



District 5 Newsletter

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For a complete listing of events in District 5, visit my [Community Calendar](#).

My District 5 e-newsletter is designed to keep *you*, the residents of Alameda County's Fifth District, informed about important issues in our communities. The Fifth District includes the cities of Albany, Berkeley, Emeryville, Piedmont, and large portions of Oakland, namely West Oakland, North Oakland, Rockridge, the Fruitvale District, and the San Antonio District.

Contact me with your feedback by e-mailing dist5@acgov.org or by calling (510) 272-6695.

The Health Divide Is Still Prevalent for African Americans

SOUND THE ALARM - THIS IS AN EMERGENCY! African Americans are dying at an alarming rate in Alameda County. Did you know that the death rate for African Americans is more than 50% higher than the rate of the County as a whole, and two and a half times of the rates for Asians and American Indians, twice the rate of Hispanics, and almost one and a half times the rate of Whites? Did you know that while African Americans make up 15 % of the County's population, they account for 21% of all deaths? [Read the full story.](#)

Back to School Tips

As we round down our summer activities and start preparing for back school, the anticipation of this time brings both excitement and anxiety for both parents and students. For some children, this September will be their first school year and that brings with it new challenges and experiences. No matter what their age, many children will experience changes in sleep patterns, eating habits, and homework. The family household will be faced with some turmoil in the first few weeks after school begins trying to manage all these tasks. Parents will have a huge task trying to get the family back on a somewhat normal schedule at this time of year. [Read the full story.](#)

Piedmont E-Waste Program

Recycling just got a little easier in Piedmont. Republic Services, the City of Piedmont's recycling franchisee, recently increased its curbside pickup of electronic waste or *e-waste* – old computers, monitors, TVs, VCRs, and other unwanted electronics – from four times a year, to twice a week. The new program is called "On Demand" and residents must call ahead in order to get on the list of scheduled stops on Tuesdays and Thursdays. [Read the full story.](#)

Youth Radio Teaches Young People to Control Their Own Media

Since its inception in 1992, Youth Radio has been providing young people with a venue to bring their dreams to life. The organization was founded by Ellen O'Leary to address the need for more engaging after school programs for youth. In addition, she was interested in addressing the lack of diversity in the media. A driving principle of the organization is for young people (primarily young people of color) to go from passive consumers of the media, to producers of the media. Youth Radio trains young people in the area of broadcasting and has emerged beyond the field radio.

[Read the full story.](#)

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