricate treatment that requires evaluation – not only of the teeth but of the jaws and how the two relate to each other on complex levels.”

Drs. Newman and Giannoutsos give an overview of the potential downsides of DIY orthodontics and why they think traditional care is more comprehensive:

DIY doesn’t address bite or

other issues. “Your jaw and bite have to be taken into consideration when improving a smile,” Dr. Giannoutsos says. “If teeth are moved without addressing a bite issue, this could create problems with oral functions such as chewing.”

No professional diagnosis beforehand. The diagnostic imaging that an orthodontist does before any tooth-straightening procedure accounts for past and current conditions of the teeth, jaws and the craniofacial area before making an informed recommendation. “Without direct professional supervision and diagnostics,” Dr. Newman says, “patients may have no idea that they could have underlying problems, such as tooth decay, abscessed teeth or gum infections that could be made worse by imposing orthodontic treatment on top of them.”

No monitoring during treatment. Sometimes the damage stemming from unsupervised

care includes the need for tooth extractions, bite problems and infections.

“It’s appealing to consumers that they don’t need to make time for orthodontist visits,” Dr. Newman says, “but checking tooth movement throughout the treatment process is crucial to a successful outcome. Without a doctor watching your case, there is simply no reliable way to know that you’re getting the best results.”

Pain and discomfort more likely. Because DIY braces aren’t custom fit by a professional, Dr. Giannoutsos says one is more likely to experience pain and discomfort than if they were professionally fitted. “With orthodontist-approved braces,” Giannoutsos says, “some discomfort in the beginning is expected, but that eventually fades as you get used to the braces. That pain while you are wearing a DIY version is a warning sign that the tooth is not being moved in the correct way.”

The lower initial price may fool you. “If you think you are saving money with DIY orthodontics,” Dr. Newman says, “based on our experience to fix the damage done from them, chances are you’re going to see an orthodontist to correct problems from DIY. Then you’re paying even more on top of the price of the DIY treatment.”

“Braces and the movement of teeth and jaws are a fine balance of art and science,” Dr. Giannoutsos says. “The training and skill of the person overseeing your case make a significant difference in the results you achieve.”

Dr. Seth Newman (www.asktheorthos.com) is an orthodontist and co-author, with **Dr. Steve Giannoutsos**, of *Giving It To You Straight: Everything You Ever Wanted To Know About Orthodontics But Were Afraid To Ask.*

1,500 volunteers gather to repair homes

By Alie Berka

Thousands of corporate employees and service organization members will pick up hammers, paintbrushes, and shovels on National Rebuilding Day, Saturday, April 27, 2019, to help their low-income neighbors in need. Held the last Saturday in April every year, NRD is the signature program of Rebuilding Together Peninsula (RTP).

On National Rebuilding Day,

more than 1,500 volunteers from all walks of life will rally together to repair and rehabilitate homes and community facilities from Daly City to Sunnyvale for the most vulnerable populations in the community – seniors, people with disabilities, and families—to ensure they live in safe and healthy homes.

For the 30th year, RTP is joining forces with companies like, Oracle, Rambus, Cooley LLP, Wells Fargo and nVent;

foundations such as the Woodlawn Foundation and the Atkinson Foundation; and service organizations including local Kiwanis and Rotary clubs, to paint homes, build fences and ramps, clear debris, and landscape over 40 project sites in San Mateo county and northern Santa Clara County. Each work site comes with a different history, unique needs, its own scope of work, and a dedicated volunteer team.

RTP does more major repair work than any other organization on the Peninsula. It is the local leader in the preservation of affordable homeownership and revitalization of local communities, making homes safer, more accessible, and more energy efficient. This means that disabled and aging homeowners can remain in their homes. It means that struggling families don’t have to choose between paying for groceries or

fixing their homes.

“For thirty years we’ve been repairing homes and revitalizing communities,” said Melissa Lukin, Executive Director of RTP. “Through partnerships with dedicated sponsors and volunteers, we help low-income homeowners, particularly the elderly, live in safe and healthy homes, age in place, and pass along their homes to the

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Deadly force

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would become the first law in the country to regulate police officers' use of deadly force.

Assemblymember Reggie Jones-Sawyer (D-Los Angeles), chairman of the Public Safety Committee, presided over the meeting where Californians from all walks of life stepped up to the microphone to mostly affirm their support for AB 392. Only about a dozen people spoke up publicly against the bill.

"I have never met people more hurt than those who are in this audience," Weber said. "It has made me keenly aware just how deep and hard the pain is when people don't believe there is fairness and justice."

As it makes its way

through the legislature, AB 392 will likely face resistance already gathering from civic and political groups. Police unions across the state believe that the bill will put members of law enforcement at a disadvantage and place their lives in harm's way.

"Anything that changes the word 'reasonable' is unreasonable," said Assemblymember Tom Lackey (R-Palmdale) who spoke against the bill during the hearing and voted against it in committee.

Lackey, a former California Highway Patrol officer for nearly 30 years, posted on Twitter that he believes proponents of AB 392 don't have a malicious intent in crafting the legislation. He insists,



Photo by Russell Stiger Jr.

Malaki Seku Amen president of the California Urban Partnership with Khalil Ferguson at a rally at the State Capitol hold a flag with names of victims who were unarmed and killed by law enforcement.

however, that it would be harmful to peace officers.

"If #AB392 becomes law," he tweeted. "More cops will unfortunately die. This is an undeniable fact."

The committee hearing

concluded two days of activities and advocacy ramping up to the big day. A march and rally Monday hosted by the American Civil Liberties Union of California was the highlight. Family members of

some of California's most controversial and widely remembered victims of police violence – Oscar Grant, Sahleem Tindle, Mikel McIntyre, David Garcia, Stephon Clark, among many others – attended the rally held on the north steps of the State Capitol.

This article is reprinted with permission from California Black Media

[Editor's note: To see the rally, go to Youtube and put Bill Aimed at Preventing Police Deadly Force Moves Forward in the search bar.

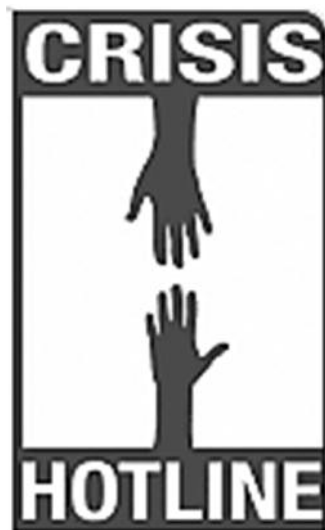
To see a television interview with Oscar Grant's uncle on Talking with Henrietta, go to: www.epato-day.org/tv.html#oscargrant]

"Yes, your kid"

can become suicidal. Prevention starts with understanding that suicidal thinking can strike anyone (yes, even your high-performing, seemingly confident, and happy child) at any time.

Know that your kids probably won't open up to you. They aren't going to come to you in despair, like you might imagine. They may feel that you won't understand, or that there's nothing you can do. They also might think that what they're going through is a "failure," and worry that you'll be disappointed in them.

Look for changes, even subtle ones. Be aware of any changes in your child's demeanor. Keep in mind, though, that these changes can be more difficult to spot among naturally moody teens who tend to isolate themselves even in the best of circumstances. Teens are moody—that's to be expected—but don't write it off as just moodiness. When it crosses over into physiologi-



cal disturbances of sleep, appetite, sexual desire, or just an unshakable dark feeling, and stays stuck there, it has then crossed over into a mood disorder and can be incredibly destructive.

Know that little things can cause bigger problems. Something seemingly insignificant could be more impactful than it looks. So be aware of possible catalysts, whether it's the stress of starting a new school year,

changes in their medicine, or even problems in their social life.

Initiate the conversation. Most importantly, parents must ask their teens how they are feeling. It's not enough to rely on indicators that you may or may not spot. If you suspect your child may be struggling, or even if you don't, here are five questions that might get the conversation flowing:

"At the worst that you can feel, how bad does that get?"

"When you've felt how bad it could get, how often did you feel alone?"

"And when you were feeling that horrible and alone with it, what did it make you think, feel, and want to do?"

"And what did you do?"

"If that is the case, I don't want you to be alone with those thoughts and feelings. So I'm asking you to call me when you are feeling that way and I will do my best to listen to you, hear you, and keep you company. I prom-

ise, I'm not going to give you advice or solutions unless you ask me for them. So would you be willing to call me when you're feeling like that? And by the way, if you think you're a burden, you're not. You're not a burden because inside you I can see and feel the good person that you are and also that you matter, neither of which you can see or feel when you're feeling so awful."

Let them know they are loved and that they are not alone. Pain is pain; suffering is feeling alone in pain. When you eliminate the aloneness, suffering that people can't live with becomes pain that they can live with.

Even if your child doesn't show it, they need you to be there to support them. Don't wait for them to ask for help. Reach out—even if your child appears to be thriving—and show them that you are here no matter what. Your compassion could truly be

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lifesaving.

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If you or someone you love needs help, call 911 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or visit www.suicidepreventionlifeline.org.

About Dr. Mark Goulston:

Dr. Mark Goulston is the co-creator and moderator of the suicide prevention documentary Stay Alive. He is a former UCLA professor of psychiatry, suicide and violence prevention expert, and one of the world's foremost experts on listening. He is the author of the best-selling "Just Listen": Discover the Secret to Getting Through to Absolutely Anyone, which became the top book on listening in the world. For more information, visit Dr. Goulston's website at www.markgoulston.com.

About Stay Alive (#StayAliveNow):

Rebuilding Together

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Rebuilding Together Peninsula

next generation."

NRD is neighbor helping neighbor, people helping

people, in true barn-raising fashion.

Rebuilding Together Peninsula builds volunteer partnerships to rehabilitate homes and community facilities for vulnerable home owners—in particular those owned by the elderly and disabled—so they can live in warmth, safety and independence.

Serving all of San Mateo and northern Santa Clara County, RTP is the largest organization on the Peninsula

dedicated to preserving affordable housing and revitalizing communities. Each year, RTP works with thousands of volunteers to provide free home and roof repair services.

In its 30-year history, RTP has restored over 1,900 homes and over 400 community facilities with the help over 89,000 volunteers.

Learn more and get involved at rebuildingtogether.org.

Retirement mistakes

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three months leading up to your 65th birthday, during the birthday month, or three months later. But if you don't enroll, your Medicare premiums can increase by 10 percent for each year you were eligible and didn't enroll. "Whether you like Medicare or not, you don't want to pay more for something when you didn't have to," Hobart says.

"There is no reason you should trip over these things that you can avoid early on,"

Hobart says.

Chris Hobart (www.hobartfinancialgroup.com) is CEO and founder of Hobart Financial Group. A graduate of the University of North Carolina, where he earned a bachelor's degree in business administration, Hobart is a nationally-recognized financial commentator, an Investment Advisor Representative (IAR), and a licensed insurance agent.

COMMUNITY CALENDAR

Tree Planting: EPA Pedestrian Overpass

Saturday, May 4, 2019
Time: 9:00 am to 12:30 pm
Location: The Home Depot, 1781 E Bayshore Rd, East Palo Alto, CA 94303, USA
Join in planting trees and plants in East Palo Alto at the soon to be opened pedestrian overpass across the 101 freeway! We will be planting on both sides of the overpass and along the sound wall. Canopy will provide all tools and gloves. No experience required!

Media Day - A celebration of the East Palo Alto Today's 13th anniversary

- 10 a.m. to 2 p.m. at the Lewis & Joan Platt East Palo Alto Family YMCA. Learn more about the community resources offered by the East Palo Alto's non-profit community. - food, raffle prizes, entertainment and more

Town Hall Meeting - Hosted by Mayor Lisa Gauthier and Vice Mayor Regina Wallace-Jones

- Saturday May 4, 2019
Time: 3:00pm - 5:00pm
Location: The "City Room" at the YMCA - In the back
Address: 550 Bell Street, East Palo Alto, CA

Healthy Kids Day - April 27, 2019. Are the kids in your life already dreaming of summer? When kids are inspired, they can do anything. Awaken their imagination so they can explore new activities and healthy habits.

Lewis and Joan Platt East Palo Alto Family YMCA
550 Bell St, East Palo Alto, CA 94303. For more information: 650-328-9622

Soul Stroll for Health 2019 on Saturday, May 18, 2019 at Coyote Point Park in San Mateo.

Get more information at www.bachac.org

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

"Drumming and Spirituality As a Method of Healing and Recovery". Friday, May 19 from 2-4 PM at the Garden Center in San Mateo.

The Latino Collaborative, NIPI, and the Spirituality Initiative are jointly sponsoring this event. Note there is limited space so sign up via Eventbrite ASAP.

Dr. Sal Nunez, facilitator, developed the Medicinal Drumming therapeutic approach, which incorporates indigenous medicine, behavioral medicine, and traditional Afro Puerto Rican rhythms.

Talking with Henrietta

The Value of Leadership Training Programs



Photo courtesy of Talking with Henrietta
From left, Alamoni Afungia, Edgar Tenorio, Henrietta J. Burroughs, Lea Bolosan and Srishti Prabha sit on the set of the Talking with Henrietta television show after the taping of their show discussion on April 11, 2019.

This show can be seen on Channel 30 on the Midpeninsula and on the Internet at the days and times below until Fri May 10, 2019 on Sundays@5 p.m., Mondays@2 p.m., Tuesdays@8 p.m., Wednesdays@2 a.m., 11 a.m. and 6 p.m., Thursdays@8 p.m., Fridays@3:00 a.m. and 12 p.m. and Saturday at 10 a.m.

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

Get more information about this show on the East Palo Alto Today website at www.epatoday.org/tv.html#youthleadership

Keep Community Media Alive



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

Support the East Palo Alto Center for Community Media

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



Name: _____ Phone # _____

Organization: _____ Email Address _____

Street Address: _____ City _____ State _____

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

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

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

____ Please check back with me about becoming a donor.

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

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JOIN US FOR A DAY OF FUN FOR THE WHOLE FAMILY!

Learn how to get involved in your community. There will be food, free resources, raffles, entertainment, and more!

East Palo Alto Family YMCA
 Saturday, May 4, 2019
 10 AM - 2 PM
 Free admission to the event



ÚNASE CON NOSOTROS PARA UN DÍA DIVERTIDO PARA TODA LA FAMILIA!

Aprende como puede involucrarte en su comunidad. Habrá comida, recursos gratuitos, rifas, entretenimientos y más!

East Palo Alto Family YMCA
 Sábado, 4 de Mayo, 2019
 10 AM - 2 PM
 Entrada es gratis

