

THE EAST PALO ALTO PROGRESS

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Jobs Conferences Draws Over 500

On Saturday, 15 September 1984, the Municipal Services Building was filled to capacity with people attending the Job and Training Opportunities Conference. Lunch was provided by the East Palo Alto Chamber of Commerce and Congressman Tom Lantos. Over five hundred participants listened and responded with enthusiastic applause to the many excellent points made by Congressman Mervyn Dymally, former Lieutenant Governor of California, during his speech.

The Conference was an outstanding success. It was co-sponsored by the City of East Palo Alto, Congressman Lantos, the East Palo Alto Chamber of Commerce, the Drew Medical Foundation, and the Stanford Mid-Peninsula Urban Coalition.

Representatives from eight corporations conducted interviews for jobs in over forty categories. Many of the jobs were entry-level positions. The companies represented were: AMDahl, Avantek, Hewlett-Packard, Lockheed, Micro Focus, Rolm, Syntex, and Varian.

Conducting sessions on "Training Opportunities for High-Tech Jobs" were Dr. F. Elkins and Mrs. J. Jacobs, Canada College, Joel Kaplan, Stanford Urban Coalition, OICW, PIC, and the U.S. Dept. of Education.

Mayor Barbara Mouton welcomed participants and gave a brief update on the status of the City; Vice-Mayor James Blakey added his comments. Remarks were also given by Joseph Goodwill, past president of the Chamber of Commerce, Councilman Ruben Abrica representing Drew, and Congressman Lantos.

Harry Portwood of Hewlett-Packard coordinated the event and presided over the panel discussion, "Silicon Valley—The Real World." Panelists were Portwood, Fred Tandy, Lockheed; John Hill, Rolm; and Cam Conley, Avantek. Ampex Corporation provided the posters and flyers.

The community extends grateful thanks to staff members from Congressman Lantos' office who put in many hours on this event. Several additional conferences are now in the planning stage and will be given over the next few months.



Community turns out for East Palo Alto Jobs Conference.

Photo courtesy: J.J. Scott

The Council Beat

By Jane Maxwell

The East Palo Alto Council recently approved several amendments to the city's rent control law that will make it less easy for landlords to claim exemptions.

What did not pass, however, was an amendment to change the way rent increases are assessed.

Carlos Romero, Vice Chair of the Rent Stabilization Board introduced the amendment which would have set the allowable amount landlords can increase rents to 60 per cent of the Consumer Price Index (CPI).

Romero said the change would more accurately reflect the day-to-day operating costs landlords incur.

"It's a simple, effective way to determine a fair return for landlords on their investment," he told the council.

But the council was not persuaded by Romero and voted 3-2 to leave the allowable amount that rents can be increased to 100 per cent of the CPI.

This means that as of July 1, 1984, landlords are only allowed to raise rents by 9 per cent. If they want to increase them by more than that before July 1, 1985, landlords must file a petition for individual rent adjustment with the Rent Stabilization Board.

Earlier in the evening, East Palo Alto resident, Peter Evans, criticized the Rent Stabilization Board for hiring

hearing officers from outside East Palo Alto to represent residents in landlord-tenant disputes.

"We should employ people in the community," said Evans.

Renee Glover, Chair of the Rent Stabilization Board defended the Board's actions.

"We were faced with the decision of how to get the process started for rent adjustments," she said. "The hearings start next week and we don't have trained people in East Palo Alto." Glover said that the Board planned to canvass the area for local people to train as hearing officers.

In other actions, citing the need to study the motion more completely, the Council voted unanimously to hear at a later date a petition by the Pacific Gas and Electric Company to renew its licenses of four hydroelectric projects it operates in East Palo Alto.

Also moved to a later date was a motion to consider changing the City's refuse collection and disposal service to a company other than BFI Waste Systems. The present contract with BFI, which is renewed each October based on performance standards, is good until 1987.

Under consideration is an option to join with several other local municipalities who have formed the Joint

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Don't Get Dumped On

By Carmeleit Oakes

Getting dumped on is a serious matter. The sight of litter is offensive, but when it becomes commonplace, it becomes a way of life.

Once people see a little litter they just figure no one will notice if they add some more. Too often, weed-filled lots are chosen by day and dumped on by night. These litterbugs are saving dollars by avoiding the county dump. Meanwhile, we walk past front lawns that are fast becoming parking lots, boarded-up run down houses that stand next to well-manicured lawns, and vacant lots scattered with trash bags spewing old cans, used diapers and bread wrappers.

Some of us are getting pretty angry about such scenes, and angry at property owners we don't know or will ever meet. We must unite to eradicate these eyesores.

Yet nothing comes free. City services cost money and we must pay for

them. So the City must do what it must—clear the lots and bill the owners.

Along with ownership comes responsibilities. We must pay the cost to be the boss!

Keeping weeds chopped, erecting light fences, and posting signs. All can act as deterrents to dumping.

Hopefully, in the very near future, when our own look-like-us officers come aboard to enforce our many fine ordinances, the City will beef up a general beautification program that will include landscaping, public benches, ample trash receptacles, and tree planting.

So, let's all get in the act. After all, when you go across the overpass into Palo Alto, you don't leave nary a candy wrapper behind unless of course it's in a trash can. Never do it home what you dare not do abroad.

Yes, we're tired of being dumped on. Trashy lots must be eliminated. Remember, litter begets litter.

Voting Means November Victory

By Leah Halper

What if they gave an election and all the poor, disabled, Black, Latino, women and young voters came?

Perhaps November 6 will be that election. Groups hurt most by inflation and program cuts—the unemployed, Blacks, Latinos and publicly funded employees—voted in sharply increasing numbers in the 1982 mid-term election. Some predict this trend will continue with as many as ten million new voters casting ballots in November; most of the new voters will be poor, working, and Third World people.

Difficult as it is to predict voters' behavior, the example of East Palo Alto may shed some light on this critical election. Three related factors will help determine local participation in the November elections: voter participation and motivation work, the results of the Jesse Jackson presidential bid, and issues of concern to local voters.

Since the 1980 elections the number of registered voters in East Palo Alto has, almost phenomenally, doubled.

High interest in local issues such as incorporation and rent control shot East Palo Alto's rate of voter registration from close to last in San Mateo County to second. Voter registration will continue through the October 8 deadline at the local post office, city council chambers, fire station, library, the Ecumenical Hunger Program, the Drew Health Foundation, and the Bayshore Community Resource Center. Tables will also be set up at various locations around the community.

While registration is an important prerequisite, "We have to get out the vote," says Ruben Abrica, a city councilmember who has been active in local political campaigns.

"A lot of times elections depend on how many there are actively working and calling people to get out the vote. If you don't go back and remind people to vote, call up, get your friends out, they won't always vote." Abrica suggests that registered voters who may have trouble getting to the polls for any reason act now to request a vote-by-mail ballot (see box).

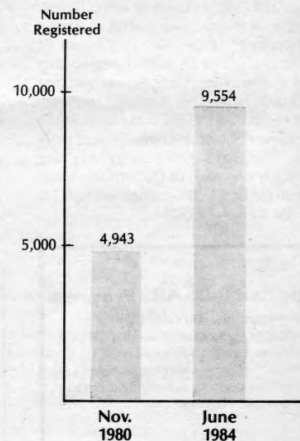
The second key factor is the work done by the local Peninsulas Political Action Coalition in conjunction with the Rainbow Coalition. The national Rainbow Coalition, which supported the Jesse Jackson presidential campaign, is not about to give up after November 6.

"This has not been just an election campaign," says the Rev. C.T. Vivian of the national Jackson staff. "It's a political movement that will continue, will run candidates on platforms we want, and will hold them responsible."

Peninsulas for Political Action Coalition brought Jackson to East Palo Alto in last May, and a week later he easily captured the city. Jackson delegates average 2320 votes compared with 438 delegate votes average for Walter Mondale and 256 delegate votes average for Gary Hart. More than numbers, however, Jackson captured many residents' hearts and imaginations, and the possibility of a Rainbow Coalition has not been lost on this community.

Alan McIntyre, who has lived in East Palo Alto for twenty-two years, Continued on page 2

East Palo Alto Voter Registration Soars



Source: San Mateo County Registrar of Voters

Commentary: No Voter Fraud Confirmed

By Barbara Mouton

On Wednesday, August 29, 1984, the City received word that the Court of Appeals in San Francisco had decided unanimously that there was NO VOTER FRAUD involved in the incorporation election. However, the Court's majority held that some of the absentee ballots were "tainted." It ruled while all such ballots must be invalidated, it was unable to determine whether such "tainted" ballots were cast for or against incorporation. The Court of Appeals reversed the judgment of the trial court and remanded the case to the trial court for the purpose of identifying and determining which ballots should be voided. At that point the trial court will then declare the results of the election discounting such ballots.

On June 7, 1983, East Palo Alto passed a referendum incorporating the community. The margin of victory was 15 votes in favor of incorporation. Soon after the election a group, mostly absentee landlords and developers,

fronted by City council member Gertrude Wilks, challenged the election in Superior Court alleging voter fraud. The court trial lasted 15 days. On September 14, 1983, Judge John Cruikshank ruled that there was NO EVIDENCE OF VOTER FRAUD and affirmed the incorporation of the City and the election of members of the City Council, Abrica, Blakey, Mouton and Satterwhite. Immediately after Judge Cruikshank's decision, foes of the City, members of CCAIN, PAPA, and members of the Private Property Rights group, filed an action in the Court of Appeals to reverse his decision.

We believe the Court of Appeals erred in its decision of August 29, 1984. The lawsuit against the City was based on an allegation of Voter Fraud. Since NO EVIDENCE OF VOTER FRAUD was found by either court, the trial court's decision should have been upheld. The Court of Appeals went beyond its function as a court of

review; The Court's lead opinion also disregarded fundamental precepts which were designed to uphold rather than invalidate a fairly contested election. If there were imperfections in the absentee ballot process, they came about through long-accepted practices rooted in the existing absentee ballot law. Thus, the remedy should be a function of the Legislature rather than the court. We feel the action of the Appeals Court in substituting itself for the ballot-box is untenable.

The action of the Court of Appeals—remanding the Wilks et al versus Mouton et al lawsuit back to the trial court for identifying and determining which ballots should be voided, which ballots of that resulting group were anti-incorporation and which were pro-incorporation—will have no immediate effect on the City or its operations. The City will continue providing for the needs and safety of its citizens. Final interviews are being

conducted with candidates for several department head positions: police chief, community development, community services, planning department, clerical services, and assistant city manager in charge of finance. Over 200 persons applied for the six positions.

The City Council voted on September 4, 1984 to pursue all legal options open to the City beginning with a petition to the Court of Appeals for a re-hearing. If the City is not granted the requested re-hearing, it will submit a petition to the California Supreme Court.

We urge all of you not to be dismayed at this turn of events. God would not have graced us to come this far and then deny us the victory of staying a city. Believe and understand that faith will see us through. In the meantime, the City is alive and well!

New Song Festival

By Jane Maxwell

The third annual International New Song Festival was held earlier this summer in Quito, Ecuador where representatives from 17 Latin American countries performed for one week before thousands of enthusiastic fans.

For the first time, a U.S. delegation was invited, and among the diverse group of multi-ethnic artists and cultural workers was East Palo Alto resident Magdalena Rosales of Capitol Avenue, a singer with Los Peludos, the Bay Area-based group specializing in Chicano music.

U.S. artists on the bill with Los Peludos were Sweet Honey in the Rock, Pete Seeger, Grupo Raiz, and Holly Near. Among the U.S. cultural workers attending were representatives of the Mississippi Cultural Arts Coalition, Taller Latinoamericano from New York, and San Francisco's International Indian Treaty Council.

"We had a good U.S. geographic and multi-racial group," said Rosales. "That was the most important part of the festival for me."

Through its music and lyrics the New Song Movement, or Nueva Cancion as it is known in Latin America where it first developed some 15 years ago, reflects the daily struggles of oppressed people everywhere.

"There was a lot of anti-U.S. sentiment (at the festival)," said Rosales. "The hardest thing was convincing people that we had struggles in the U.S. too."

Rosales works at the Ecumenical Hunger Program in East Palo Alto, especially with Latino families.

"I have a daily reminder of the struggles some people have and it inspires me to keep singing songs about that struggle. The festival in Ecuador reminded me also that we're not alone in these struggles."

She hopes that through music and cultural events, different groups in East Palo Alto will come together.

"There are so many different groups in the U.S. and we seldom come together. Singing and music is a wonderful way to teach people what you have to say and to hear what they are saying."

Rosales says that events like the New Song Festival are important in terms of cross-cultural solidarity across the world and can be a strong force for change.

"Oppressed people have always communicated their problems through song. Blacks sang songs expressing their struggles with slavery and the New Song Movement identifies with that."

Although the annual New Song Festival has so far occurred only in Latin America, the organizers hope it will become a world-wide event. Next year's festival will be held in Argentina, and the U.S., thanks to the commitment of people like Magdalena Rosales, has once again been invited.

Voting

Continued from page 1

reflects on the effect of the Jackson visit.

"It was the first time someone running for President took the time to come to a small community like this just to have a speech. Of course, he wanted to come—it put him a step ahead because he came, made a short speech, and got out. He got a lot of people who never voted before to register. Whether they vote or not is another story. I just hope they do."

Speculation about whether Jackson would support the Mondale-Ferraro ticket was laid to an uneasy rest when Jackson gave Mondale his endorsement at the Democratic National Convention in July. Since the convention Jackson has urged his supporters to vote against the Reagan Administration and for the Democratic Party ticket, and has launched a major voter registration drive in the South. At the heart of Jackson's campaign is an awareness of the attacks of the last four years upon domestic civil rights and social service programs and on liberation movements around the world. A Reagan-dominated Supreme Court, which is likely to be formed if Reagan is elected to a second term, would significantly change the face of labor, civil rights, and freedom of expression law in this country. And many point out that the President will be free to pursue military "solutions" to problems overseas without being accountable to the US electorate. By raising these and related issues, Jackson has focussed on empowering voters to vote on issues, not on images.

For many residents of East Palo Alto, important among these issues are the realities of inequity and unemployment. In 1980 seventeen percent of East Palo Alto residents were below the poverty line, compared to about ten percent statewide. The brunt of poverty is borne by nonwhites, locally and nationally. Statistics show, for example, that the national poverty rate for Blacks in 1982 was 35.6% while the poverty rate for whites was only 12%. The Black unemployment rate continues to rise; in December it was a near-record 17.8% compared to 8.1% for the general public.

Voting by Mail: Simple, Easy, Decisive

If all the campaign workers in California who were too busy to vote on election day 1982 had voted by mail in advance, Tom Bradley rather than George Deukmejian would be sitting in the governors' mansion today.

If there is even a slight chance you will be too tired or busy or will be confined to home and unable to get to the polls on November 6, act NOW to request a vote-by-mail ballot. Under recent changes in California law you do not have to offer any explanation for wanting to do so. You just need to make your request within set deadlines. Here's how:

1. Send a request for a "absent voters' ballot" to Elections Division, 40 Tower Road, San Mateo, CA 94002. Print or type the following:
 - Your name
 - Residence where you are currently registered to vote

- Address where you want the ballot sent (can be the same as where you are registered)
- Election in which you wish to vote (November 6 in this case)
- Signature — no ballot can be sent unless you include your signature.

If you don't get around to making this request there will be an absent voters' form inside the cover of your sample ballot which you can fill out and return.

2. Observe the deadline! All requests must be in the San Mateo office on October 30 for the November election.
3. You will receive your ballot by mail. Fill it out and return it promptly—certainly by November 6, when it will be counted.
4. If you have questions or problems call the Registrar of Voters at 573-2081.

Non-whites also suffer higher infant mortality, cancer, lead poisoning, and work-related disease rates than whites. When jobs are available, the dirtiest, most hazardous ones go to Blacks and other minorities, according to Rep. John Conyers of Michigan. And last year the General Accounting Office found that three-quarters of all hazardous waste sites are located in communities populated predominantly by Blacks. One of these communities is East Palo Alto.

In East Palo Alto high rent costs and the rising cost of living continue to plague individuals and families on fixed incomes. Across the board aid agencies report increased demand for their services without a corresponding increase in resources. Private agencies such as East Palo Alto Ecumenical Hunger Program cannot meet new needs created by cuts in social services. The Ecumenical Hunger Program, which provides emergency food boxes, estimates that a quarter of the households it serves need ongoing assistance, while a third have no source of income. For the first time ever the program has had to write a special appeal for funding because of

the great increase in demand for food.

A new threat, the California ballot initiative called Proposition 41, would slash aid even further, on the state level, if approved in November by voters.

Proposition 41 would require the state legislature to cut by as much as half programs including Aid to Families with Dependent Children (AFDC), Medi-Cal, school breakfasts and lunches, foster care programs, and the infrastructure for state social services. (See the next issue of *The East Palo Alto Progress* for an analysis of Propositions 41, 38 and 36.)

According to Barbara Facher of HumanServe, a voter registration organization, the more people who vote the less chance there will be for anti-people legislation which slashes aid and limits rights. "It's no secret that there is a connection between who votes, who gets elected, and the level of social services."

Help is needed in critical voter registration and participation work. Call 323-2644 today to lend a hand in making East Palo Alto heard this November.

The East Palo Alto Progress

A non-profit monthly community newspaper serving East Palo Alto, California. Persons interested in contributing articles, photography, or poetry may do so by submitting them to The East Palo Alto Progress.

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A Right to the Tree of Life

By Michael Robin

In the 1920s demonstrators protesting the lack of decent health care for poor mothers and their infants marched on the Capitol in Washington with banners that proclaimed, "A Baby Saved Is a Citizen Gained." That cry badly needs to be resurrected today.

While the status of fetuses holds center stage in American politics, the right to life has not yet been extended to thousands of black infants who die needlessly every year. Today, a black infant is twice as likely as a white infant to die before his or her first birthday. The most recent national infant mortality data broken down by race show that in 1981, 20 black babies per 1,000 died in their first year, as opposed to 10.5 white babies per 1,000. Had the black rate in 1981 been the same as the white, 5,584 of the 11,756 black infants who died that year would have lived.

As the overall U.S. infant mortality rate continues to decline—it was 11.2 per 1,000 in 1982—the rate for blacks in some areas of the nation is rising, exceeding that of many Third World countries. In 1981 the infant mortality rate in black neighborhoods of Chicago was as high as 55 per 1,000; in central Harlem it was 28 per 1,000; and in parts of Baltimore, 59.5 per 1,000. In addition to numerous communities, thirteen states reported that the rate for blacks had increased in 1982. Most of those states are in the South, where infant death rates have been about 20 percent higher than in the rest of the country.

Why are black babies so much more vulnerable than white babies? According to public health officials, the main reason is that the percentage of black newborns designated as low-birth-weight babies (under 5.5 pounds) is twice that of whites. As Myron Winick, professor of nutrition and pediatrics at Columbia University put it, "Pound for pound, the poor baby does as well as the rich baby; black babies do as well as white babies. The difference in mortality can be explained entirely by the fact that babies from these disadvantaged groups weigh on the average half a pound less at birth than middle-class babies."

Many underweight babies are born

An East Palo Alto baby is nearly twice as likely to die at birth as a baby from elsewhere in San Mateo County.

County health officials give the infant mortality figures for 1981 (the most recent available) as 15.5 per 1,000 for East Palo Alto, compared with 8.5 for all of San Mateo County and 10.2 statewide.

Because of the drastic cutbacks that have already been made by the Reagan administration in health and human services, East Palo Altans need to consider the implications this has for their community.

The following two articles provide a perspective on two areas of the problem: the effect of national legislation on individual babies, and how an individual mother-to-be can improve her baby's chance for survival by caring for herself in the nine months before she gives birth.

to mothers who haven't had access to good prenatal care. Most public-health officials acknowledge that an expectant mother who receives no care is three times as likely to have a low-birth-weight baby as one who sees a doctor regularly. A recent study by the Children's Defense Fund reported that about 10 percent of all pregnant black women in the United States don't get prenatal care. In 1979, 386 Detroit women, or 1 percent of those who gave birth in the city that year, did not see a doctor until the day of delivery. Among their babies the death rate in the first year was a shocking 88 per 1,000. And in Washington, D.C., the city with the highest infant mortality rate in the country—20.3 per 1,000 in 1982—21 percent of nonwhite women receive inadequate medical attention while they are pregnant.

Despite its protamily rhetoric and its stated concern for the unborn and newly born, the Reagan Administration has severely cut many of the programs that specifically benefit pregnant women and infants. Federal budget cuts in Title V maternal and child health programs have meant that hundreds of poor women and their children have been turned away from prenatal and maternity services. About 90 percent of the Maternal and Infant Care clinics in ten states surveyed by the Children's Defense Fund had resources either cut or frozen in 1982. In Lexington County, Kentucky, the number of women receiving no prenatal care rose from 32 per 1,000 in 1980 to 55 per 1,000 in 1982, partly because the clinics had to refuse hun-

dreds of needy women.

In addition, the Administration has frozen funds for the Special Supplemental Food Program for Women, Infants and Children, better known as WIC. Although 9 million people are eligible for the program nationwide, the budget allows enough money for only about 2.5 million. According to a number of studies, WIC has been extraordinarily successful in reducing the incidence of low-birth-weight babies and has saved taxpayers' money. A Harvard University study shows that every \$1 spent on nutritional supplements saves \$3 in medical costs later for the care of a low-birth-weight baby.

Federal programs to improve maternal and child health have also been hampered because they are administered by the states, where eligibility standards vary widely; as a result, many poor mothers and children have been excluded. In 1984, to be eligible to receive Aid to Families with Dependent Children (A.F.D.C.), a family of four in Oregon could have an annual income of up to \$7,362; a similar family in Texas could earn no more than \$3,618. Overall, the Southern states have the lowest eligibility ceilings and the lowest benefits. They also have the greatest number of poor mothers and children—and, not coincidentally, the highest infant mortality rates.

Moreover, with Federal cuts reducing their budgets in the last few years, most states have tightened welfare eligibility requirements or have not raised income standards to keep pace with inflation, leaving thousands of

poor women of childbearing age with no health insurance: in twenty states, women who do not qualify for A.F.D.C. automatically lose benefits under Medi-Cal as well. In 1982 the Reagan Administration further limited access to prenatal care by effecting regulations that disallow Federal A.F.D.C. reimbursements to state programs for women who are pregnant for the first time. Previously thirty states provided welfare benefits for first-time pregnancies; now only six provide assistance throughout a first pregnancy, and thirteen only after the sixth month.

Any initiatives to expand health services to poor women and their children would almost certainly bring cries of "budget busting" from the Reagan Administration, but the simple truth is that universal access to services would be more equitable—and cost-effective. While it costs a total of about \$1,500 to \$2,000 to provide prenatal and delivery services to a pregnant woman, it costs more than \$1,000 a day to provide intensive-care services for a premature or low-birth-weight baby. Fewer low-birth-weight babies would also mean fewer children who are retarded or are delayed in their development, which would also save millions of dollars in special care.

It is time progressives took up the right-to-life banner, but for a different purpose. We should make sure that the Medi-Cal maternal and child health reform bill—a modest effort to extend coverage to poor women and children not eligible for Medi-Cal—gets adequate funding from the House-Senate conference committee that will soon be considering it. And we should press this year's Democratic Presidential candidate to put maternal and infant health high on the nation's political agenda. Unlike many issues that get far splashier press, this is a matter of life and death.

Michael Robin is a public-health social worker and a freelance writer living in Minneapolis.

This article originally appeared in The Nation and is reprinted with permission.

Good Prenatal Care for Healthy Babies

By Lenita Williamson

A woman's body undergoes many changes during her lifetime and pregnancy is one of them. Pregnancy puts additional stresses on the body as it nourishes the life growing inside. Many women need to prepare for pregnancy, childbirth and breastfeeding with changes to their lifestyle and diet.

Prenatal care can prevent complications during pregnancy, babies with low birth weights, and infant and maternal deaths. This is particularly relevant in Black and Latino communities.

It is important to seek medical care in the beginning and at regular intervals throughout pregnancy. This will minimize the chances of complications while giving the expectant mother the opportunity to learn more about diet and lifestyle changes that will insure a healthy pregnancy.

The initial visit to the health worker includes a complete physical examination and medical history. This helps the health worker pinpoint and prevent potential problems. There are several groups of women considered at risk for problems during pregnancy. These include teenagers, women who are underweight or obese, those who are tobacco, alcohol or addictive drug users, and women who experienced complications with previous pregnan-

cies. Careful management throughout pregnancy can decrease the chances of problems for both mother and baby.

Birthweight is considered the best indicator of a baby's potential for survival and future growth, and good prenatal care can prevent low birth-weight (less than 5½ pounds). Adjustments may be necessary in a woman's diet to provide nourishment for herself and the life developing within her.

While there is a need for additional calories, the idea of "eating for two" is a myth. Most women do need an additional 400 calories per day, but the body only needs calories that are high in nutrients, not the empty calories found in junk food and candy.

Several vitamins and minerals are important for fetal development. These include iron and folic acid, which are found in such foods as spinach and liver, and calcium. Milk is an excellent source of calcium. Many Blacks, though, cannot digest milk. These individuals can substitute other products high in calcium. A health worker may recommend calcium supplements.

While there are items that should be added to a woman's diet during pregnancy, there are others that should be eliminated. A known threat to fetal development is the use and

abuse of chemical substances by the mother—particularly alcohol. Alcohol is a substance that passes freely through the bloodstream of the mother to the bloodstream of the fetus. Whatever the mother drinks, the baby drinks!

Fetal alcohol syndrome is a state in which alcohol abuse in the mother results in infants that are small for their age, have altered growth patterns, congenital defects of the nose, eyes and lips, and mental retardation. Two or more drinks per day put the baby at risk. And since alcohol is high in empty calories, the mother is robbing herself and the baby of the benefits of a healthy diet.

Cigarette smoking exposes both the mother and developing baby to many toxic and potentially cancer-causing compounds. Smoking has been linked to an increased incidence of low birth weight, as well as brain and lung damaged babies. Studies show that compared to non-smokers, pregnant women who smoke one pack per day have a 20 per cent greater death rate during pregnancy.

Many babies are born addicted to the chemical substances their mothers use including nicotine, caffeine, alcohol and hard drugs. As a general rule, eliminate these completely during pregnancy.

During pregnancy it is important

for a woman to check with her health worker before taking ANY medication including over-the-counter remedies such as aspirin, as well as prescribed drugs. The pregnant woman must make sure she tells the health worker issuing the prescription that she is pregnant because the use of certain drugs during pregnancy has caused miscarriages as well as physical and developmental defects.

It is important to give a baby the best possible start in life. A good prenatal care program can make a pregnancy safe, happy and healthy.

To verify pregnancy, and for prenatal care and confidential information contact:

Drew Medical Center, 2111 University Ave., East Palo Alto (328-5060).

Choice Medical Clinic, 650 Main St., Redwood City (363-2121).

Our Health Center, 270 Grant Ave., Palo Alto (327-8717)

Fair Oaks Family Health Center, 2501 Middlefield Rd., Redwood City (364-6010)

Planned Parenthood has several locations in the Bay Area and Peninsula including: San Mateo (574-2622); Menlo Park (328-1300); and Redwood City (367-1933).

Lenita Williamson is a medical student at Stanford University Medical School.

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Looking for reasons to register now and vote on November 6? Try the destructive State Propositions 36, 38, and 41. Read all about them in the next issue of the EAST PALO ALTO PROGRESS.

Council Beat

Continued from page 1

Powers of Authority Agreement and have created the South Bayside Transfer Station Authority. Through this system, refuse would be collected by private organizations and disposed of at a facility in San Carlos.

Mayor Barbara A. Mouton said she would like to see some competition. "BFI seems to have an exclusive contract in the area," she said.

Roosevelt Cox, President of the East Palo Alto Sanitary District Board of Directors agreed with the Mayor.

"I'm concerned that local residents are not getting a chance to bid on the contract," Cox said.

A former BFI employee, and 18-year East Palo Alto resident testified to the council about his years with the company.

"At that time the company promised jobs for minorities," he said. "But it's all been downhill since then. In the five years I worked there, there was only three minorities working for the company."

The Council wants to hear other citizen and professional opinions before making its decision about refuse disposal.

The Council voted unanimously to sign an agreement with the County of San Mateo for Animal Control Services and Shelter Facilities. The cost to the City for fiscal year 1984-85 will be \$12,995.

Also unanimous was the Proclamation bestowed on the Ravenswood/East Palo Alto Baseball Team for winning the district championship. A commendation was given to each team member and their coaches in appreciation of the glory their efforts brought to the City.

Discrimination Problems?
 contact

SOUTH SAN MATEO COUNTY N.A.A.C.P.

P.O. Box 51022, Palo Alto, CA 94303
 Phone: (415) 322-4089

Min. Annual Membership Dues \$10.00

Monthly meetings open to the public 2nd Tuesday of each month 7:30 p.m.

Municipal Services Building, 3rd Floor
 2415 University Ave., East Palo Alto

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The Law Project offers free and low-cost lawyers to East Palo Alto and East Menlo Park residents.

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TOM NOLAN

In the next four years, our Board of Supervisors will make critical decisions on the issues that affect our lives, public safety, transportation, housing, development, taxes, the quality of life.

Tom Nolan is just what we need in a Supervisor.

An experienced, effective leader.

For many years, Tom Nolan has staffed an organization that has worked for planning transportation and growth policy for our county's future. He serves on the San Mateo County Housing Task Force, working to obtain affordable housing for all of San Mateo County. He has worked on a U.S. Senate staff in Washington.

As head of several social service agencies, he has learned the managerial skills necessary to make government work on tight budgets.

A concerned, committed citizen.

Tom Nolan has devoted years of his energy to community service. He has done important volunteer work for San Mateo's Easter Seals Society, the Center for the Independence of the Disabled, church groups, and other community organizations.

Tom Nolan knows our county, our communities, and our needs from government. He's committed and energetic enough to get things done for us.



Tom Nolan for Supervisor, Treasurer Joseph Bergerson
 520 El Camino #300, San Mateo, California 94402

**For Supervisor.
 For San Mateo's future.**

Supported by:
 Mayor Barbara A. Mouton, Vice-Mayor James E. Blakey, Jr., and Councilman Ruben Abrica