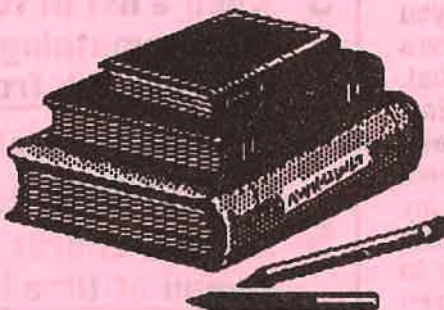


GIRL TALK

Poetry Contest

March is Women's Herstory Month throughout the United States. It's a time for people everywhere to reflect on and pay tribute to the many contributions that women have made and are making to make the world and the planet a better place for us all. It's a time for all of us to do whatever we can to support the work that women are doing. During the course of March, there will be many programs and activities sponsored by groups and organizations to celebrate feminine energy. We hope that you will support as many of these efforts that you can.

At the Consortium For Young Women, we are sponsoring our 8th Annual



Women's Herstory Month Poetry Contest. All fifth through eighth grade girls and teens in the East of Bayshore community are invited to participate in this very special event. To enter the Contest, girls and teens must answer the question, "What's the best way for men to show respect to women?" This question was selected by the Abernathy Poets at Menlo Oaks School in Menlo Park. In the 1994 Red Ribbon Week Poetry Contest, a majority of the 7th/8th Grade Division winners came from Menlo Oaks School. So, we had the female and male students brainstorm and select the question for this year's

contest. They really seemed to have enjoyed this opportunity. We are happy to have discovered this as being an excellent way to have youth apply their leadership skills.

All contestants may only submit one original poem, in any form between nine and fifteen lines, along with a registration form. The Contest will end on April 7 at 5:00 p.m. All poems must be sent or to the Consortium For Young Women by this deadline. For more information about the Contest, call us at (415) 323-8500. We thank you for all that you will do to help make this Contest a great success!

If we stand tall It is because we stand on the backs of those who came before us.
- Yoruba Proverb

GIRL TALK is a newsletter published monthly by the Consortium For Young Women to let you know about the accomplishments that our girls and teens are making in their lives.

GIRL TALK features original articles on life experiences, results from participation in CYWomen program activities, commentaries, public service announcements, tips for successful living, facts about women, and other topics of interest to girls and teens.

GIRL TALK original works are written by CYWomen youths, staff, and volunteers. For information about the Consortium For Young Women and/or to contribute articles for future publishing consideration, please call (415) 323-8500 or write P.O. Box 51085, East Palo Alto, CA 94303.

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Girls' Voices

Living in East Palo Alto is really not all that bad as other people say it is. Some parts of East Palo Alto are bad because it seems like every single day somebody gets shot. Sometimes, it seems that all you see people going to is someone's funeral or something like that. I may not know a lot about East Palo Alto, but I know fifteen years of my life have been spent in East Palo Alto. That's my whole life. All people in East Palo Alto are trying to do is to mind and take care of their own business. They want to stop people from trying to put East Palo Alto down so much. It's also putting our city down very badly, and that is not right.

▲ LAWONNA DELDRIDGE

Violence. Some people think violence is just a word, but it isn't because people use it in many different ways. The main reason why I chose to write about violence is because some people don't get the point. Too many people are getting killed because of violence. The reason why I know this is because I've been living the lifestyle for so long. I also know because my mom was shot and left for dead. It wasn't cool. It wasn't a beautiful sight to see someone so sweet, who had the soul of love in her heart, be treated this way. I was four months pregnant. I was stressed out crying, and didn't know what to do about this terrible tragedy. People really need to think about their lives.

▲ TAWONNA DELDRIDGE

MANAGING YOUR CHORES

By Kalamu Chache

- 1 Put every thing in its proper place.
- 2 Take a 15-minute break after doing 45 minutes of chores.
- 3 Keep a list of rewards to choose from to have something definite to do when you take a break from your chores.
- 4 Use a list and check off your chores as you complete each one.
- 5 Do your chores as scheduled. Negotiate ahead of time if changes have to be made.

What I want to say about my nieces is that they are twins. They are very pretty. They kind of get into things. Sometimes, that's bad. But, they can be good, sometimes. They can be destructive, too. I like to play with them at their house. I like going to their house because when it is hot, we get to play in the water. When it is cold, we can't play in the water.

▲ MICHELLE DIXON

I am happy being in CYWomen at the Boys and Girls Club in Menlo Park. When I participate in the CYWomen program, I feel good. Chache and the girls make me feel proud. I like being in the computer class. I like writing articles for the Girl Talk newsletter. I have fun working on it. I like the idea about being published in our newsletter. It gives me something to show to my family, teachers, and anyone else I want

▲ KENNETHA HAHN

to know about how I'm doing. I think all girls need a chance like this.

▲ LAKIESHA DYER

My name is Kennetha Hahn. I am ten and a half years old. My birthday is March 13. I have brown hair. My eyes are brown, also. I am mixed with Black and Mexican heritage. I live with my mom and sister in Menlo Park. I go to Belle Haven School. I have lots of friends of all ages. My grades are okay. I participate in classes at the Boys & Girls Club in Menlo Park. My favorite color is blue. I like riding my bike and skating. I want to be an actress when I grow up. I don't like candy; especially Now and Later. Chocolate makes me break out. I like modeling clothes.

In the family that I live in, it is fine. It's a household that is normal. The people who live there are normal. In my home, there is a mother and a father together; living as one. They balance their jobs. For instance, one of my parents works during the day. The other works at night. Talk about team work! We sure do have a full house! That's nice.

△ FELICIA HALL

When my brother goes somewhere, he always takes me. Sometimes, he doesn't because he doesn't want me to know his business. I don't like that because it hurts my feelings. Sometimes I tell my mom, and I ask her why I can not go. She tells me that my brother will be just around boys. When he comes back, he says that he's sorry that I couldn't be with him. I always accept his apology.

△ JAMELLA HARRIS

I like the summertime because it warms me up. It doesn't rain. My birthday is on July 20. I get to go to Malibu Amusement Park in Redwood City to spend \$150 with my brother and friends. This summer, I plan to visit my grandmother in East Palo Alto to help her around the house. Every day, I will be coming to the CYWomen program at the Boys & Girls Club in Menlo Park. Chache has asked me to help plan the summer program. I like the things that CYWomen does to help girls to learn how to do things for themselves. I think that it's a great place for girls to be!

△ LORENA JONES

POETS ON THE RISE

TENNIS

Tennis is one of my favorite sports. Everyone on the cheer leading team plays it. Now, I play at recess and lunch. Not everyone plays it. I play it every day so I can get good at it. Sometimes, I don't play because of the weather.

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Intelligent
Queen
Unique
Energetic.

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*Don't stress out
about things you
can't control.*

• Roy J. Biltzer, Author

DOLUNTEER THANKS

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FUNDING THANKS

United Way of the Bay Area

Charles D. Armstrong Memorial Foundation

East Palo Alto Kids Foundation

Bayshore Christian Ministries

*Cooperation,
not challenge,
leads to satisfying
relationships.*

• Sue Patton Thoele, Author

Guest Features: WHEN YOU STUDY

By Kathryn Chow

When I was growing up, my parents constantly told me to study hard. I didn't understand what they meant by "study hard" or why they would criticize my methods of studying. I liked to spread myself out on the floor with my work laid out in front of me. But, my parents complained that my ideas about studying weren't effective--that it was bad for my back and I couldn't concentrate if there were too many things in front of me at once. They insisted that I sit with good posture at a well-lighted desk.

What I've learned from experience is that there is no "right" way to study. Different people study differently. You may find that you work at your best at a desk, on the floor, on your bed, or at the local library. Some people like to listen to music when they study. Others need complete silence. While some study well just after school, others prefer to study at night after dinner. Also, the way you study may change from day to day or even from hour to hour.

The key to good study habits is to find what works for you and to keep trying every day on a regular basis. Don't give up, and don't get discouraged if you don't get the results that

you're hoping for right away. Studying is a discipline that you need to develop; one that could become the greatest achievement in your lifetime, if you can learn how to do it right for yourself.

Kathryn Chow is a 1st year student at Stanford University in Stanford, California.

TIME MANAGEMENT

By Lisa Sharpley

It was 10:00 p.m. and as I was slowly trudged through the door, exhausted from the rigorous volleyball practice, I wanted so badly to just go straight to bed. Every muscle in my body was either sore or tired, but I couldn't go to sleep yet. I had homework to do. I thought back to earlier in the day when I had gotten home from school, and I went straight to the television. I knew I had a lot of school work to do, but somehow my favorite show seemed to be more important. Now, I was paying the price for my procrastination.

It was nights like those that taught me about time management as a student athlete. The following are some tips that have helped me to become successful in and out of the classroom. Set aside a period of time each day to study and do homework. Likewise, set aside a period of time each day to relax. It is important to have balance in your life, in order to stay fresh physically and mentally. Another thing to remember is to always put academics as your first priority. If you ever

happen to get injured, your athletic career could be over, but you will always have your brain to rely on.

It is also a good idea to take advantage of the spare time that you do have. It is incredible how much work can be done on the way to and from practice, or even at tournaments. Plan ahead on your big assignments, and make sure you are aware of any possible conflicts with your sports schedule. Lastly, if you happen to be blessed with athletic talents, realize that you are very lucky and understand that there are sacrifices to be made. There are many rewards in sports. Sometimes, to earn these rewards, you must discipline yourself; both at practice and at school.

Lisa Sharpley is a 1st year student at Stanford University in Stanford, California.

SUGGESTED READING

In Charge, A Complete Handbook For Kids With Working Parents

Irene Kieberg

Morning Girl

Michael Dorris

Acts Of Faith

Ivania Vanzant

Coldest Winter

Elizabeth Lutzeler

Source: East Palo Alto Library