HE然PROGRES

Volume 3, Number 2



The March 9th program on South Africa and its links to local struggles was attended by

South Africa Program Held

By Elena Becks

A lively program about apartheid in South Africa and the link to local struggles was enjoyed by over sixty people in the East Palo Alto city council chambers on Saturday March 9th.

The program, sponsored by Peninsulans for a Rainbow Coalition, included

speakers, poetry, music and song, a skit and a slide show. City councilman Omowale Satterwhite served as master of ceremonies for the three hour pro-

Stanford Black Student Union president Steve Phillips began the program with a historical analysis of the liberation movement in South Africa and what the B.S.U. is doing to support the struggle through their work on behalf of divestiture.

Elena Becks of PERC stressed "the need to get involved." "Real and far-reaching change is criti-cal because there is what we do here and what happens in the county of San Mateo, in the state, in the United States, and in South Africa and other countries."

Isoke Femi sung a cappella selections from Sweet Honey and the Rock includ-ing We Who Believe In Freedom. Keith Archuleta rendered three poems. After his first, "The Dance of Life," he was ac-

companied by Ron Drake on piano.

The highlight of the afternoon was "What's The Difference," a skit written and performed by the members of PERC. and performed by the members of PERC.
The skit took the form of a game show
with three panelists: Ms. Bozo (an absentee landlord with properties in East
Palo Alto); Ronald Reagan and P.W.
Botha (all of whom were roundly booed
by the audience). Through questions
from performers in the audience and
answers from the panelists, the enthusiastic and unanimous conclusion was that
there was no difference. The comedy inthere was no difference. The comedy in-cluded satyrical commercials and an energetic "liberation rap" at the end. The skit pointed out corporate collusion of these interests and the need for their

The PERC players included Nobantu Ankoanda, Gelsomina Becks, Michael Pon, Keith Archuleta, Jawanza Osayim-wese, Eva Zircher, Pat Kerr, Elena Becks

and Joel.

The program was well attended by community groups from East Palo Alto and surrounding communities. The Stanford BSU, Nairobi Secretariat, San Jose and San Francisco Rainbow Coali-tion, Students Against Reagaism, SCAN and the Kuumba Collective were among the groups present.

For more information about PERC or the program, call 323-5861 or 323-2644.

The Council Beat

(December 3 meeting)
Approved auto wrecking yard policy guidelines. (Policy requires yard owners to build 6 to 8 foot masonary walls around their property, to provide off street parking for customers, and to remove oil from crankcases to reduce the possibility of fire

Yes (3): Blakey, Mouton, Satterwhite.
Abstain (1): Wilks.
Absent (1): Abrica.

(December 17 meeting)

Appointed 11 persons to serve on the Arts and Culture commission who will act as an advisory board to the council regardas an autisory board to the council regard-ing arts and cultural programs: Ruben Avelar, Trevor Burrows, Susan Cashion, Poetess Kalamu Chache, Faye Knox, Talala Mshuja, Mosi Mirembe, Jawanza Osayimwese, Deborah Reeves, Knut Roach, and Marilyn Scherzer.

Appointed 10 persons to serve on the Human Services Commission who will act Human Services Commission who will act as an advisory board to the council regard-ing human services programs: Benjamin Ahmad, Nobantu Ankoanda, Fleta Mae Bigsby, Martina Puente de Cavazos, Gladys Davis, Acratic P. McGill, Vincent Johnson, Joyce King, Vickie Bay Markham, Kuumba Glen Tendaji, and Sharifa Wilson.

Approved a resolution awarding the contract for reconstruction of the Bell Street Gymnasium to the Zygerawicz Company of San Carlos. The company's bid of \$258,000 was \$50,000 lower than one made by the Trans Bay Company of Oak-land, the only minority company to bid on

the project. Unamimous

(January 7 meeting) Proclaimed January 13-19 as Martin Lut-her King, Jr. Week.

Accepted plans by the TRI Development Company of San Francisco to develop the West Park Condominium project at 1950 Cooley Ave. from 168 units to 222. Unanimous (Abrica absent).

(January 22 meeting)

Proclaimed February as Black History Unanimous

Accepted Police Chief Nelson's report on staffing positions: 1 Police Chief, 1 Lieutenant, 4 Sergeants, 18 Police Officers, 6 Police Service Officers, 1 Administrative Assistant, and 1 Police Clerk.

Yes (4): Abrica, Blakey, Mouton, Satterwhite.
Abstain (1): Wilks.

Authorized City Manager to prepare an Enterprise Zone Application.
Unanimous (Wilks absent).

Approved plans to improve Bay Road from University to Ralmar that will include sidewalks on both sides of the street, two 11-foot travel lanes, 1 center turning lane, two 5-foot bicycle lanes, and parking on the south side of the street only. Unanimous (Wilks absent)

(February 19 me eeting)

Approved giving entire amount of \$116,437 of general revenue sharing funds allocated for fiscal year 1984-85 to the Community Services Department headed by Robert Hoover.

Unanimous

Adoped policy whereby the City Connection, the council's monthly newsletter, shall in future contain only notices and announcements from governmental agencies that will directly serve East Palo Alto.

(March 4 meeting)

Directed city staff to prepare a letter to the Grand Jury, strongly criticizing it for singling out the Ravenswood School District for investigation.
Yes (3): Blakey, Mouton, Satterwhite.

No (1): Wilks. Absent (1): Abrica.

Authorized city staff to research the criteria and procedures for implementing a Revolving Loan Fund for economic development in the city.
Unanimous (Abrica absent).

(March 18 meeting)
Proclaimed establishment of the annual
East Palo Alto Mayor's All-Star Basketball
Classic. (The first game to be held on Saturday, March 30 at the Onetta Harris Community Center.)

Unanimous (Abrica absent).

Declined request from Drew Medical Center for a 6-month, \$50,000 loan from the city that would enable the health center to meet its March 22 payroll. (Therevotes needed to pass any city council action. Abrica and Blakey not allowed to participate in this action because of conflict of interest. Both serve on Drew's Board of Directors.)

Yes (2): Mouton, Satterwhite.

No (1): Wilks.

Not allowed to vote (2): Abrica (absent), and Blakey.

SCHOLARSHIP WINNER

By Lon Otterby

On Feb. 19, Ms. Myrtle Vivian Walker of East Palo Alto was awarded the first place business scholarship by the Bel-mont Chamber of Commerce and the

the College of Notre Dame. Ms. Walker, a sophomore at the college of Notre Dame, is a member of the San Francisco Mayor's office Employment and Training Council, the regional coordinator and member of the Board of Directors of the California Federation of Black Leader-ship, and a part time employee at Ray-chem in Menlo Park.

College of Notre Dame.

Ms. Walker won the award over 16 other students majoring in business at

Leaving Something Behind in Africa Editor's note: In response to community

requests, this article, which originally appeared in the Times Tribune, is reprinted with permission. The article focuses on comments made by Jane Maxwell, East Palo Alto resident and editor of the Progress. Maxwell, a freelance journalist and health care worker, participated in a briefing for health professionals going to East Africa to work in famine relief

camps. By Loretta Green

All of us who anticipate travel to East Africa on Airlift Africa in late March are concerned about making a contribution.
Will my writing about the situation make
any difference, I have asked myself.
Last month, at a daylong briefing on
African famine relief, I heard another set

of concerns expressed by a Peninsula woman among the cast of speakers. The briefing was sponsored by the Emer-gency Relief Fund International in the Lone Mountain Auditorium of the University of San Francisco. Among those attending were health professionals who would be travelling to Ethiopia and Jane Maxwell a part-time worker at the Hesperian Foundation in Palo Alto told us she was concerned that volunteers

"leave something."

"Relief work addresses sickness, but it "Relief work addresses sickness, but it doesn't address health," she said. "Are people in the camps just kept there until they are marginally healthy? Will the people in the camps be able to learn things to take back with them?" Village-trained health workers are vital, she said. "Otherwise, a plane load of people swoops down and we vaccinate everyone for polio. There is no subsequent polio, but what have you done?

quent polio, but what have you done? You've said that things from the outside are better," she said. By training Africans themselves, vol-unteers leave them with a feeling of human dignity and self-reliance, she

said.

Maxwell said medical people are sometimes among the most reluctant to share their specialized knowledge. They will very willingly use their skills to heal, but balk at teaching the lay person how to accomplish the same job.

Certainly, in the desert where two

doctors may administer to thousands, this reluctance is not always practical.

this reluctance is not always practical. And in a sense, it perpetuates the kind of Band-Aid approach that everyone in the United States is condemning these days. "If you are just going to lay on hands, you are not going to change anything," Maxwell told the medical volunteers. "You have a lot of skills, and it would be nice to share them." nice to share them."

Some people may argue that it takes an educated population to follow medical jargon and instructions. They may argue further that telling an uneducated argue further that telling an uneducated rural farmer that he is to take two cc's -- cubic centimeters -- of something is an unrealistic goal in situations where instructions must be left fairly quickly. Don't say "cc," Maxwell said. Adapt the instructions to something familiar such as the victim's drinking cup.

The Hesperian Foundation has a high rate of success in Mexico, with villagetrained workers often being able to take care of 90 to 95 percent of health prob-

"Low-tech" terms and methods can be utilized in similar ways in Africa to

meet some health needs and leave workable processes with local health workers who are not medically trained.

An example. There is an important process called GOBI, short for growth monitoring, oral rehydration, breast feeding and immunization, that is being promoted by the World Health Organiation to underdeveloped countries, particularly where undernourishment is a problem. WHO prepares kits with ex-act measures of rehydration salts and electrolyte balance. But Maxwell said those ingredients do not have to be so exact that intimidating sophisticated terms must be used to describe their administration.

Villagers and children can be told, for example, to take a "small palm of sugar" or "three finger pinches" of salt in

water.
"Kids in Mexico have made little spoons out of bottle tops and beer cans. One end of the spoon measures the sugar and the other end measures the salt, she said.

Continued on page 3

ORGANIZED RAP

I'm starting my day being organized,

Organized, organized.

I'm starting my day being organized,

Organized, organized.

I start each and every day

Getting organized. I don't play.

I know the value of this time:

It's meant for working all the time.

You've got to plan and work every year,

If you want to make progress here.

There's no such thing as "a free ride."

You had better do your work for your own self-pride.

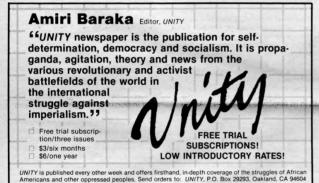
I'm starting my day being organized,

Organized, organized.

I'm starting my day being organized,

Organized, organized.

(Copyright Poetess Kalamu Chache 1985)



World Conference of Mayors

By Barbara Mouton

In December 1984, I journeyed to Africa to represent the city of East Palo Alto at the World Conference of Mayors first Board of Directors' meeting in Monrovia, Liberia. Also present were mayors representing cities in forty countries in Africa, the Near and Far East, the Caribbean, and the United States.

Formed in April 1984, the organization is a nonpolitical effort to stimulate trust, trade, technology transfer, tourism, and twin-city relationships among its mem-bers. The mayors, recognizing the uni-versal nature of their development problems, were seeking to establish relationships with each other in an effort

to minimize communication problems often presented by language barriers, trade brokers, and cultural differences.

Some of my fellow mayors with whom had involved conversations talked about a world struggle for freedom from exploitation, and of their dream for the creation of a world economy that produces for need rather than for profit.

Another, and perhaps major, consideration of the mayors present was the networking and strengthening of ties, and a recognition that regardless of where we are located on the world globe, we must do whatever we must to maximize the opportunities for world peace while there is still time.

CIBI SCIENCE EXPOSITON

The Council of Independent Black In-The Council of Independent Black Institutions (CIBI) will be sponsoring its Ninth Annual National Science Exposition on Saturday, 27 April 1985 from 10:30 AM to 4:00 PM. Shule Ya Taifa and Shule Nyansa Sua, two independent Black institutions, will be hosting the Exposition in East Palo Alto, California. The site for the Science Exposition will be Brentwood Oaks Elementary School in East Palo Alto.

Public viewing of the projects, which will be prepared by students from inde-pendent Black institutions from all

The East Palo Alto Progress

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

across the country, will be from 11:00 AM to 1:00 PM and 2:15 PM to 3:45 PM. Other scheduled events during the day will include children's movies, a surprise entertainment program and a children's "jam session." admission will be \$2.50 for adults and \$1.00 for children under 12. Meals will be available for a modest additional cost.

Additional information regarding the

Additional information regarding the Exposition can be obtained by calling: CIBI National Office - (415) 494-8623, Shule Nyansa Sua - (415) 323-5861, Shule ATaifa - (415) 327-5848 or writing: CIBI, P.O. Box 50396, East Palo Alto, CA 94303

Editors: Elena Becks, Glenda Jones Barbara Mouton, Carmaleit Oakes, Carlos

Contributors: Ron Drake, Lon Otterby Jane Maxwell, Michael Blake, Leah Halpe

P.O. Box 51203 East Palo Alto, CA 94303

Letters to the Editor

To The Editor:

It has come to our attention in the last month that a developer is planning to ask the city of East Palo Alto to rezone the property where the Palo Motel is now. He plans to demolish this motel, the residence of over 150 people, many of whom are members of St. Francis Church. The developer wants to replace the motel with a building containing a

number of storage units.

Different groups have shared this information with the Hon. Barbara Mouton, Mayor of the city of East Palo Alto. Mayor Mouton has gone on record many times saying that she and other member of the city council oppose the re-zoning necessary to change the Palo Motel property from being inhabited by families to being a place to store 'things.

We commend and support the Mayor and other Council members on their

humane stand. We particularly support her statement, made at the St. Francis Parish Assembly on February 2nd, that "a place for human beings to live is much more important than a place to store luggage." Hundreds of citizens who feel the same way have signed peti-tions expected by a proposed by a position.

tions opposing the proposed re-zoning.

A public hearing will take place on the ropose re-zoning sometime in the coming months. We hope that members of the public who recognize the dire need for housing in our-area will attend and voice their opposition to the re-zoning. The residents of the Palo Motel need

your help.
As Dr. Martin Luther King wrote in his Sermon From A Birmingham Jail: "Injustice anywhere is a threat to justice

Fr. Gene Wilson, Pastor for the St Francis staff.

East Palo Alto Births

Dec. 1, 1984 A daughter to Toni Jackson

Dec. 11, 1984

A son to Sharon Riley

Dec. 13, 1984 A son to Sharon and Ronnie Miller

Dec. 14, 1984

A daughter to Vanita Denise Doage

Dec. 17, 1984

A daughter to Carolyn and William Lugent
A daughter to Priscilla Molina

Dec. 18, 1984

A son to Vickie and John Schoby
A son to Yolanda and Steven Watts

Dec. 19, 1984

A daughter to Charlotte Ringold

Dec. 20, 1984 A son to Amelia and Tevila Pale

Dec. 26, 1984

A daughter to Benita and Phillip Noel A daughter to Cheryl D. Thompson

Dec. 27, 1984

A daughter to Jennifer Ford A son to Eloisa Diaz

Dec. 28, 1984 A son to Ekandio and Omowale Satterwhite

Jan. 1, 1985 A son to Guadalupe Alcantar

Jan. 4, 1985 A son to Sabrina Rainer

Jan. 5, 1985 A daughter to Alisi and Ad Manuel

A daughter to Aurora Godinez

Jan. 7, 1985 A daughter to Estela Guerrero A daughter to Gina Matthews

Jan. 10, 1985

A daughter to Elaina Chambers A daughter to Margaret Fox

lan. 13, 1985

A daughter to Hortencia and Leandro Al-

cantar
A son to Rhonda G. Simien and Benjamin

Jan. 15, 1985 A son to Diane Curry A son to Sipola Vea

Jan. 16, 1985

A son to Michelle and Peter Claude II A daughter to Ana and Nivaleti Mahoni

A son to Mary and John Uhatafe

Jan. 26, 1985
A daughter to Geogina and Sammy Daniels
A son to Anne and John Suppes
A son to Quienther Thomas

lan. 27, 1985

A daughter to Deloris and Cleo Barkus A daughter to Alvina and Antonio Lopez A son to Susan and Bisen Singh

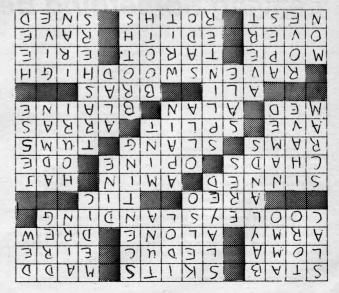
Jan. 28, 1985 A son to Barbara Ann Lighten and Alde Wil-

A daughter to Monica Thomas A son to Maria and Aurelio Carlos

Feb. 19, 1985 A son to Aretha Lawrence

Mar. 5, 1985 A son to Leslie and Keith Harding

Crossword Answers



GOING HOME - AN AFRICAN JOURNEY

People go to Africa for many reasons. History tells us that human society began there, and that great civilizations lie buried there. Yet, throughout my school years, I did not hear the name of an African country more than five times. I knew all about tulips and windmills and wooden shoes, about the Eiffel Tower and Big Ben and the Leaning Tower of Pisa. But nothing about Africa. And so, folks, I went to Africa to claim,

first hand, a share of my roots. There, I looked out through the tiny windows of a massive military fortress, erroneously called a "castle." Its grim interior held enslaved people in damp, cavernous, dungeon-like rooms. I walked outside and approached the rocky coast where human cargo in chains saw the ocean for the first time. Then I understood, beyond a shadow of a doubt, how

came to America. It is impossible to love ourselves without having an affection for Africa.

Although I was "going home," preparing for the trip involved weeks of planning. Ample time was essential for securing a valid passport and visas, and the required immunizations.

Arriving for the first time on African soil is an awesome feeling. Many of us were overcome with emotions that were hard to describe. Some knelt down and touched the ground murmuring

Soon we were interacting with people who looked just like us. All the way from people who were controlling avenues of communication and commerce, right down to the lowly rest room attendant, we suddenly saw that here were people contradicting the generations of myth that portraved them as inferior, incompetent and primitive. Dispite the language barrier, we could see them, not as new myths, but as realities: creative, hospitable, beautiful, and immensely human. Most Africans are poor by our standards, but their hospitality is as free

The capital cities of Africa are as modern as tomorrow. The streets are well paved, tree lined, and filled with smart shops. Yet, you haven't really been to Africa unless you've seen its rural life. Observing it is like seeing a page from an old, old geography book.

It means dusty, bumpy traveling, passing vehicles with signs reading "Do Good and Save Your Life," "Suffer to Gain," and "No Condition is Permanent," as you gape at the surrounding countryside.

Perhaps you will stop at an outdoor market place and bargain for the many handmade crafts you see. Babies are still carried in cloth slings on their mother's backs. The mothers also carry on their heads things they want to sell and things

they have bought; this leaves their

hands free.
Whether you are Black or white, rich or poor, young or old, Africa knows how to treat you with respect. There, the children enjoy life, playing without ran-cour, and babies never seem to cry. Music and the dance are a way of life. Everybody belongs to somebody. Everybody appreciates the way the com-munity takes care of its own, and that it concentrates on the values of survival respect for the elderly and of honoring those who have done their work. It is a marvelous experience to see young people pay homage to their elders. Violence is rare. In Africa I felt safer than at

Yes, the African experience is worth the time it takes. If you can be patient, tolerant, and can appreciate and embrace its culture, you will return home the richer for your experience.

Cancer: A Third World **Problem Too**

By Jane Maxwell

Although the war against cancer has been waged with some success in the U.S. and western Europe, the dread disease has found in the Third World a more vulnerable arena in which to prolong its siege. The World Health Organization (WHO) reports that of the 5.9 million persons diagnosed with cancer in 1983, more than half live in the world's poorest countries, where treatment is haphazard at best and non-existent at

Malnutrition and infectious diseases are still the main killers in developing countries. But in its report, "Cancer Is A Third World Problem Too," WHO cites alarming increases in cancers of the mouth, cervix, esophagus and liver. Cancer has become the leading cause of death in Shanghai County, China. and India can now boast, dubiously, of more

cancer deaths than the U.S.

WHO blames much of this on "ruthless marketing techniques" of big international companies selling such cancer-causing products as cigarettes, alcohol, drugs and pesticides which expose marginally healthy people to health hazards they have few defenses

against.
By far the most startling surge is in lung cancer. WHO predicts a Third World epidemic within the next decade unless the sharply rising incidence of cigarette smoking is curbed. Fifty percent of all Third World men smoke, compared with 29 percent in the U.S. WHO says that few public health administrators understand the magnitude of the Third World cancer problem. If

of the Third World cancer problem. If the epidemic goes unchecked, the im-pact will be devastating. The meagre budgets of Third World governments are already inadequate to cope with existing already inadequate to cope with existing health problems. Half of all children born in most developing countries die before age five, and diseases such as cholera and amoebic dysentry take many more to early graves. WHO says that unless programs in public education, screening and early detection for cancer are started, millions of incurably ill people will die in pain without medication or treatment. Dr. Nicholas Petrakis, chairman of the Epidemiology and International Health Department at the University of California Medical Center in San Francisco has been to Bangladesh, one of the world's poorest countries, as a cancer consultant

The government there is almost help-The government there is almost help-less because of the overwhelming num-bers of people," he says. "And there are very few well trained doctors. They'll-end up with a lot of people with ad-vanced cancer in bad shape."

Even the simplest cancer screening procedures are hard to find in develop-

ing countries. The Pap test, which is this country has reduced the incidence of cervical and uterine cancer by 70 per-cent, simply isn't available, for example in Bangladesh. As for treatment, Petrakis says that any wealthy cancer victims

there simply go to Europe or the U.S.

A vaccine is being developed that could eradicate the Hepatitis B virus, the major cause of liver cancer in the Third World. But its effectiveness could be diluted by the rising tide of Third World alcohol abuse, another major cause of the disease. Recently, tobacco and alcohol hol companies, such as Philip Morris and Miller Beer, R. J. Reynolds and Heublein, have joined forces to form huge con-glomerates that market and distribute both products. WHO says that billboards and advertisements/promoting cigarette and alcohol consumption as signs of "modern sophistication" can be found in even the remotest areas, and villagers

often purchase them instead of food. WHO wants Third world governments to give more priority to cancer and has singled out smoking as a major problem because so much is known about its det-

rimental health effects.

"Smoking is probably the largest single preventable cause of ill health in the world," says Dr. Halfdan Mahler, the world, says Dr. Haildan Mailled, WHO's Director General. While cigarette smoking is slowing down by 1.1 percent yearly in industrialized countries, WHO reports it is rising by 2.1 percent in the Third World. And the cigarettes smoked there can be as much as 66 times higher in tar and nicotine than those allowed in the U.S.

WHO says that, even though smoking has always been a popular Third World

habit, studies there show a clear link between advertising and massive increases in cigarette consumption, especially among young people. A few Third World governments have put health warnings on cigarette packages and have started programs in schools to discourage children from smoking. But their efforts are hindered by the enormous financial resources of the transnational tobacco

resources of the transnational tobacco companies.

"The Third World is the tobacco industry's last frontier," said Kurt Baumgartner, Secretary General at the 5th World Conference on Smoking. "Smoking has moved from men to women to teenagers (in the developed world). There is no place to go after that

world). There is no place to go after that except to the developing countries." R.J. Reynolds, the largest cigarette maker in the U.S., has gone all the way to China, giving the company what it calls in its employee newsletter," Access to the largest domestic cigarette market in the world . . . where more than 950 billion cigarettes are sold." Ronald J. Field, director of public relations for R.J. Reynolds Tobacco International, declines to comment on WHO's criticisms of the Third World marketing techniques of companies like R.J.

techniques of companies like R.J. Reynolds. Fields argues that WHO has a preconceived one-sided story. "I can't see that it benefits us to respond," he

But WHO does not have the authority to curtail marketing practices of interna-tional companies, even if the agency

YOU ARE INVITED.

feels that the product in question will be

unhealthy for consumers.

"Individual countries have to do "Individual countries have to do that," says Dr. Jorge Litvak, program coordinator for adult diseases at the Pan American Health Organization, WHO's regional office for the Americas. "It's beyond the scope of our agency." WHO acts as an advisor and only sets up programs in particular countries if it has been invited to do so. been invited to do so.

WHO is also concerned about the rise in tobacco production. Third World countries now production. Third world countries now produce 63 percent of the world's crop and many countries thrive on the tax revenue this brings. Along with this rise is an increase in mouth canwith this rise is an increase in mouth can-cer, 90 percent of which WHO says is caused by tobacco chewing and smoking. In South Korea, where mouth cancer is common and where lung can-cer rates are skyrocketing, tobacco is the most important cash crop and has been subsidized by the governments resently.

But the profits governments presently realize for cigarette and tobacco sales will be shortlived. WHO says that the price these countries will-end up paying for the harmful effects of smoking, such as loss of production, demands on health services, fires and accidents, will be much higher, just as it has been in in-dustrialized countries. Moreover, treat-ing tobacco-related diseases such as heart disease and chronic bronchitis, as well as lung cancer, will cost more than treating malnutrition and infectious

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ANNUAL MEMBERSHIP DUES

Individual \$2.00 **Family \$5.00** Organization \$10.00

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Continued from page 1

Such simplified methods adapted to local custons and cultures allow a village to sustain its rehydration program.

Another example. In instructing a vil-

Leaving Something . . .

lager about what may be acceptable hemorrhaging or too much hemorrhag-

ing, sophisticated medical measure-ments need not be used.
"It can be, 'How much does it fill the bucket?' or 'How large is the circle on the sheet?'" Maxwell said.

Maxwell, a resident of East Palo Alto, has medical as well as journalism skills. She is rewriting and updating the Hesperian Foundation's popular publication, "Where There Is No Doc-

tor," written by the group's founder, David Werner. In simple words and hundreds of drawings, the book, pub-lished in 20 languages, provides vital, easy-to-understand health information. Another Hesperian publication, "Helping Health Workers Learn," describes a people-centered approach to health care

Iτ is comforting during this tragic African famine to know that health workers will be making immediate as well as long-range efforts to alleviate the suffering. We must hope that the tourniquet can someday be removed from Africa's gushing wound, the Band-Aids is comforting during this tragi Africa's gushing wound, the Band-Aids be stripped and the self-healing process

Make checks payable to: "Friends of the East Palo Alto Library" 2415 University Avenue East Palo Alto, CA. 94303

Our next meeting is April 23rd 6p.m. in the Library. For more info.: 321-7712



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THE BLACK NATION

Volume 4 Number 1

Vincent

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CURTIS D. DUPLESSIS

1944 University Ave. Ste. 3 East Palo Alto, CA 94303 (West of Bayshore)

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



OLD

PASTIONE

GOODIES

FEATURING BUD'S ICE CREAM OPEN SEVEN DAYS 12:00 NOON TO 9:00 PM

sity Ave., E. Palo Alto, West of B

Next to Willow Bay **Medical Group** (Dr. White's Office)

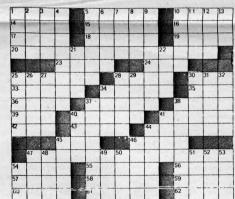
9am--9pm seven days a week

Briarpatch Co-op Market 687 Bay Road Menlo Park, CA 94925 (415) 321-1215

By Bus: 50 B samTrans

No Membership Required

Crossword Puzzle



ACROSS

- ACHOSS

 1 Knife thrust
 5 Short plays
 10 Anti-alcohol grp.
 14 EPA street: Verde
 15 John Wayne's nickname in French
 16 Ireland
 17 Type of ant
 18 Not by bread
 19 EPA medical center
 19 EPA medical center
 10 EPA port : earliest development
 in city
 29 Planet Mars: pref.
 24 Nervous twitch
 25 Did wrong
 28 African despot
 30 Trip to Mecca
 33 Actor Everett and
 singer Stewart
 34 State a belief
 35 Shelley work

- 34 State a belief 35 Shelley work 36 L.A. team 37 Argot 38 Brand of antacid 39 ____ Maria 40 Sunder

- 39 Mana
 40 Sunder
 41 Tapestry
 41 Tapestry
 42 Larger than sm.
 43 Alda
 44 Lost to G. Cleveland, 1884
 46 The Greatest
 47 EPA institution
 54 Act gloomy
 55 Fortunetelling cards
 56 Great Lake
 57 Finished
 58 Archie's wife
 59 Praise effusively
 60 Bird home
 61 Novelist Philip & fam.
 62 Prune

DOWN

- Stanford res. ctr.
 Adversario del matador

- 22 Sup
 25 Skedaddle
 26 ____ a droam: ML King
 27 Titled
 28 ____ in the neck
 29 Pepper or spear
 30 Muslim maiden
 31 Madison Ave. worker
 32 Only pres. candidate
 10 visit EPA
 32 Only pres. candidate
 10 visit EPA
 34 Opport of State of State of State
 45 Opport of State of State
 46 Lincoln killer
 47 Wander
 48 Simians
 49 Cruel: pref.
 50 Legal document
 51 Ayatollah home
 52 Donate
 53 Pay attention
 54 Before Tues.