



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.

Alameda County Community Food Bank Needs Your Help to Promote Its FREE Summer Lunch Program

The Alameda County Community Food Bank needs your help in getting the word out about its free summer lunch program. Students 18 years of age and under, who receive free or reduced priced meals at school, are eligible for the program.

According to Elizabeth Gomez, outreach Program Manager, few parents and students know about the free lunch program. People are encouraged to call the Food Bank's Food Helpline at (800) 870-FOOD (3663) for information on eligibility and for free lunch site locations. For more information on how you can help spread the word, please contact Betsy Edwards at (510) 635-3663 ext. 307 or Elizabeth Gomez at (510) 636-4905 or visit their website by clicking [here](#).

Promoting Colon Cancer Prevention & Awareness

Did you know that colon cancer is the second leading cancer killer trailing only lung cancer in annual U.S. cancer deaths? The American Cancer Society estimates that in the United States 146,940 cases of colon cancer will be diagnosed in 2004 and 56,730 deaths will occur.

Fortunately, colon cancer is easily detectable with screening techniques that can catch the cancer when it is still treatable. Be informed and prevent this disease and its terrible consequences!

[Read the full story.](#)

Temporary Assistance for Needy Families (TANF) Update

It has been ten years since Congress redesigned the welfare system, creating an entirely new way of doing business. In 1996, the Temporary Assistance for Needy Families (TANF) was developed, replacing the program Aid to Families and Dependents (AFDC), commonly known as welfare. TANF is a block grant from the Federal government that provides monthly cash assistance to low income families, with children under the age of 18.

[Read the full story.](#)

Assembly Bill 1998 Will Provide Essential Assistance to Formally Incarcerated Inmates

Many of our County residents have been unhappy with the revolving door which takes people from prison, to parole, and back to prison. This cycle does not facilitate formally incarcerated people successfully re-entering our communities. I have been addressing this issue on numerous levels and am glad to see some progress may be on the horizon.

[Read the full story.](#)

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