

Minority Education & Employment News

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Progressively Taking on Challenges

The New Year has begun and I am enthusiastically accepting the challenges that face the County and the residents of the Fifth District which includes Albany, Berkeley, North Oakland West Oakland, The San Antonio District, Emeryville and Piedmont. The budget is shaping up to be one of the worst in ten years; however I have an aggressive agenda to continue to assist those in our communities that are least able to fight for themselves.

The complex issue of how to take care of the older people in our lives often hits us quickly and most people are not prepared. In an effort to help people understand and address these challenges, I am hosting, Planning and Caring for our Aging Loved Ones. This event will be a series of workshop and presentations designed to assist adult children in navigating through the maze of assisting their aging parents and/or loved ones with finding appropriate medical care,



Keith Carson, Alameda County Supervisor.

housing, financial services and other essential services. The event will take place on March 15th from 8:30 A.M. to 2:30 P.M. at the Veteran's Building in Oakland, 200 Grand Ave. This is a free event, lunch will be served and we welcome everyone to come and receive the valuable information.

This year I also expect to bring on line a pi-

lot re-entry program for people retuning to Alameda County from the State Prison system. As we all know the revolving door of recidivism prevents many of our people and our community from thriving. I have been working with the State to develop a program that provides case managers

Carson cont. p8

The United Negro College Fund Northern California Area Office (UNCF)

HOSTED ITS 19TH ANNUAL
FREDERICK D. PATTERSON AWARDS

The United Negro College Fund Northern California Area Office (UNCF) hosted its 19th Annual Frederick D. Patterson Awards Gala on Saturday, February 16, 2008. Approximately 600 attendees were on hand to pay tribute to honorees: Oracle Corporation, former ABC 7 Sports Anchor Martin Wyatt, CBS 5 Anchor Barbara Rodgers and CPA Andrew Jeanpierre. The evening culminated with a special performance by recording artists and producers, Ashford and Simpson.

Each year, UNCF honors those individuals and corporations that have made significant contributions to the organization. Oracle Corporation, UNCF's "Corporation of the Year" for the second consecutive year, has provided UNCF with 10 million dollars in database management soft-



Martin Wyatt



Barbara Rodgers

ware and training to UNCF member colleges and has provided over \$800,000 scholarships to young men and women majoring in



accounting, business, engineering, human resources and marketing. In 2006, Oracle provided a Community Impact Grant of \$250,000 to college bound students living in Bayview

Hunter's Point, Richmond, East Palo Alto, East Oakland and Marin City.

Anchors Barbara Rodgers and Martin Wyatt have supported UNCF for over 20 years. Their combined efforts to MC UNCF events including the former Lou Rawls Parade of Stars (local segments) and host private fundraising events has raised the visibility of UNCF locally while sup-

UNCF cont. p8

BLACK HISTORY MONTH

Fedrick Douglass
Malcolm X
Charles H. Houston
Charles Richard Drew
Crispus Attucks
Daniel Hale Williams

Dr. Benjamin S. Carson
Dr. Alain Locke
Garrett A. Morgan
H. Naylor Fitzhugh
Harvey Martin
Jack Johnson

James Baldwin
James P. Beckworth
Jane M. Bolin
John H. Murphy
John S. Rock
Louis Freeman

Medgar Evers
Miffilin W. Gibbs
Muhammad Ali
Thurgood Marshall
Toni Morrison
William Wells Brown

Do you know your history?

Who was the first African American woman to head a major police department?

Beverly J. Harvard

When the first African American police officer was hired in Beverly J. Harvard's hometown in Macon, Georgia, he turned out to be her best friend's brother, and she never forgot the celebration surrounding the event. But she didn't think of entering the profession herself until the early 1970's when friends at a party, discussing the idea for hiring women for the Atlanta Police Department, remarked that the recruits should be very tall and weigh at least 200 pounds. Harvard's husband agreed, and she bet him \$100 that she, a short and slender woman, could succeed as a police officer. She joined the department in 1973, starting as a patrol officer and moving steadily through the ranks until, in 1994, the mayor of Atlanta appointed her chief of police. A graduate of Morris Brown College in Atlanta, Harvard earned her master's in urban government and adminis-

tration from Georgia State University. She was the first woman in the Atlanta Police Department to graduate from the Federal Bureau of Investigation National Academy in Quantico, Virginia. Her first major challenge as police chief was coordinating security for the 1996 Centennial Olympic Games. She made community policing a priority in Atlanta, putting more officers on the street, and established and expanded units within the police department to curb crime and violence.

Who Performed The First Open-heart Surgery?

Daniel Hale Williams

Back in 1893, an African American doctor named Daniel Hale Williams made history when he opened the chest of a young black man who had been stabbed in a fight, repaired the hole in the membrane surrounding his heart, and saved the man's life. Williams was born in Pennsylvania in 1856. When he was nine years old his father died, and his moth-

er moved the family to Baltimore. There he was an apprentice to the shoemaker and learned the barbering trade. He then joined his sister in Wisconsin, where he worked as a barber and attended high school. He was hired as an assistant to a local doctor who, impressed by his competence, sponsored his admission to Chicago Medical School. Williams graduated in 1883 and opened an office in Chicago, where his practice quickly grew. Williams gained a reputation as a skilled surgeon, and he had both black and white patients. But he was keenly aware that opportunities were limited for African American physicians and that black patients often received inferior treatment. He became determined to open a hospital where African American doctors and nurses could be trained and black patients would receive the best of care. In 1891 Williams founded Provident Hospital in Chicago, the first in the country with an interracial staff. When James Cornish was stabbed in a bar brawl in 1893 and sent to Provident Hospital, Williams used an innovative technique to save his life. With-

out X-rays, antibiotics, or blood transfusions, the gifted surgeon made an incision in Cornish's chest and stitched up the wound. The patient recovered completely and the amazing operation made Williams famous throughout the country.

Who invented the first traffic light and first gas mask?

Garrett A. Morgan

In the early days of the automobile, traffic was controlled by a person sitting in a little tower at intersections, manually operating stop-and-go signals. This all changed when Garrett A. Morgan, after seeing an accident between an automobile and a horse-drawn carriage on a busy street, invented and patented the first automatic three-position traffic light in November 1923. Born in Paris, Kentucky, in 1877, Morgan received an elementary school education before leaving home as a teenager and going north to Cincinnati, where he worked and studied. He moved on to Cleveland, repairing sewing machines and opening his own repair and tailoring shop. While trying to make a lubricant for sewing machine needles, he accidentally discovered a hair straightening solu-

tion, which he sold as the G.A. Morgan Hair Refining Cream. In 1916 Morgan came to public attention in a big way when, using a breathing device he had invented two years earlier, he took part in a dramatic rescue. A disastrous explosion had occurred in a tunnel below Lake Erie, trapping a number of workers. Morgan and his brother, wearing his newly invented device, which he called a "Safety Hood," went into the smoke-filled shaft and pulled the workers to safety. When they heard about the rescue, fire officials around the country placed orders for the Safety Hood, but many cancelled them when they learned that Morgan was an African American. At this point the Army saw the value of Morgan's invention, made some improvements on it, and the Safety Hood became the gas mask that saved thousands of lives in World War I.

When did the first American earn a master's degree from Harvard Business School?

1933

H. Naylor Fitzhugh earned his master's degree from the Harvard Business School on 1933 and embarked upon a lengthy career as a professor of business at Howard University in Washington, D.C. He left Howard to join the Pepsi-Cola company, where he became vice-president for special marketing. As a pioneer of target marketing - a technique in which a segment of the population is studied and sales techniques developed for that

particular audience - Fitzhugh specialized in the African American consumer.

His expertise was much in demand by large corporations, and in 1974 he was called "the dean of black businessmen" by Black Enterprise magazine. A year later Fitzhugh was summoned to the White House and given a special black enterprise achievement award by Vice President Nelson Rockefeller. Fitzhugh died in 1992.

Who was the first african american to earn a medical degree?

James McCune Smith

In 1837, James McCune Smith, born in New York City in 1811, earned a medical degree from the University of Glasgow in Scotland. At a farewell dinner in his honor, he vowed to spend his life fighting slavery. He returned to New York City, opening a medical practice and a pharmacy on West Broadway. An eloquent speaker and writer, Smith played an active role in the abolitionist movement. During the Civil War, he joined a campaign that eventually convinced President Lincoln to allow African Americans to fight in the Union Army. Smith died in 1865. Another African American doctor, David J. Peck, was the first to earn a medical degree in the United States, graduating from Rush Medical College in Chicago in 1847. Peck practiced medicine in Philadelphia for two years, then became a physician in Nicaragua.

EDUCATION IS THE BEST MEDICINE

February is Heart Month Bad and Good News Matters with Heart Disease

GEORGE Y. PEARSON,
B.S., PA-C



Our heart and vascular system is pump driven network in the form of a human super highway that functions 365days 24/7. It provides blood rich oxygen and nutrients to very inch of the human body. Major organs like the kidney and brain depends on a constant blood supply to keep up with the demands of the body, while transporting the waste products of human metabolism back through this vascular system for disposal and oxygen depleted blood back to the lungs. To accommodate the demands of human life, this super highway system develops early during pregnancy. Modern science can manipulate sex and race. Science still has no power to slow down the aging process. The heart and vessels system is in a constant state of change. Change and adaptation of this system has not been fast enough... Human evolution and adaptation of the heart and vessel system still lags behind Western lifestyles. The human heart and vascular system has not been able to slow down the cumulative affect of risk factors of like genetics, stress, poor food choices, weight gain and lack of exercise. All of which contribute to adverse outcomes from heart disease resulting in disability and death. Modern medicine, American society and leadership still underestimates heart disease affects those that lack access, and are victims of health care disparities, like minorities, women and children.

Heart disease is still the number one killer of all Americans not cancer or Aids .Add up the top three killers of Americans of men and women; it would not

be a number greater than those dying of heart disease. The travelers on this vascular highway are diseases of the heart and vessels system known as coronary artery disease, hypertension, and diseases that affect the way the heart beats these are the conditions known as heart failure or arrhythmias. These conditions reflect the affects of pressure, stress and lack of oxygen needed by the heart and vessel system to supply the needs of the body. Narrowing or destroying the vessel system or making the heart a pump that cannot keep up with the needs of the body results in decrease quality of life more sick days lost of productivity and hypertension and hardening of the arteries due to coronary artery disease .

Change this living flexible super highway into a hard non flexible network that limits the flow of blood through a closed system destroying vessels and weakening the heart.

. Blood pressure and pulse are important markers and measures of heart and vessel health. Changes in blood pressure and pulse are major indicators of the potential for adverse outcomes due to heart however they are not the only indicator of the lethal nature cardiovascular disease. The direction of patient centered care is to assess and treat modifiable risk factors of underlying conditions requiring treatment. Modification and treatment of controllable risk factors like blood

sugar, blood lipids, smoking, weight control food choices, a understanding of the emotional and psychological risk factors

like depression and anxiety disorders from a direction of new data of a "global assessment"

requiring a new level of proactive identification and management . This will to reduce the impact of all risk factors from heart disease and reduce death and disability from heart disease. A number of the rating systems used to asses or determine global risk of heart disease on men and women fail to address poverty, gender, race, class, and culture.

Good News

In a recent news article by the American Heart Association states the risk for death from heart disease related to hypertension, myocardial infraction, and stroke have decreased due to better diagnosis and treatment. Vigorous exercise, defined as walking, biking, running or swimming for thirty minutes for four to five days a week, on a schedule of rest one day and work out one day, reduced bad cholesterol or LDL(Low density Lipoprotein). The type of drug used is not as important as treating blood pressure to goal .Def. As Normal 115/75. Blood pressure greater 140/90 is hypertension and if you have diabetes your pressure show be 130/80.Cholesterol treatment by food choices and cholesterol lowering drugs ire. statins. reduces the risk of death and disability from lipid disorders. Early and aggressive treatment with at least may require three drugs and life style changes blood pressure will lower the blood pressure to prevent heart attack and stroke.

So are advocating a 20/20 drop for example if your blood pressure is 140/90, depending on age ,sex and risk factors and chronic illness a goal blood pressure would be 120/80 .Exercise and lifestyles changes reduced, the need, but did not eliminate the need for blood pressure amd diabetic medicine to get to goal . A consensus reached is that heart disease in no longer male disease and risk factors like genetics,age,sex and family history should determine the need for evaluation and treatment.

Non prescriptive medical ways of lowering blood pressure:

1. Food choices rich in fruits, vegetables, calcium, low in fat and salt. (Read the labels ire. Dash diet, etc.).
2. Weight loss, limit food size portions late night and early morning food intakes.
3. Exercise - take a walk.

4. Reduce stress, just smile and be happy.

5. Embrace methods for relaxation ire. transcendental mediation, yoga, prayer.

Bad News

A new group of patients with heart disease are seeking treatment for hypertension, heart attack, and stroke. In1982, my patient population was older white males with an average age of fifty. The populations now are children, young adult female, overweight, minorities, smokers, diabetics and inactive person.

Blood pressure as a standard numerical measurement has changed. It's a two number fraction Numerator/dominator like 120/80(the number in some studies is 115/75). The normal blood pressure (what ever normal means) has been determined to be a function of those two numbers. The top number or systolic reflects the heart at work and the bottom number is the diastolic, which reflects the heart between beats at rest, and pumps blood through the body. Treatment was directed to control pressure the bottom number due to concerns around a resting heart under pressure. As we age not only does the blood pressure rise, studies have shown that the greatest risk of heart failure and sudden cardiac death make the top number or systolic the greatest concern for those older or with a enlarged heart. Elevated blood pressure caused by alcohol, cocaine, meth-amphetamine, opiate abuse, anti-anxiety agents, or antidepressants can be a lethal combination. A lack of awariness and drug tolerance mirror recent celebrity deaths due to combination drug use has brought a new reality

A New Year's Wish

Thank you to readers, writers and advertiser who provide support in some many areas to make Meena a part of the Bay Area media and information resources. Thanks for your support of 'Education is the Best Medicine' in print and on the local access channels. Thank you for your support of our newest column "in the first person" and to the writers that have made it a really special column.

Program Schedule For Education is the Best Medicine

**Bay Vision East Network
Channel 26
Albany, Berkeley, El Cerrito, Hercules, Richmond**
Sunday @ 8:30pm

**Berkeley Community Media
Channel 28** (watch these show via the Internet www.betv.org)
Berkeley
Sunday @ 6:00 pm
Monday @ 4:30pm
Tuesday @ 12:30pm
Tuesday @ 4:00pm
Friday @ 8:30 am
Saturday @ 6:00 pm

**Alameda TV
Channel 31** - Tuesday @ 8: 00 pm

**Access San Francisco
Channel 29** - Saturday @ 1:00 am

**Channel 6: Walnut Creek
Channel 26: Central Contra Costa County**
Every 2nd and 4th Wednesday @ 10:00 pm

Let your Access TV Station know that your watching
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In The First Person

Now is the time for Health Care as a Human Right

BY ETHEL LONG-SCOTT,
EXECUTIVE DIRECTOR
OF WOMEN'S ECONOMIC
AGENDA PROJECT

Early this year I spent 24 hours in a private hospital emergency room so crowded that patients screaming in pain were stacked on gurneys in the hallways because all the rooms were full.

I was there so long because there was no bed available for a relative of mine, a woman with mobility problems so severe that she could not even roll over without assistance.

A month later I was back in the same emergency room with the same relative, largely because she needed to be seen by specialists – a neurologist and a gastroenterologist, among others.

Her health insurance is MediCal, California's version of Medicaid, and there are no such specialists in our area who are willing to take on new MediCal patients. She can't afford to pay for such specialized care on her own, and as a result she is sicker and in much more pain than if she had adequate health care.

There's a tremendous amount of discussion today about how sick our health care system is. Even the major presidential candidates are speaking up, because they see the consequences. They see how worried potential voters are about what will happen to their lives if a family member gets seriously ill, or if their employers succeed in cutting back health insurance, or if a new job doesn't provide health insurance. They hear about how so many hard working Americans and lifetime workers past retirement age can't get the medicines that would help them the most because their insurance doesn't cover them. They know that hospitals are closing in part because more and more people are forced to use emergency rooms for routine medical care.

The trouble is, all of the "fixes" proposed by the major candidates in both major



Ethel Long-Scott
photo by: Austin Long-Scott

parties miss the point. They rely on the fox to guard the henhouse. They say we have no choice but to rely on private health insurance companies, even though most of our current system's problems have been caused by the insistence of private health insurers on making a profit, no matter how many desperately ill people they have to squeeze out of their systems in order to continue making money.

We all have a sense of shame at the individual stories of people who are suffering so needlessly, or at the way drug companies let people die if easing their suffering doesn't contribute to company profits, or at the way we spend more on health care than any other developed nation and get less for it. Our system clearly violates human rights the way it reserves adequate health care for those who can pay premium prices. The fact that we spend so much, and get so little, and make so many morally bankrupt decisions about who is entitled to enough health care, is due entirely on our system's insistence on generating a profit by any means necessary. The thing we have to do to reverse the fact that things keep getting worse is take the profit out of the health care system. Nobody should be entitled to make money from other people's misery.

Fortunately we have reached a level of technological breakthroughs where we can take the profit out, get truly universal health care for everyone as a result, and at the same time get

better health care for everyone who isn't already filthy rich. A system for doing this has been worked out. It's called single payer universal health care.

Under it, 95% of our taxpayers would save money. Under it, adequate health care wouldn't be a focus of worry for part time and temporary workers, the employed and the unemployed, the young and the elderly.

One example among others is the Just Health Care Campaign. Just Health Care would provide quality health care not just to all

American citizens but also to all residents of the U.S. from birth to death. The Just Health Care program includes doctor visits, hospitalization, preventive and rehabilitative services, access to specialists, prescription drugs, mental health treatment, dental and vision services, and medical supplies and equipment. Another is Congressman John Conyers' "Expanded and Improved Medicare for All." The financing has already been figured out. The real issue is how to wage a determined political battle to get the justice we need in health care. To get there will take a broad and powerful social movement, similar to the movement that ended legal segregation.

We believe now is the time to do the person-to-person, neighbor-to-neighbor, worker-to-worker kind of organizing to engage our people round this vision and win the comprehensive support that would go a long way to healing our community. While our city can't directly settle the issue of better health care for the uninsured and under insured we can be the inspiration for expanding a movement to get the health justice we need. Our city can be the place where we can make it happen, Health care for the Poor, Health care for all!

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People Get Ready...

BY GLORIA CARSON

This is an exciting time in our history. Never before have so many invested time and effort in our country and politics. Many of us have become CNN its; our mobile phones, computers, iPods are receiving messages, updates from candidates and our televisions are fixed on CNN stations and C-Span.

It's being said that in coffee houses, on buses, jobs, every place that two or more are gathered; the topic of conversation is the presidential election of 2009'.

Why it is this has become so important? Why are people so amped up? What has happened to motion people to just begin conversations with strangers and then turn them into friends in the end?

Is it the candidates themselves, their issues?

Our country is excited and becoming politically educated as our voting procedures have complicated the process. It is simple and then it's complex. The reasons for the wave of urgency to vote and get the word out are now of importance, in itself.

I've always have been involved in politics, even as a young teen. I have my parents to thank for that, for their insight, to become involved. To vote, they knew was a privilege for our race, the struggle to have your opinion heard and given to make a difference, in our society. Many of our ancestors died tragically trying to educate and form groups to give us today, rights. In our country alone, the right to "have your say so", is a freedom of speech. Yet so many of us have forgotten this great privilege. As each generation belittles this right, does not exercise it, entertain it and use it; the next generation forgets it. I too, became disillusioned at one point and gave up my right to speak out. Nevertheless, whenever I saw a friendly face, I had to support and vote, in addition to passing along the word. Moreover, here again, is another friendly face, a candidate speaking change, Barack Obama, a black man. He is challenging us to take a part in history. His speeches speaking opportunities for the down and forgotten.



He gives hope for the young and gifted, memories for the aged. Young generations are speaking out in his behalf, trying to get the word out. Entertainers are collaborating, writing songs for him, Stevie Wonder sang a few bars ringing B-a-r-a-c-k-O-b-a-m-a. Families, split in their positions, still speaking out with conviction. It is time, a new day, a time for a breath of fresh air. Yet, we have a generation that is watching, but on the sidelines. I know, because I have talked with them. They excitedly wish Obama well and yet will not become a part of the process. I questioned a young, black male and asked, "Why?" I went on to say, "To watch this historical event occur won't mean as much, if you don't do your part. You cannot just cheer him on and not support, not become involved."

He seemed moved for the moment ending with, 'yeah you're right'. Later, I spoke with a young mother with two children, angry she voted for the first time, helping placed our Governor in office. I tried to urge her to look up the issues on Obama and see how he intends to help young mothers with the successful Nurse family partnership, the Affordable Housing Trust Fund, or for offenders, prison to work job training and so much more; she waved saying, 'it's hype'.

I cannot get upset because they are discounting themselves.

I believe between the fall of presidential hopefuls

Shirley Chisholm, 'Catalyst for Change'* and Jesse Jackson, 'Rainbow Coalition*', there was a generation that lost all hope. Drugs of choice and party lifestyles became not the interest, but the numbness of a people. A people that believed in true change, growing up in the 60's, who knew their history.

However, as time evolved, they watched their voices being subdued, finally to be stamped out. The once energetic, empowered and hopeful, lost the thirst for victory.

Yet the voices mumbling, 'Yes We Can!' is beginning to shout and believe as we wait before the media news; to rising numbers, 'We Can Change, again!'

Our generations can become empowered again. We must see the hope that is before us, calling us out of our comfort zones. We should arise to the call and teach each other; using our tools to search out the truths. It is a time to know the issues, checking each candidate out and reading between the lines, for ourselves. Yes, we can have a friendly face in government, who stands for the convictions of our time. We live in this world and have a right, a position to take. It's our generational duty, to step up to the plate, support the candidate of 'Change'. If a man who earned the right to take a stand for the under dogs believes in us; we must believe in him!

I say 'People Get Ready There's a train comin; you don't need A ticket, just get ON BOARD!' *.

*Shirley Chisholm 1972
Presidential Campaign: By Jo
Freeman, 2/2005

*Jesse Jackson: Wikipedia
Encyclopedia

* Artist: Curtis Mayfield/The
Impressions
Album: The Anthology 1961-
1977

Title: People Get Ready
other performers: The
Impressions Authors: Mayfield

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In The First Person

The Purpose of Education for Blacks in the 21st Century:

A Discussion of Fair and Equitable Education (Part 1)

BY CHRISTOPHER HARRISON, M.ED. & NNEKA HARRISON, M.ED.



Equity is the outcome of fundamental laws and policies which, when enforced, should guarantee fair treatment and access to resources and programs for all students as well as outreach for parental involvement. Furthermore the educational environment must teach and promote the positive self-esteem needed to enable each student to make a productive contribution to his or her school, community, country and world.

The Washington State Human Rights Commission and the Washington State Superintendent of Public Instruction

Are all students performing at their optimal level? Are teacher attitudes toward student achievement promoting high academic

expectations for all or just some? Is there a connection between academic performance and high quality instruction? More specifically, what is the core issue surrounding the achievement gap for Black students? Many educators are defining the achievement gap as a gap between non-white and white students. The late Dr. Asa Hilliard (a world renowned educational psychologist, lecturer, and Pan African leader) takes the time to address the achieve-

ment gap by redefining it as a gap between Blacks and excellence in education. He asserts that achievement and excellence with respect to African students is related to fair, equitable, appropriate and high quality instructional support. Is this a common practice in most of our schools?

The two topics, "equity and fairness" are emerging as serious issues of debate in discussions related to the achievement gap. It seems that there is a great need for clarity around this issue. Although we would like to believe that educators are clear on the topic of equitable education, some of them are not clear about their practice at all. In fact, many educators approach their teaching as an uncertain craft (more specifically, the belief that their understanding is not clear and evolving). Although there is some

validity to this viewpoint, I agree with Dr. Hilliard as he asserts "...there is no place in educational leadership for puzzled leaders...educators should be the masters of their own craft." Thus, I assert that teachers are leaders, too. Every educator should have a philosophy of education that compels him/her to do their work with a reasonable degree of clarity and certainty. Indeed, our understanding of life's issues is ever-evolving. However, there are certain fundamental ideals that should remain constant. For example, Historically Black Colleges have upheld clear principles on education. Their core ideals have been instrumental in producing the highest amount of Blacks with PhDs in the country.

When we are not willing to address the real issues affecting non-white students (meaning students of non-European decent), we find ourselves participating in rhetorical discussions about race and education. Yet these discussions seldom move us in the direction of producing and implementing solutions to such issues

as high drop out rates, low test scores, inappropriate behavior in the classroom, the disproportionate labeling of students as "learning disabled", and a state of internalized hopelessness towards learning. I propose that these issues (and many others) are a result of a wounded spirit, poor self-concept, and low expectations of Black student achievement in underperforming urban schools. In the words of Dr. Benjamin E. Mays (President Emeritus of Morehouse College), he states "It must be borne in the mind that the tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach. It isn't a calamity to die with dreams unfulfilled, but it is a calamity not to dream. It is not a disaster to be unable to capture your ideal, but it is a disaster to have no ideal to capture. It is not a disgrace not to reach the stars, but it is a disgrace to have no stars to reach for. Not failure, but low aim is a sin."

To this end, we believe that a fair and equitable education cannot be ensured if the condition-state of our

children is leading them towards failure in those things academic and social. There is no question that the purpose of education for Black children has to be revisited. To give this most needed topic due diligence, we must consider the condition-state of our children, our homes, our communities, and the educational, social, economic, and political demands that await them in this global society in which we live. The next article will continue this discussion on education with a focus on solution-oriented suggestions for redefining our sense of purpose in educating Black children for the 21st Century. It is time for education to be socially responsive to the needs, challenges, and potential of our children—now that's excellence in education!

NNeka Harrison, M.ED. & Chris Harrison, M.ED. Co-Owners / Authors

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In The First Person

In The Trenches

BY: BETTY CALVIN, FOUNDER, RT (M) MAMMOGRAPHY SCREENING OF ALAMEDA



As African American women it is our responsibility to take care of ourselves. We are very instrumental in the welfare of our families and communities. So why not take the lead and become proactive in our breast health. It's early in the new year and there is plenty of time to make the commitment for us to take better care of ourselves. Make an appointment for your mammogram, especially if you haven't had one in over a year.

Have you ever given thought to the words self-awareness? Webster defines the word self as 'one's own person, known or considered the subject of his own consideration'. Awareness is defined as 'knowing or conscious of something, cognizant, watchful'.

Just try monthly Breast Self-Examination. Look at yourself in the mirror

while you do it. You'll be surprised at what you may find. Oftentimes skin dimpling is a sign of a problem. Sometimes masses can be visualized on the outer skin. While in the shower with soap on your breast you are better able to palpate a mass in your breast. One can even lay flat on a bed and palpate your whole breast from the clavicle, under the arm, and down to the diaphragm. Your clinician will also perform a breast examination, confirming or advising you to keep up the good work.

Today, as I was completing my shift my last two clients were happy and having a good time together. They told me that each year

and make a day of it.

Let 2008 be your year to stop, take a deep breath and say to yourself, "This is the year I will take care of my health and listen and feel my body and take action. I will not tell myself its nothing and it will go away, or that I am too old or too young to have breast cancer". Let's make a commitment to see the doctor and read and follow instructions. Should you need more information or have questions that I can answer, please give me a call at (510) 677-6333. I will do my best to help. I am on the battlefield for you.

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In The First Person

Sex Education Revisited

I don't know about you Ladies, but I don't find it sexy at all when I hear a man tell me he's gonna "knock the bottom out of that Thang!" The terms I hear used are "Killing It" and "Beat It Up" these terms denote violence against women's sexual organ. And the penis is a hammer drill!

Our society has fostered a contempt for the female genitalia. In Western society the male plays the active role in sexual intercourse; the penis is the essential organ and the vagina merely the desired receptacle. The penis penetrates, moves in and out, imposes its own rhythm, ejaculates and is satisfied, so the male contents himself.

Due to centuries of male domination the female mostly accepts the passive role.

Even the most habitual lovemaking position "missionary" the man is superior and the female is more or less restrained under her lovers body.

Growing up I was not encouraged to look at my own anatomy, "just take a washcloth down there and make sure its clean" is all my mother would say.

Around the age of 12 I began to have sex related dreams and urges.

I grew up with some of the negative connotations regarding sex my grandma said "keep your skirt down and your panties up".

My church's dogma stated the sex is our animal nature and that is should be subdued in favor of modesty, or that it was only for procreative purposes.

How could I reconcile



BY: MSHARI

what my social conditioning was trying to dictate and what my teenage body would not let me ignore?

Coming of age is a natural phenomena of maturation that we need to address in our communities.

Sex education in our public school only amounts to reproductive education, teaching anatomy and the physiology of the sex organs is good and well but its a far cry from teaching sexual behavior.

There is need for a movement to balance the two aspects of our sexual nature or bipolar sexuality if you please the species pole and the pleasure pole with a healthy understanding that we are made in the image of the Creator and we should honor ourselves as such as well as each other.

Naturally, adopting these tribal customs is out of the question for our society however the knowledge of such customs and their advantages may prove useful to us, if only to better gauge or own social conditioning.

In African tribal societies, sex was a natural phenomena understood and recognized for its important aspect for life.

Young boys learn about sex before puberty by ob-

serving adults, animals in nature and by word of mouth. As they grow older, they imitate sexual play and gradually go on to premarital relations without the actual penetration which was sacred and reserved for the marriage relationship. In these tribes, a simple, innocent and natural attitude prevail vis-a-vis sexuality. Youth have many opportunities to meet one another during festivals, weddings, dances, while visiting other tribes, and even working in the fields. This gives them ample opportunity to get to know one another better to prepare them for eventual premarital sexual play.

These adolescents got to view each other in their entirety and thus form a more wholesome opinion about one another.

These premarital relations often lead to happy marriages. They are convinced that sex is a good thing, promotes health, well being and beautiful when shared with the appropriate partner. The Woodabe tribe of East Africa have a festival where the young males adorn and display themselves so that the young girls of the tribe can choose them to spend a night of sexual activity with them. African tribes would sing about sex, dance provocatively, share sexual practices with one another and enact sexual body movements to teach their youth about the art of having good sex.

Among the Nigeria's Rukuba, one type of instruction consists of a ritual marriage of males before initiation sometime before puberty. The boy spends a night with a pregnant married woman who instructs

him in sexual behavior and from then after he is to avoid her sexually. (Muller, 1972,p.293-294) In Botswana, the game of getting married is played by young girls which included a marriage by capture, with the dragging away of the screaming bride. In later childhood girls will have a lover or two as erotic play and courtship begins at a relatively early age often prior to puberty.

All that is required for her to become a woman and ready for marriage is the puberty initiation.

Dances at menarchial rites are frenzied and replete with erotic gestures. Afterwards the young is eligible for serious courtship or marriage.

The real magic of sex is when each one immerses himself/herself with the others presence then a subtle energy flow begins to happen, I as a woman can fully perceive my partners maleness and he my femaleness then there is an awaking of true intimacy.

This is what we need to begin to help our young people understand. This is when we begin to acknowledge the sacredness of sexuality instead of just the carnality of physical pleasures. There is a need for radical change in mens attitudes toward women and sex. To attain this perception we need to open the dialogue between men and women and we need to start to correctly educate our youth to respect one another and to respect their own erotic selves. Current studies have shown that a large number of our youth are learning about sex through pornographic internet sites that only serve to objectify females.

This type of pleasure can be attained with a push of a button because there is no social interaction, no getting to know your part-

ner just instant gratification. To promote values of real intimacy would involve creating an atmosphere of intimacy, both physical and psychological so that both partners may become deeply attuned to each other.

We are made for eros so let us seek to uplift and manifest the true meaning of what it means to celebrate the beauty of sex and sensuality.

Our communities need to build institutions of passage, where young men and women are immersed in a higher learning regarding their erotic selves, let us as a community foster profound respect for one another as men and as women by a thorough examination of this instinct and essential life force. We can raise the bar in or relationships as man and woman, male and female.

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In The First Person

February is American Heart Month

BY KEISHA NZEWI

My grandmother died when I was 14. She was only 67 and I was as close to her as I was to my own mother. At the time, I knew her cause of death to be kidney failure. It took 16 years for me to put two and two together. My Nana died from end stage renal disease caused by uncontrolled high blood pressure, the silent killer.

Heart disease remains the number one killer of women. Hopefully, you've heard and heeded this message all February as it is American Heart Month. The message that you may not have heard, but probably could have guessed, is that Black women have higher rates of heart disease and die more often from it than our white counterparts. Why?

Because most of us keep our heads buried in the sand when it comes to our risk.



How many of you don't know your blood pressure, or you know it's "running a little high" but choose to do nothing because you feel fine? Who among us need to lose 50 or 100 pounds? Who do you know that's avoided exercise because they just spent \$150 to get their hair done? Was it you? Aren't we all worth at least a little more than that?

In fact, we are worth way more than that. For the sake of our grandmothers, mothers, sisters and daugh-

ters, we are worth it. So what can we do to stop this deadly trend? Exactly what we know we should have been doing all along.

- Achieve and maintain a desirable weight. Yes, we may like a little meat on our bones, but there is no denying we've got way too much meat. A woman's Body Mass Index (BMI) should be below 25 and her waistline circumference should be less than 35 inches. Ask your health professional to help you determine your BMI.
- Exercise for 30 minutes on most days of the week. No excuses! Get out and walk, dance, vacuum-whatever gets your heart pumping for 30 minutes!
- Don't smoke – if you smoke, stop. If you don't smoke, don't start.
- Eat an overall balanced diet emphasizing fruits, vegetables, cereal

and grain products, fat-free and low-fat dairy products, beans, nuts, fish, poultry and lean meats. Please don't cook your vegetables to death. Please don't take away the benefit of vegetables by adding salt pork and ham hocks. Go ahead and try 1% or skim milk. If you just use it to cook or in cereal, you won't know the difference. Fish and chicken do not have to be fried to taste good.

• Maintain a total cholesterol level less than 200 mg/dL and HDL level 40 mg/dL or higher.

• Control your blood pressure. You should try to maintain your blood pressure below 120/80. Most of us have blood pressure that is regularly above this level. That's just not O.K. Know your blood pressure!

• Schedule regular visits with your doctor. You've got to get checked regularly. Your life may depend on it.

*Keisha Nzewi, MPH
Advocacy Director
American Heart
Association East Bay*

African American Youth Leadership Program

Applications for the 2008 African American Youth Leadership Program (AAYLP) summer conference are now available online at www.calresearch.org/aaylp.asp

• All current high school sophomores and juniors are eligible to apply.

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Family What does this word mean?

“Young Joyful”
ARTICLE BY: MS. KELANI SIMPSON



Sometimes we don't take the time to really understand the word "family". The dictionary defines "family" as a fundamental social group in society typically consisting of parents and their offsprings. This is pretty amazing definition that man has placed on us as a group of people that belong to each other.

Love is not mentioned in the definition for family and I ask the question why not. I thought about this concept and came to the conclusion that the reason love is not mention in the definition because in order to understand love you got to know what it is and who it comes from.

Love is God and everything he creates, he creates it from love. God makes no mistakes and his love is eternal. The bible speaks of His love in many scriptures, God himself commands us to love.

1 John 4:9 "God showed

how much He loved us by sending His one and only son into the world so that we Might have eternal life through Him.

1 John 4:19 "We love each other because He first loved us. So when asked the question of defining the word "Family" I define it as the love of God not man.

You see I belong to a family that was created from Love, and if we all would only take some time out of our busy day to day life's and meditate on the whole concept of who's family we belong to, we would understand more of what is need to life in Gods family vs. the definition that man has placed on us.

"I leave you with these words of encouragement," Seek the Love of the Father and understand that He is the only one that can teach you about Love.

Peace be with you all!

FINDING ME!

“Young W.I.S.E”
Article By:
Ms. Latoya Lee



As I try, to let go of My Past, My Past still haunts me! And Although, I try to look toward the future, My Past has My Mind Incarcerated by the issues of life.

I mean, just the fact that I wonder, After all the wrong I've done, Is it even worth Growing Stronger? Is it worth trying to Right, all the wrong I've done? Is it worth Growing Wiser? These are questions worth asking and answering, But, I realize nobody can change me But Me! For I can't control the world or the elements within, Though I Can Control, Myself & Help shape, My Destiny as I journey throughout this life.

Love, Respect, Devotion, Faith, Honesty, Trust Yeah, don't get me wrong that's, what's needed most, But, how do we learn Without a teacher? How do we learn which tools are Expected and Necessary, to journey throughout this life? When everything you've learned, you've Learned on your own!

It's Hard To look forward to the brighter days, when all your life all you've known, Were dark nights. Being in this state of mind left me living, Life lost and confused, Searching for Something, I was never meant to find. It left, me living my life regretfully. Although you saw, A smile on my face, MY SOUL, CRIED OUT. Although you saw a painting so deeply, Me the Artist, My Life, My story was yet lived so Shallow.

Every story has an ending, But, in reality Every ending is just the start, "OF A NEW BEGINNING!"

YOU'LL GET THRU IT!

“Young Sister DJ”
Article By:
Ms. Sierra Knockum



Have you ever lost a special person in your life? Do you ever feel like nothing will go right anymore? Do you ever feel like you're worthless? I know because I lost my dad after he was in an accident. He was in the hospital for almost 3 years and I got to see him, But after he died I felt like nothing in my life was right. So, I'm writing from experience.

What I'm trying to do is help you thru it. It's been tough but if you believe in God and have great trust and love between your family, It will be Okay. Even if it's just a sibling that you have, it will be fine. Just remember everything happens for a reason and maybe it happened, So you can gain trust or confidence in yourself, Or Maybe to teach you to be strong. It taught me to become a Strong Girl! Sometimes people or friends don't accept That you can be very moody and they don't understand special days or occasions That you spent with that person. But, if you go to church, have your church family pray for you, Or See if your friends believe in God and see if they can pray with you!

So, what I'm trying to say is that you'll get thru it! With these 3 things:
The Love of God
The Holy Word
Prayer

It's not too late to turn towards God's side. He is waiting for you and if you take his side, when you die, you will live in heaven. He will welcome you with warm arms and you will be safe and there will be no more pain.

So remember you CAN GET THRU IT!

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In The First Person

Who is a minority any more?

BY: EDIE OKAMOTO

For nearly 30 years I had the good fortune to work as a media expert. It is admittedly a fun business that provides a lovely lifestyle and perhaps even more importantly, it is intellectually very stimulating. When people ask me what media is I always try to explain that it is all about space and time. That sounds lofty and certainly is not a complete explanation. It also is a way to keep people informed and entertained and lastly it is used to influence people. The way the influence works is through repetition – hence the space and time concept. If a topic or ad takes up more space or more time more often it is more effective.

The reason why I originally got interested in media is because in a class one of my teachers told me that everyone is essentially brainwashed and often can't differentiate what ideas belong to the self and what ideas are through the influence of mass media. This frightened me terribly because she told us that essentially that is how Hitler became so popular and was able to influence people to carry out such atrocities. I decided in true Bavarian fashion to deal with my fear. In order to figure out a way to keep my brain in working order I decided to study all about it. It has entertained me ever since then and I was 13 years old at the time. Perhaps it will entertain you as well. When asked to write an article the first thing that struck me is the word Minority. I really don't understand what that even means. I have worked internationally most of my life and just can't wrap my mind around it.

There are approximately 6,602,224,175 people



on this planet. Of these 3,518,000 are Asian with 1,321,851,888 are Chinese, 1,129,866,154 are Indian, 839,000,000 are African, 803,000,000 are European, 539,000,000 are Latin and Caribbean, 320,000,000 are Northern American, 179,000,000 are from the Near East, and 32,000,000 are Pacific Islanders. Source CIA World Factbook and Global Population Profile: 2002, U.S. Census Bureau 2004

The Latino population will triple in size and will account for most of the United States' population growth from 2005 through 2050. Hispanics will make up 29% of the U.S. population in 2050, compared with 14% in 2005. The non-Hispanic white population will increase more slowly than other racial and ethnic groups; whites will become a true minority (47%) by 2050.

California is a great place to learn how these population trends will influence the country and the world. In 2006 the Census bureau reported that 0.4% were Pacific Islanders, 1.2% were American Indians and Alaska Natives, 2.4% were mixed race, 6.7% were black, 12.4% were Asians, 35.9% were Latinos, and 41% were white. In California especially in coastal towns whites are already a minority. So why is anyone called a minority? It is historic no doubt and it is old-fashioned. Even in

the US it is not always true that people of color are in the minority take Albany, Georgia for instance where over 50% of the population there is black. Our own Oakland is predominantly black with 35.7% of the population, 21.9% are Latinos, 15.2% is Asian, and only 31.3% are white and many of those are Latino, and 5% is multi-racial.

So where does this perhaps unexamined attitude about minorities come from? It comes from the media, history and the educational system. It may be time to examine our self perception. Although whites still have a lot of financial privileges, Asians already earn the most money per person. When our small children are grown their bosses are most likely going to be of Asian and Latino descent. We will be served better if we focus our attention on how we can improve our own lives and that of our neighbors by narrowing the financial and educational divide. By working together to improve the lives of everyone this beautiful city will become a shining demonstration of how cities are going to be all around the world. It is great to see leaders emerge who are focused on educating the public in an entertaining way. If you want to get your communications material, like a website and promotion organized you can learn more about Edie Okamoto at www.riovida.net.

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INSPIRITUAL MESSAGES



Ms. Barbara Howard,
A.k.a Sista' B Mellow
Entrepreneur,
Poetress,
Mentor

“Black Hands like Mine”

Black hands like mine,
Are so Divine.
Black hands like mine,
Stood & Standing the test of time.
Black hands like mine gave Sight to the Blind.
Black hands like mine, gave up their Lives and Rights, so I can shine.
Black hands like mine,
Build Pyramids Civilization, Communities with,
Wisdom that was given to them by the Devine!
Black hands like mine, Nature Life in Darkness!
Black hands like mine, Deals with Stress and, a Whole Lot of Unseen Mess!
Black hands like mine,
From the womb to the tomb, helped our families survive, since the beginning of time.
Black hands like mine are a Divine Gift from God.

When *** JESUS CHRIST *** touches me
I Recognized,

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wAncestors Black African Minds

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- P. Dowing & G. Becket - Letter Box, patented October 1891 & 1892.
- Garrett A. Morgan - Traffic Signal patented November 20 1923.
- William H. Richardson - Baby Carriage, patented June 18, 1889.
- Henry Sampson - Cellular Phone, patented June 2, 1971.
- George F. Grant - Golf Tee, patented December 12, 1899.
- Berger E. - Spark Plug, February 2, 1839.
- Cosgrove W. F. - Automatic Stop plug for Gas Oil Pipes, March 17, 1885.
- Gregory, J. - Motor, patented, April 26, 1887.
- Jones, F. M. - Air Conditioning Unit, July 12, 1949.

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MUHAMMAD ALI

The colorful phrase "Float like butterfly, sting like a bee," created by his cornerman Drew Bundini Brown, perfectly sums up the boxing style of Muhammad Ali, the self-proclaimed and widely acknowledged "greatest fighter all time!"

He was the first man to win the heavyweight championship three times. Ali's astonishing speed, punishing punching power, brilliant footwork, awesome defensive skills, and lethal left jab contributed to his boxing legend. To watch him was to see a dancing Ali, circling, carving up an opponent with a jab too fast for his opponent to react to, while inviting punching that he gracefully slipped.

It was his power in the ring, boisterous personality, flashy showmanship, and strongly held religious and moral convictions that first made Ali a figure of deep controversy. These traits later made him a folk hero.

Born Cassius Marcellus Clay on January 17, 1942, in Louisville, Kentucky, Ali began boxing at age 12, training in a community recreation center. Instead of taking the bus to school, he

ran to build his endurance and dodged rocks thrown by his brother to improve his ability to slip punches.

All won 100 of 105 amateur fights, capturing six Kentucky Golden Gloves and two national Golden Gloves championships before winning the Olympic light heavyweight title in 1960. Turning pro the same year, he beat 19 opponents before taking his first heavyweight title from Charles "Sonny" Liston in 1964.

Ali was a seven-to-one underdog against Liston, but that fight brought him international fame, which was bolstered by his self-promotion. All spouted poetry and frequently predicted, with accuracy, the round in which he would vanquish his opponents.

After the Liston fight, Ali acknowledged his religious conversion to Islam and proclaimed his name change, which helped make the Black Muslims a major religious force in American. Ali then defended his title nine times until 1967, when he refused, as a conscientious objector, to enter the draft and go to Vietnam. He was stripped of

his title for three and a half years, but during this time, Ali became a worldwide symbol of moral consciousness.

After the Supreme Court reversed his draft-dodging conviction in 1971, Ali returned to the ring for a series of legendary fights. He suffered his first professional loss to "Smokin' Joe Frazier in March 1971, trying to regain his title, but later beat Frazier twice. In the famous "Rumble in the Jungle" fight in Kinshasa, Zaire, in October 1974, Ali won his title back in a surprising eight-round knockout of George Foreman.

After losing the title to Leon Spinks and then regaining it from him—both fights came in 1978—Ali retired from boxing in 1979. He came out of retirement for financial reasons twice, in 1980 to lose to Larry Holmes and in 1981 to lose to Trevor Berbick. Finally, a month before he turned 40, Ali hung up his boxing gloves for good.

Ali continues to make personal appearances and speeches around the country, usually speaking of his deeply held spiritual beliefs.

Jack Johnson

In the early 20th Century, when race relations were at one of the lowest points in history and lynchings and race riots occurred with regularity, John Arthur "Jack" Johnson became boxing's first Black heavyweight champion of the world. In 1908, Johnson won the title with a vicious beating of a Canadian Tommy Burns. For 13 rounds, Johnson kept up a running conversation with Burns, even as he was dismantling him. Though bloodied, Burns would not quit. Finally, police entered the ring in the 14th round to stop the fight. The new champion became an instant hero to most of Black America and a despised foe for much of White America, whose boasts of superiority over Blacks in all areas were shattered. Fanning the flames of hatred for Johnson was the fact that he was an arrogant figure in the ring and out—he swaggered, wore flashy clothes and jewelry, had six cars and a large entourage, and displayed a penchant for openly romancing and often marrying White wom-

en. As a result, the boxing community came up with a succession of "Great White Hopes" to try and dethrone this "uppity" Black fighter. Though controversial, Johnson was also one of the greatest boxers in history. He fought professionally from 1897 to 1928 and boxed in exhibitions as late as 1945. In those 48 years in the ring, he fought 114 bouts and was KOed only three times. Born on March 31, 1878, in Galveston, Texas, Johnson quit school after fifth grade and worked a variety of odd jobs, including longshoring on the city's docks, which helped build his muscle strength. Despite his parents' objections, he began training as a boxer. After several amateur events, Johnson turned professional in 1897 at the age of 19, when he stood over six feet in height and weighed 180 pounds. By 1901, Johnson was the best Black boxer in Texas and began successfully boxing across the country. After winning the "Negro" heavyweight championship in 1903, he demanded to fight

Jim Jeffries, the reigning White champion. Jeffries decided to retire rather than demean himself by fighting a Black man, though he later did fight Johnson. Tommy Burns won the vacated title, and financial considerations led him to fight Johnson. When Johnson humiliated Burns, Jeffries was lured out of retirement as the major White hope to defeat him. Johnson's 15th round knockout of Jeffries in 1910 led to several deadly race riots around the country. Johnson was convicted in 1913 of violating the Mann Act for transporting his girlfriend, later his wife, across state lines for unlawful purposes. He was sentenced to a year in jail. He and his wife fled to Canada, then to France. Johnson defended his title until 1915, when he lost it in a 26th round knockout by Jess Willard in Cuba. Controversy still reigns about the outcome; there is speculation that Johnson "threw" the fight hoping the government would drop charges against him. He continued to fight exhibitions around the world and revel in his flamboyant lifestyle until June 10, 1946, when he died in a car crash.

CARSON

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and comprehensive re-entry services to formerly incarcerated individuals. The program is another example of the work I have been doing to help those who have served their time get the opportunity to fairly compete for employment in areas where they are qualified. Earlier in the year, Alameda County changed their standard job application. (Excluding law enforcement and our social services agency positions where people work with children.) Applicants will no longer be asked the question, "...have you been convicted of a felony." Finalists for County positions will be asked to fill a out a criminal history

report, have their records checked with the Department of Justice, and be given the opportunity to discuss their criminal activity and the changes they have made in their lives.

It is important to note that we have already started the New Year with the opening of our Safe House Sobering Center and the Cherry Hill Detoxification facility. In 2004 the District 5 office was approached by a group of advocates and city leaders about the need for a detoxification facility in Alameda County. Through the leadership of my office the County was able to use Measure A dollars (the 1/2 cent sales tax passed by voters in 2004) to create these facilities, giving our County

a more effective low cost intervention strategy to assist many who have issues with drug and alcohol abuse. Current statistics reveal that more than 50% of Emergency Department visits are for individuals who would best be served by detoxification services.

The fiscal instability at the Federal and State level continues to make it difficult for local elected officials to provide a safety net for people that are most in need. I am ready to continue the fight and continue to cast each of my votes based on principal. Paraphrasing from our sixth President, John Quincy Adams, when you vote based on principal you may vote alone, but your vote will never be in vain.



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Waste Management, Inc. is its industry's leading provider of comprehensive waste management services. Headquartered in Houston, Texas, we protect the quality of life in many communities, providing waste solutions to approximately 25 million residential and two million commercial customers in North America. Waste Management of Alameda County has been providing customers the highest quality in environmental service since the company's early beginnings in 1920. Formerly Oakland Scavenger Company, we started with a handful of employees using horse-drawn carts. Today we have evolved from collecting garbage to become one of California's major environmental service companies.

We offer comprehensive services to over 200,000 residential and commercial businesses in Alameda County. We provide service to the cities of Alameda, Albany, Berkeley, Castro Valley, Emeryville, Hayward, Oakland, San Leandro, and San Lorenzo.

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UNCF

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porting the organization's mission. UNCF this year bestowed "Individual of the Year" honors to them at this year's gala. Mr. Andrew Jeanpierre, Founder and Managing Partner of Jeanpierre and Company -- a successful CPA firm, is a 30 year veteran in his field. Mr. Jeanpierre has been well recognized for his community service, serving as a commissioner for the San Francisco Airport and San Francisco African American Task Force. In these capacities, Mr. Jeanpierre has successfully led efforts to improve opportunities for minority owned businesses in San Francisco. Mr. Jeanpierre has served on the local UNCF Executive Campaign Advisory Board for the past six years.

About UNCF

The United Negro College Fund (UNCF) is

the nation's largest, oldest and most successful comprehensive minority higher education assistance organization. UNCF provides operating and technology enhancement services for 39 member historically black colleges and universities (HBCUs), scholarships and internships for students. Since its inception in 1944, UNCF has raised over \$2.5 billion to help more than 300,000 students attend college. UNCF has distributed more funds to help minorities attend college than any entity outside of the government.

UNCF Record of Success

- Today, of the approximately 60,000 students UNCF supports, 60 percent are the first in their families to attend college and 60 percent have annual family incomes of less than \$35,000.
- UNCF provides operating support to 39 member Historically Black Colleges

and Universities (HBCUs), which helps the member institutions keep tuition down to a rate approximately 50% lower than tuition at other private colleges.

- UNCF administers over 400 scholarships and fellowships that support students at the undergraduate, graduate, and doctoral level.
- Hundreds of students participate in UNCF Corporate Scholars programs, which provides scholarship and internships with major Fortune 500 corporations
- UNCF administers tens of millions of dollars that help provide computers, technology integration training for faculty members and technological infrastructure support for HBCUs.
- UNCF is operated through 25 regional offices with the help of thousands of volunteers who solicit corporations, foundations, alumni, civic and social organizations, and the general public.

MANY STARS ATTEND AFRICAN-AMERICAN ETHNIC SPORTS HALL OF FAME INDUCTION

BY CHARLES AIKENS,
SPECIAL TO MEENA

It's not often that talented men and women with diverse sports skills and a variety of leadership talent come together to be inducted into an Ethnic Sports Hall of Fame.

Yet, many stars came and shined brighter than ever after being supported by famous Olympians at the recent 5th Annual Bay Area Induction Ceremony of the African American Ethnic Sports Hall of Fame held last Saturday at The Church of Jesus Christ of Latter Day Saints.

Attending the stellar sports event was some of the world's best sports minds and bodies who socialized at the Hall of Fame's 3-hour event that offered

more celebrities than event planners and supporters had expected, including a somber re-uniting of 1968 Olympic Games athletes and for some their protest leader Dr. Harry Edwards, along with his mentee John Carlos who believed in him so much that he raised his gloved fist to become part of a famous protest that was raised to call attention to unjust racial conditions in this nation.

Also attending the induction was immortal Broad Jumper Bob Beamon, who leaped a spectacular 29'-2 1/4" helping to make the 1968 games the greatest in overall performances of Track and Field History along with local legend Jim Hines who was not in the audience, but had worked with youth at James Logan

High earlier in the day, who set a 100 meter record that stood more than 22 years along with other records set by San Jose State's Lee Evans in the 400 meters, Tommie Smith, 200 meters and a Relay Team that included Hines, Mel Pender, Charlie Green and John Carlos, establishing the longest standing Olympic Records in Olympic Games History.

Many at the induction which was attended by more than 200, reminisced with the famous track stars who had participated in the most together games, before listening to inductees including sociologist Dr. Harry Edwards, who had led the Olympic Project For Human Rights; Jimmy Johnson, a former 49ers All Pro defensive back; Fred-

die "Hammer" Williamson, Po-Boy Movie Producer and Actor who said the Hall was important, because it recognized people who had known what the struggle was.

Williamson made more than 30 important movies and still speaks highly of himself while chewing out a mistress of ceremonies for not mentioning that he was an engineer before playing with the Raiders as a Superbowl cornerback; Cherrie Sherrard, Gold Medalist; George Carthy, a former world class hurdler and longtime coach; Chuck Muncie, former NFL All-Pro running back and runner up for the Heisman Trophy; Hal Perry, who starred with Bill Russell and others at USF and the late Chauncey Bailey, whose Wendell Smith Media Award was received by his brother.

Inductees for the Hall's Community Service Awards included Will Hardee, PG&E's Governmental Relations, who helped low income families to achieve home ownership; Diane

Howell, for Excellence in Business; Cassandra Borjon, Tennis star taught by Don Johnson; Gay Plair Cobb, Education and Training Award; Bill Patterson, Youth Advocate Award; Wendell Pierce, National and

International Tennis player; Cheryl Hills Chambers, Sense of Community Award and Tom Silva, Sense of Community Award: The Oakland Cal Ripkin Babe Ruth All Star Team was also honored.

Harry Edwards, asked the audience where are the youth of today while some of their associates are dying at rates far superior to men and women in the Iraq and Afganistan War, Why do they who are mostly black kill themselves at such high rates and have more of themselves in prison than on college capuses?. Edwards said the War, during the last five years has received around 4,500 deaths, while at the same time, more than 25,000 largely black youth have been killed.

Edwards also said baseball now has less than 8 percent of its players who are

from this nation's inner cities, while it once had more than 20 percent of its black players from this nation. He also indicated that the NBA, has had its last three Most Valuable Players being from foreign countries including Steve Nash and Dirk Norwitski.

Hal Perry, said one reason Bill Russell was perhaps the winningest Professional athlete in history, is that he played with the great McClymonds High School players of his era, and learned how to be competitive from them. Perry indicated that he also learned much of his skill from some of the great McClymonds players as center Bob Woods and Willie Rock, who were starters on a team in which Russell was only an occasional substitute.

According to Arif Khatib, President of the African American Ethnic Sports Hall of Fame, the Bay Area has more world class athletes than any other region of comparable size, and the athletes are helpful to youth who are dealing with critical issues in their lives."

Tell My Feet, I've Made It Home

BY ELAINE LEE

"Tell My Feet, I've Made It Home" is a song written by one of my favorite singers, Vinx. It captures the surrealistic feeling that I had upon returning from my second solo sojourn around the world, i.e., "whew, I am finally made it back to ground zero, its time to shapeshift from traveler to homegirl."

Through the orchestration of time, money and movement the journey was a wondrous adventure full of excitement, natural beauty, challenges, miracles, joy, surprises and remarkable expressions of hospitality. When I ponder my freedom to travel as well as my trip to the motherland, I am reminded that, "I am the dream and the hope of the slave".

"Now that an invisible trail of my molecules rings the planet, I feel oddly possessive of it, as if I'd wrapped my arms around it. So in some sense the world seems small to me. I find it nothing short of surreal that this whole inhabited planet can be circled in a mere 5 months by a pilgrim with a backpack, water bottle and a sturdy pair of teva sandals. Yet, the world is truly enormous and the more one travels across it the more possibilities of for exploration and contempla-



tion multiply: a branching equation with no limits. So now what? I will recuperate for a few months or a few years, pull out my atlas and start making plans for the next trip. Meanwhile God is laughing up her sleeve." The previous quote is an excerpt/adaptation from an interview with one of my favorite travel writers, Jeff

Greenwald upon his return from one of his trips around the world.

Some of the highlights of the journey were;

- Climbing the Franz Joseph glacier in New Zealand,
- Sailing Africa's gorgeous Seychelles Islands with 45 members of an African American sailing club,
- Studying traditional massage at world renowned Wat Po Institute in Bangkok, Thailand and achieving their level one certification.
- Meeting many Americans who are buying property outside of the United States as a security/protective measure, just in case political and economic tragedy hit the United States.
- Attending the Garifuna Heritage Festival in Belize, Central America. The Garifuna people are one of the few groups of African people in the Diaspora that

were never enslaved. They have managed to retain a remarkable amount of their African heritage.

- Visiting Costa Rica's Afro-Caribbean seaside community of Puerto Viejo, where they have an active chapter of the United Negro Improvement Association (UNIA) as well as a UNIA building that was constructed in 1930 under the direction of Marcus Garvey.
- Visiting Dubai, United Arab Emirates during Ramadan,
- Touring the Apartheid museum in Johannesburg,
- Learning about the 30 year vigil that a group of aboriginal people in Australia have been holding in front of their nation's capital in Canberra,
- Exploring the rich and

diverse salsa scene in Paris, France, the highlight being dancing until midnight at a salsa party that was held at an outdoor plaza along the Seine River.

All and all, it was an exhilarating, exhausting and educational journey. Having completed it makes me wish I could trade in my U.S. passport and become a citizen of the world.

Here are a few quotes that remind me of my journey.

"Home is internal for me. I can make a home wherever I go. I come into a place and make connections. As they deepen, I feel I'm home". Ruth Golman Gelman

"I have been on the road so long, you might have to run me down, catch me and tie me up in a shed un-

til I get housebroken again. When I get tame, I might have something interesting to tell you." J. Harris

"Gloom we have always with us, a rank and sturdy weed, but joy must be tended." B. Holland

"When I dare to use my strength in the service of my vision then it become less and less important whether I am afraid". Audrey Lourde

"Be strong, be brave, be proud and be humble." (traditional Maori salutation)

"Live life like you mean it!"

"Tell my feet - I made it home!"

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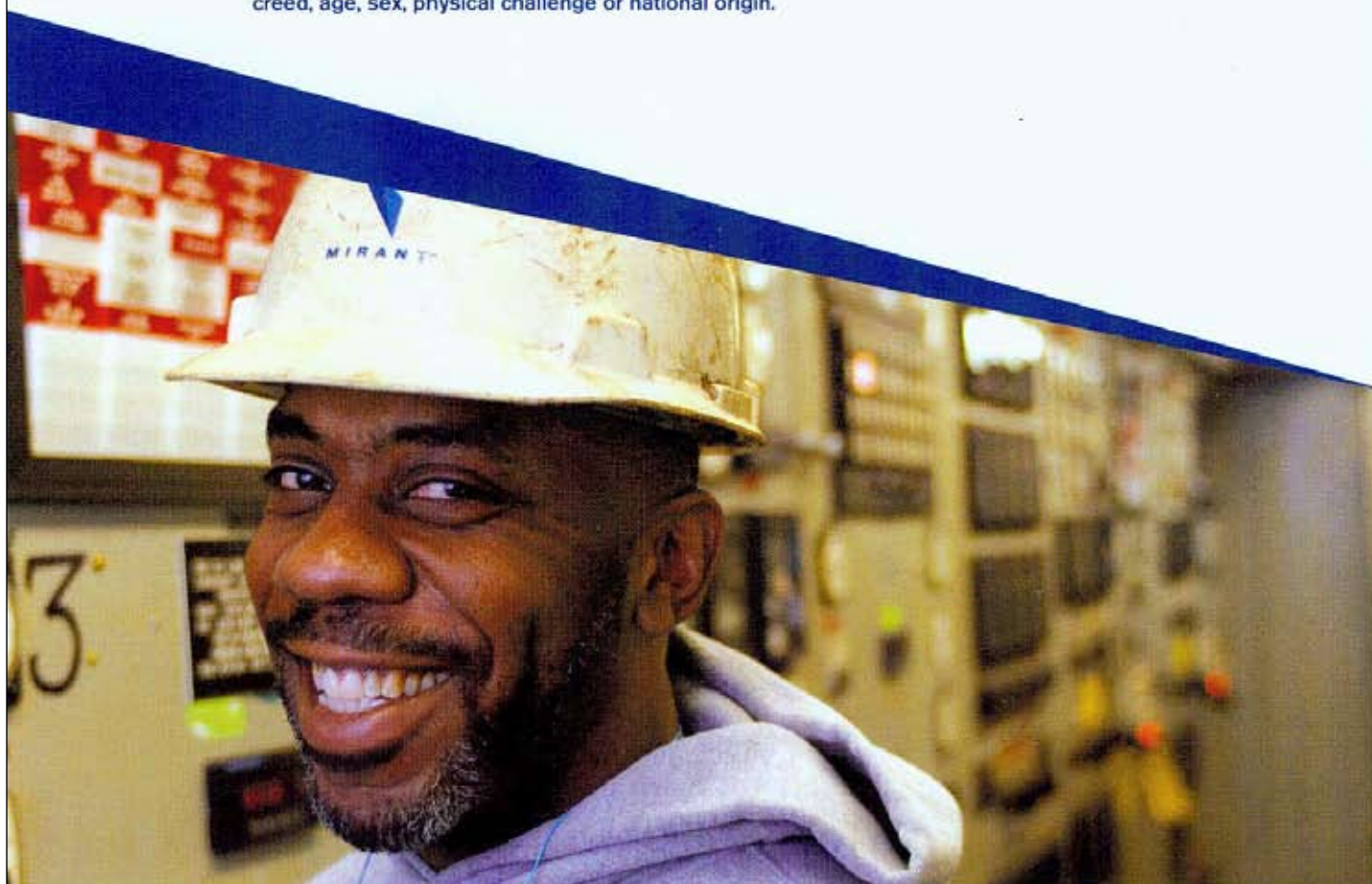
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