

THE WHITE HOUSE
WASHINGTON

July 8, 1996

Ms. Deborah Baker
Executive Editor
Kodansha America, Inc.
114 Fifth Avenue
New York, New York 10011

Dear Ms. Baker:

Your letter of May 25, 1996 has been referred to me.

As you might imagine, Mrs. Clinton's schedule is very busy right now. She does not want to begin work on another book at this point. However, we thank you for your inquiry and for your interest.

Sincerely,

A handwritten signature in cursive script, appearing to read "Margaret Williams", with a long horizontal flourish extending to the right.

Margaret Williams
Assistant to the President and
Chief of Staff for
Hillary Rodham Clinton



25 May 1996

Lisa Caputo
Press Secretary to the First Lady
The White House
1600 Pennsylvania Avenue
Washington DC 20500

Dear Lisa Caputo:

I thought you would like to see a copy of the finished copy of **THE HOME TEAM** by RuthAnn and Rebecca Lobo.

I was wondering if there was any interest in resurrecting the idea of a collection of letters to the First Lady. I had written last year to Alice Pushcar about this. You told me at the time that you all had had exactly the same idea but had decided to concentrate your efforts on **IT TAKES A VILLAGE**.

If you are interested in pursuing this, I would be happy to talk with you or the First Lady's agent.

I hope you enjoy the book. I look forward to hearing from you.

All best,

Deborah Baker
Executive Editor



Believe in Yourself, Inc.

P.O. Box 922188
Sylmar, CA 91392-2188

**PHOTOCOPY
PRESERVATION**



Believe In Yourself, Inc.

JANET ALSTON JACKSON

Co-Founder / Executive Director

P.O. Box 922188
Sylmar, CA 91392 - 2188
(818) 896-8288

Clinton Presidential Records Digital Records Marker

This is not a presidential record. This is used as an administrative marker by the William J. Clinton Presidential Library Staff.

This marker identifies the place of a publication.

Publications have not been scanned in their entirety for the purpose of digitization. To see the full publication please search online or visit the Clinton Presidential Library's Research Room.



**SPORTING
THE
RIGHT
ATTITUDE**

**SURVIVING
FAMILY
VIOLENCE**

Dr. Walter H. Jackson

Using the strength and courage learned
through athletics early in life, one man shares his story,
and thereby encourages others by stressing that they too can
survive growing up in a violent and dysfunctional family.

(Family Violence & Sexual Assault Institute)



Believe In Yourself, Inc.

THE FAMILY EMPOWERMENT PROGRAM

Believe In Yourself

The FAMILY EMPOWERMENT PROGRAM teaches elementary school children to become self-sufficient by building on their strengths. This after-school program serves Los Angeles County's Northeast San Fernando Valley residents of Sylmar Lake View Terrace, Sylmar, Pacoima, Tujunga, Sunland.

SELF-ESTEEM SESSIONS/ POSITIVE TUTORING

A. SELF-ESTEEM SESSIONS:

Through creative visualizations, mind/body relaxation techniques, and BELIEVE IN YOURSELF's powerful self-esteem curriculum, children learn to:

- * Build a positive self-image by understanding their feelings
- * Take responsibility for actions
- * Resist negative peer pressure, learn peace-making skills
- * Increase concentration and see themselves succeeding
- * Develop self-discipline to achieve goals
- * Release stress and anger constructively

B. POSITIVE TUTORING:

Educational tutoring sessions and a homework club are run by trained tutors who help the child become self-motivated.

C. BEHAVIORAL MODIFICATION CRAFT CLASSES

Craft projects are designed to enhance children's strengths, by helping them to positively channel anger and anxiety.

PARENT EDUCATIONAL WORKSHOPS

"Understanding Your Child's Behavioral Style"

"The Stress-less Parent"

"Listening To Your Child"

JOB TRAINING FOR HIGH SCHOOL AND COLLEGE STUDENTS

Students earn community service and internship credits through tutoring. BELIEVE IN YOURSELF also mentors college students in the entertainment industry, by placing them in paid internships.



Believe In Yourself

Believe In Yourself, Inc.

MISSION STATEMENT

The BELIEVE IN YOURSELF, INC. mission is to raise the self-esteem of elementary school children and their parents through educational tutoring, communication, and peacemaking skills development.

We are committed to helping youths strive for a good self-image, family bonding, educational excellence, tolerance of others, and the understanding that anything is possible if you BELIEVE IN YOURSELF.

PURPOSE

- * Teach self-esteem curriculum and right thinking so that youth may overcome any obstacle to reach their goals.
- * Raise the consciousness of youths by helping them to understand, they can create their own successful future with the right attitude and by taking responsibility.
- * Teach youths the importance of academic excellence to make right choices, and develop "inner-courage" for a self sufficient future.
- * Enhance youth's self-image by teaching them peacemaking skills and the dynamics of understanding cooperation.
- * Teach family communication skills to parents and their children so that they will better understand one another and effectively communicate for a healthy relationship.
- * Strive for diversity and racial tolerance to develop inter-racial harmony and growth.
- * Teach children and their families stress reduction tools to help them cope with life's challenges.
- * Provide a warm and supportive atmosphere for children to explore and come to an understanding of who they are.



Believe In Yourself

Believe In Yourself, Inc.

ORGANIZATION HISTORY

BELIEVE IN YOURSELF, INC. was founded in February, 1994, by the husband-and wife team, Dr. Walter H. Jackson and Janet Alston-Jackson. The couple have been giving self-esteem workshops to groups of all ages since 1982.

As parents to two adopted children who came from abusive backgrounds and drug addicted parents, the Jacksons realized a larger mission. They were moved by the plight of so many other children living in foster care as a result of their parent's low self esteem issues. After their adopted son was diagnosed with Attention Deficit Disorder, and began to exhibit other emotional problems, the Jacksons also realized that many parents of "special needs" children, like themselves, felt helpless.

BELIEVE IN YOURSELF, INC. was then founded to help children from all backgrounds develop a better self-image of themselves and to empower families. The organization was also formed to help distressed families learn communication skills to help alleviate child and drug abuse which sends thousands of children into foster-care each year. Fifty-five thousand children are in California's foster care system.

College students from California State University at Northridge, Glendale College, and UCLA, volunteer and earn internships tutoring the younger children at Believe In Yourself, Inc. Students from Burbank High School and San Fernando High School also are volunteers at the program which serves the families of Los Angeles' County North east San Fernando Valley.

During the first year (1994-1995), the City of Los Angeles Recreation & Parks Dept. provided space for the organization at the Lake View Terrace Recreation Center. Approximately 35 children were served using an all-volunteer staff. This growing community based after school program was later given space at Brainard Elementary School after the Recreation Center was closed for renovation. Believe In Yourself, Inc. will continue to operate at Brainard and at the Recreation Center when it reopens.

Believe In Yourself has a distinguished Board of Directors who are as diverse as the community that the organization serves.

Brainard Avenue Elementary School

11407 Brainard Avenue, Lake View Terrace, California 91432

TELEPHONE: (818) 899-5241 Fax (818) 890-9991

ALAN L. MCCALL
Principal

December 5, 1994

Janet Jackson
11568 Luanda
Lake View Terrace, CA 91342

Dear Janet,

I would like to express my sincere appreciation for all of your time and effort spent preparing for our staff development on Human Relations last Monday, November 28th. We had nearly 30 staff members that attended and they all seemed to be very positive about their experience.

I was elated with the enthusiastic reaction of those that attended. Teachers spend a great deal of their time dealing with the personalities of children and parents and seldom do they have an opportunity to look at themselves. In fact, it is often difficult to inspire teachers in areas such as this, but you did an outstanding job. I heard many fine comments and one of our teachers even wrote me a note commending the entire staff development.

Your willingness to assist and your contributions on both inter-personal and race relations will, I am sure, make an impact on our school environment this year. You are truly an asset to our school and community and your hard work and assistance does not go unnoticed. Thank you again for your fabulous assistance on behalf of our staff and students.

Sincerely,



Alan L. McCall
Principal

ALM:am



Los Angeles Lutheran Junior/Senior High School
13570 Eldridge Avenue, Sylmar, California 91342 818-362-5861

November 15, 1994

Dr. Walter Jackson
P.O. Box 922188
Sylmar, CA 91392-2188

Dear Dr. Jackson:

It has been my privilege to watch the tutorial program Believe in Yourself at the Lakeview Terrace Recreational Center. Our school uses the facility for volleyball so I observed the program regularly. I was impressed with the enthusiasm of the teachers. There was a fire of passion in their eyes as they watched young children learn and grow. They worked to instill discipline in the children and respect. The students were well behaved and seemed excited about the program.

Thank you for sponsoring this program and changing young lives. You have helped give these children hope for a better tomorrow.

Sincerely,

Dale Wolfgram
Principal

lp



Los Angeles Lutheran Junior/Senior High School
13570 Eldridge Avenue, Sylmar, California 91342 818-362-5861

November 15, 1994

Dr. Walter Jackson
P.O. Box 922188
Sylmar, CA 91392-2188

Dear Dr. Jackson:

It has been my privilege to watch the tutorial program Believe in Yourself at the Lakeview Terrace Recreational Center. Our school uses the facility for volleyball so I observed the program regularly. I was impressed with the enthusiasm of the teachers. There was a fire of passion in their eyes as they watched young children learn and grow. They worked to instill discipline in the children and respect. The students were well behaved and seemed excited about the program.

Thank you for sponsoring this program and changing young lives. You have helped give these children hope for a better tomorrow.

Sincerely,

Dale Wolfgram
Principal

lp

LOS ANGELES UNIFIED SCHOOL DISTRICT

Brainard Avenue Elementary School

11407 BRAINARD AVENUE, LAKE VIEW TERRACE, CALIFORNIA 91342

TELEPHONE: (818) 899-5241

Sidney Thompson
Superintendent of Schools

JEAN W. HILLIARD
Principal

December 9, 1993

To Whom It May Concern:

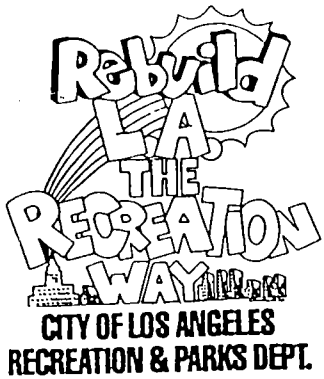
This letter is written to acknowledge, with complete enthusiasm, Dr. Walter Jackson's and Mrs. Janet Alston Jackson's program, "Believe In Yourself".

As an educator, I firmly believe and realize the value of self-esteem, which is the foundation of a successful healthy life.

It is my hope that the Jackson's self-esteem and educational tutoring program will be housed at Brainard Avenue School.

Sincerely,


Jean W. Hilliard
Principal



Lake View Terrace Recreation Center

11075 FOOTHILL BOULEVARD
LAKE VIEW TERRACE, CALIFORNIA 91342
(818) 899-8087

July 8, 1994

Dear Dr. Jackson,

The self-esteem workshop conducted by you and Mrs. Jackson for my camp counselors was outstanding.

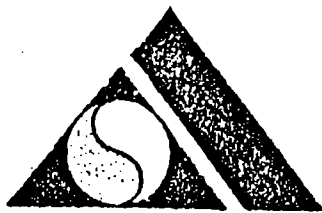
We have had extremely positive comments from the counselors who said they learned a great deal about themselves, and how to work effectively with the fifty children in our camp. This type of training should be mandatory for all camp counselors.

As we have discussed in previous meetings, I welcome BELIEVE IN YOURSELF, INC.'s self-esteem/ tutoring program at the Lake View Terrace Recreational Center. This will be a valuable program for our community.

Sincerely,

A handwritten signature in black ink, appearing to read 'Gary Bond', written over a horizontal line.

Gary Bond
Director



ADVOCATE SCHOOLS

AMY S. HARRISON
Executive Director

MARTHA A. PETREY, Ph.D.
Executive Director

March 24, 1994

Ms. Janet Jackson
Believe in Yourself Co.

Dear Ms. Janet Alison Jackson

Thank you so much for your participation at our 3rd annual women's conference for our youth.

Your workshop made quite an impression on our girls to bring up their self-esteem.

Our motto here will be:

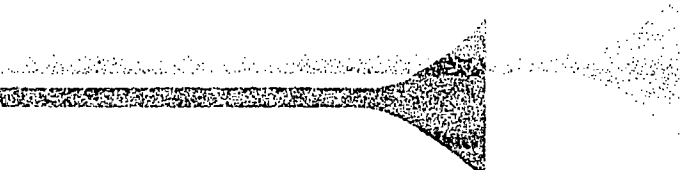
'BELIEVE IN YOURSELF AND OTHERS WILL BELIEVE IN YOU'

Again, thank you for taking the time to help our youth.

Sincerely,

Sid Walton, Principal
Advocate School

SW/pr



The Publicists Guild of America

13949 VENTURA BOULEVARD SUITE 302
SHERMAN OAKS, CALIFORNIA 91423 (818) 905-1541

April 27, 1994

Janet Alston Jackson
SELF EXPANSION, INC.
P.O. Box 27566
Los Angeles, CA 90027

Dear Janet:

We have received near unanimous positive responses from publicists who attended the Behavioral Style workshop you conducted for our members. Most working people, and publicists in particular, can benefit from the techniques and suggestions you explained during the morning session. As communications specialists, it was most revealing to discover that most of us fail to incorporate in our own relationships skills we use on a daily basis in the service of others.

It was clear to me that learning how to identify and categorize our own behavior and character, and those of people we meet, empowers us to take control and enhance the quality of all our relationships. This surely leads to greater professional success and personal happiness.

We will explore the possibility of scheduling another workshop for members who were unable to attend the first one. We certainly could benefit from a full-day seminar.

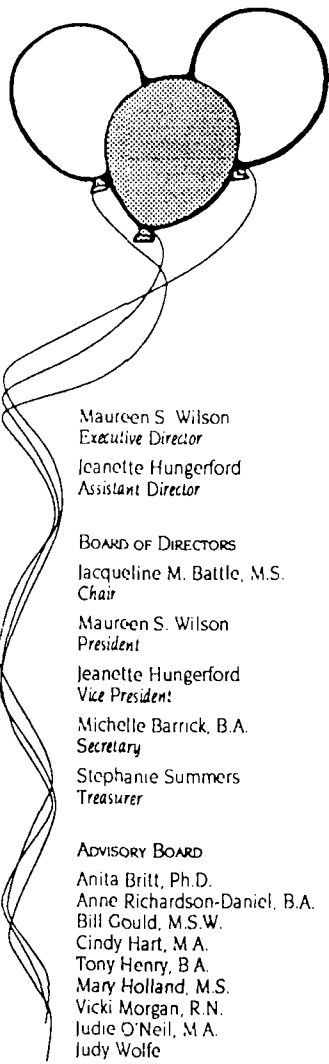
Sincerely,



Henri Bollinger

HB/b
cc: M. Mattaschiam





Open Arms

Family Support Network

June 23, 1994

Janet Alston Jackson
P.O.Box 922188
Sylmar, California 91392-2188

Maureen S. Wilson
Executive Director
Jeanette Hungerford
Assistant Director

BOARD OF DIRECTORS

Jacqueline M. Battle, M.S.
Chair

Maureen S. Wilson
President

Jeanette Hungerford
Vice President

Michelle Barrick, B.A.
Secretary

Stephanie Summers
Treasurer

ADVISORY BOARD

Anita Britt, Ph.D.
Anne Richardson-Daniel, B.A.
Bill Gould, M.S.W.
Cindy Hart, M.A.
Tony Henry, B.A.
Mary Holland, M.S.
Vicki Morgan, R.N.
Judie O'Neil, M.A.
Judy Wolfe

Dear Janet,

Your presentation to "OPEN ARMS" on June 3, 1994 was both appreciated and enjoyed. You are so special to have taken the time to come and share your experiences and knowledge with us.

Your expertise and interest in this area came across to the audience one hundred per cent. The audience comments we have received have been very positive.

Thank you once again for sharing your knowledge with us. Your talk was warm, caring and filled with pertinent information that helped us all.

Sincerely,

Maureen S. Wilson

THE WHITE HOUSE
WASHINGTON

February 8, 1996

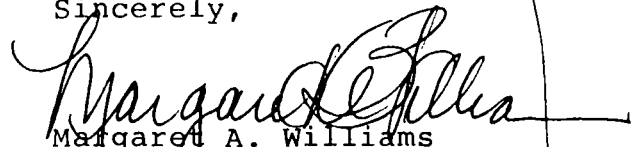
Ms. Janet Alston Jackson
Co-Founder / Executive Director
Believe In Yourself, Inc.
P.O. Box 922188
Sylmar, CA 91392-2188

Dear Ms. Jackson:

Your words of encouragement and support meant so much to me during the past weeks. It was very kind of you to take the time to write as you did and I am grateful.

Please accept my thanks and best wishes.

Sincerely,


Margaret A. Williams
Chief of Staff
to the First Lady

↓
Please
add thanks to
packet



Believe in Yourself TM

Believe In Yourself, Inc.

BOARD OF DIRECTORS

DR. WALTER JACKSON
Co-Founder / Chief Executive Officer

JANET ALSTON JACKSON
Co-Founder / Executive Director

LEE PHILLIP BELL
-Phillip Television Prod., Inc.

JOAN DUNNING
Movies & Mini-Series
ABC Television Network

SUZANNE GORDON
Director Public Relations
ABC Television Network

ELIZABETH J. KLUMPP R.S.P.

SAUL LANKSTER
Continental Cablevision

MICHAEL LEARNED

MARLENE MATTASCHIAM
Publicists Guild of America

LIEUT. COL. HAROLD McADOO
United States Army, D.C.

JAMES R. McEUN
Q & M Enterprises

VELVATINE SYKES
Department of Rehabilitation

GERRAMY QUARTO
AIDS Project Los Angeles / Our House

MARY L. WILLIAMS
California State University, Northridge

Dear Ms. Williams,

I can't tell you how thrilled I was to see a beautiful African-American woman as the chief of staff to the first lady. Perhaps one day an African-American woman will be first lady.

You must be going through some awfully tough times right now with Whitewater. But you can rise over this, like you rose to your position. You and Ms. Clinton are obviously two highly evolved souls...and you will overcome.

Please remember my favorite poem:

When you come to the end of all the light that you know, and you're about to step out into darkness,

Faith is knowing two things:

Either you will have something solid for to stand on,
or you will be taught how to fly

Enclosed is background on our organization for children that I have co-founded with my husband, Dr. Walter Jackson.

I would appreciate it if you would share this work with Ms. Clinton whose cause we definitely support. We are so grateful that she is championing for children...our future.

Keep believing in yourself.

With deep admiration,

Janet Alston Jackson
Executive Director/ Co-Founder

January 26, 1996

Ms. Margaret Williams
Chief of Staff for First Lady
The White House

LAKE VIEW TERRACE

Couple Teaches Children to Handle Stress

He fought during recess. He didn't do homework, wouldn't cooperate with classmates, was hypersensitive to criticism and responded poorly to discipline.

Despite his history, 9-year-old Grant Carter of Mission Hills has undergone a remarkable transformation in the past five months, said his mother, Judy Carter.

Like other parents, Carter attributes the change to a program run by Janet and Walter Jackson, a husband and wife who started an after-school tutoring and self-esteem program in Lake View Terrace called Believe In Yourself Inc.

"The fights have stopped, and the principal doesn't call me anymore," said Carter, who enrolled Grant in the free program in December. "He has his homework done *before* he gets home, and his teacher says he's helping other kids. If he's upset with me, he'll say, 'Mom, what you just said to me hurt my feelings,' instead of walking away and hiding. Our communication is better, and it's at a lower volume."

Building communication skills is at the heart of the nonprofit program, which provides elementary school students a safe, educational, emotionally supportive environment.

At the Lake View Terrace Recreation Center, where space for the program is donated by the Los Angeles Recreation and Parks Department, about 32 youngsters receive extra help with homework, talk through and solve problems during group "anger sessions," and practice relaxation and stress-control techniques.

The Jacksons, who live in Lake View Terrace, began the program after a frustrating experience during the adoption of their son, Devon, in 1990. It was during that process that the Jacksons learned about the severe—and unmet—emotional and educational needs of foster children and other disadvantaged kids. They decided to try to make a difference, beginning in their own community.

Alan L. McCall, principal at Brainard Elementary School in Lake View Terrace, who has referred students to the Jacksons' program, said the Los Angeles Unified School District is considering providing space to the organization at the school.

"We have had other after-school programs that deal with various parts of what they're doing, but nothing that is as comprehensive in concept," McCall said. "They are a tremendous asset."

Recently during an anger session, Alina Hall, 10, addressed the group, explaining that her grandmother had been hospitalized recently by a stroke. "If my grandmother was to die, I wouldn't have nobody to live with," Alina said.

"What do you think you can do to feel better—how can we help her?" Janet Jackson asked the group.

Grant Carter was the first to respond. "If you feel scared about it, shake your head, and go someplace where it's quiet to think. Or you could go visit her and talk about it, or maybe write her a letter . . ." In the end, the entire group agreed to write to Alina's grandmother.

Though Believe In Yourself began in October, it already is filled to capacity.

Limited funding has prevented expansion.

"There are so many kids in need," said Walter Jackson, 45, whose salary as a federal employee helps fund the program. "We've got to start getting everybody in the community involved with our youth."

Janet Jackson, 43, a retired network television publicist, agreed. "If these children don't know how to handle stress—and they have a lot of stress nowadays—and solve problems, and if they don't know the importance of doing well academically by the time they get to high school, it may be too late."

For information about the program, call (818) 896-8288.

—TIM MAY

(Pictures deleted)

(over)



Photos by FRANK WIESE / For The Times



Walter and Janet Jackson help youngsters in their Believe In Yourself program express their sentiments by using artificial dough. The self-esteem sessions are held in Lake View Terrace.



Teen volunteers give kids reason to believe



Kids are so smart — they see everything, and they soak it up," says Marjorie Garcia, with 7-year-old Whitley Edwards.

Self-esteem, spirit boosted by program

By Veronique de Turenne
Daily News Staff Writer

In a small room that flanks the gym at Lake View Terrace Recreation Center, 7-year-old Whitley Edwards' reading lesson is grinding to a halt.

"Mrs. Green ... g-go-goes ... a-a-a-way," she says, slowly sounding out the words in a wavering monotone. Her voice falters, then fades at the end of the sentence. She pushes the book away.

Outside, in the echoing gym that smells permanently of sweat socks, a dozen teen-agers emit yips and shrieks of encouragement as they take turns spiking a volleyball. Their voices filter into the makeshift classroom. Whitley listens, reaches up and twirls one of her braids.

"Whitley? What's the matter, Whitley?" Marjorie Garcia asks gently. The 17-year-old San Fernando High School senior has been sitting with the little girl, her arm draped protectively over the child's chair.

Whitley shakes her head. Garcia persists. After some coaxing and a quick hug, Whitley whispers into Garcia's ear. Garcia whispers back. It turns out Whitley is shy about making a mistake. The pair giggle, and then



David Crane/Daily News

"The kids really need someone to talk to, someone... who will know what they are going through," says Aaron Diyarza, with Bobby Mead, 6.

7-year-old and 17-year-old bend over the book together, their voices blending as they sound out the words.

Rescuing Whitley's reading lesson is just one of a large and varied roster of tasks performed each week by teen-age volunteers from San Fernando High School. About a dozen students, all seniors, work with more than 30 children in an after-school program called Believe in Yourself.

Formed in October 1994, Believe in Yourself is a nonprofit program open to elementary schoolchildren from 2:30 to 5:30 p.m. every Monday, Wednesday and Friday during the school year. The program relies on high school volunteers to act as tutors, friends and positive role models in an effort to build the younger children's self-esteem. All volunteers are welcome.

The San Fernando students arrive after their own school day ends. They sit with the children,

take part in guided visualizations, help the children talk about anger, values and creative solutions to problems. They hunker down with a coloring book and some crayons, or help the children with math, reading and spelling homework. They are quick with a hug, a smile and a positive word.

"I love it here," said Garcia, a resident of Panorama City. She will be a freshman at California State University, Northridge, this fall and is considering a major in journalism.

"Kids are so smart — they see everything, and they soak it up. They're like sponges," she said. "You can tell this program makes a difference because they all participate. There's not one child here who doesn't participate."

"They learn how to deal with their problems and how to get their stress out. You don't want to think about it, but even little kids

See BELIEVE / Page 14

Believe

Continued from Page 13

get stressed out."

Janet and Walter Jackson, the husband-and-wife team who created Believe in Yourself, have worked with children and self-esteem issues since 1982. Walter has a degree in social work from Sacramento State University and Janet was a publicist for more than 10 years for ABC and CBS.

The program accepts children from grades one through six on a first-come, first-served basis. Trained tutors and adult volunteers help out with Believe in Yourself, but the children eagerly await the arrival of the high school volunteers.

"The kids absolutely adore them," Walter Jackson said. "They pull on their legs and arms and hang all over them. They're definitely role models for all of these kids."

"Where a parent or teacher might not make time for a child's slow progress, the high school students seem to have infinite patience."

"They let the children take as much time as they need to," he said. "They just hang on out with them."

"Although the San Fernando High volunteers have limited free time, they have been faithful to their duties at Believe in Yourself, the couple said. Some students come one day a week, while others are able to make a three-day-a-week commitment."

"Some days, we have two or three, others, seven or eight — a whole herd of them," Janet Jackson said.

Michael Monroe, a fifth-grader at Brainard Elementary School in

Lake View Terrace, said he loves spending time with the teen-agers.

"I can come here and get help with my homework and learn more things," the 10-year-old said. "You have fun; you learn. And I really like being with Chris."

Chris Lopez, 18, grinned. He was among the first volunteers in the program. He plans to attend the University of California, Berkeley, this fall.

During a creative visualization session aimed at helping the children relax, they pictured themselves as balloons floating through the air.

Lopez sat with his eyes closed. A 6-year-old boy sat beside him, quiet because his favorite friend was there.

"I get an inner joy from working here," Lopez said. "I like giving; I like working to help people. I feel at

peace with myself when I'm giving to others."

Aaron Diyarza, 18, agreed.

"The kids really need someone to talk to, someone to listen to them and who will know what they are going through," he said. "A lot of times they don't have that because somehow, people don't have time for kids. The parents maybe aren't home, and at school, the kids are treated as a group."

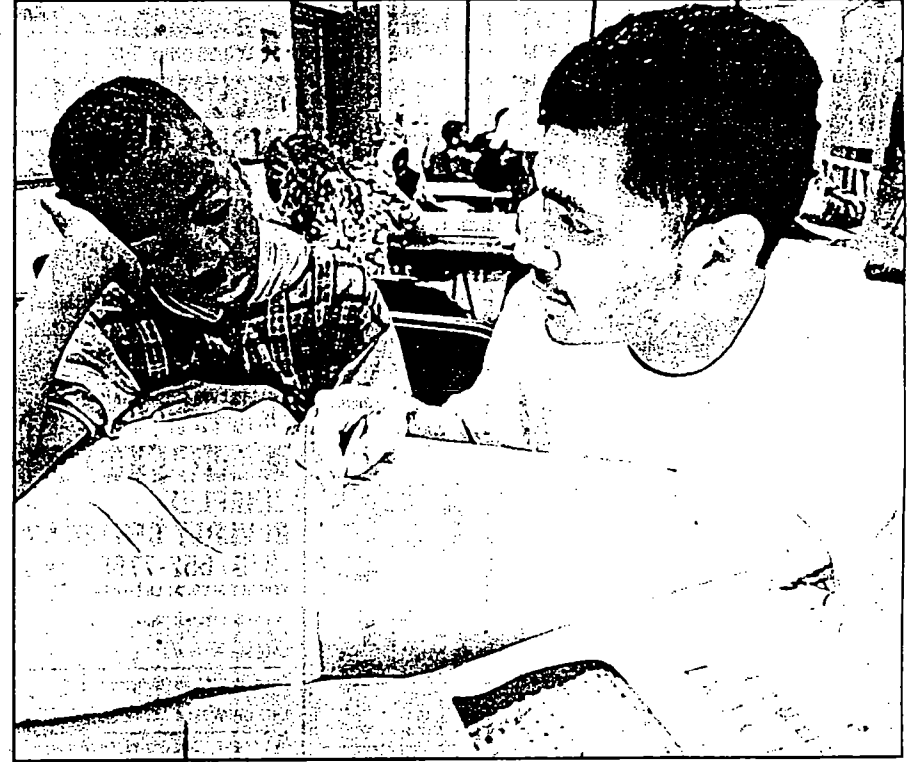
Diyarza, who plans to study sociology at CSUN in the fall, said his enthusiasm rubs off on his friends.

"I have one friend who started coming and loves it," Diyarza said. "He's always asking me, 'Are we going today, are we going?' You're doing good when you come here, and it feels good to do it."

For information about Believe in Yourself, call (818) 896-8288.



"Where a parent or teacher might not make time for a child's slow progress, the high school students seem to have infinite patience," says Believe in Yourself program founder Roger Jackson, with his wife, Janet.



"I get an inner joy from working here, I feel at peace with myself when I'm giving to others," says University of California, Berkeley-bound Chris Lopez, tutoring 10-year-old Thomas Monroe in math.

Lake View Terrace

MTA, Youth Group Plan Cleanup Project

The Metropolitan Transit Authority and a Lake View Terrace nonprofit youth support group are teaming up to clean a one-block area between Osborne Street and Terra Bella Street in Lake View Terrace.

The cleanup will be held from 9 a.m. to 12:30 p.m. today. Community volunteers are asked to join MTA employees and parents and youths from Believe in Yourself Inc., a Lake View Terrace after-school activities group working to enhance the self-image and improve the academic success of disadvantaged elementary school students from the northeast San Fernando Valley.

"The MTA has adopted our group, and they're going to provide volunteers with cleanup tools and refreshments," said Janet Alston Jackson, Believe in Yourself co-founder.

Jackson began the program last year with her husband, Walter Jackson, holding classes and youth activities in the Lake View Terrace Recreation Center. The group has since moved to permanent quarters at Brainard Avenue Elementary School in Lake View Terrace.

"We plan to clean up the whole area between Terra Bella and Hubbard, starting near where Rodney King was stopped," Jackson said, referring to the area at Osborne Street and Foothill Boulevard where King was beaten by police in 1991.

For more information about Believe in Yourself, call (818) 896-8288.

—TIM MAY

Husband and Wife Team Teaches Young People how to 'Sport the Right Attitude'

An anti-violence program for elementary to high school students in the North East San Fernando Valley has been launched by author Dr. Walter Jackson and his wife, Janet Alston. The program, which is aimed at youths in the North East San Fernando Valley, has been launched by author Dr. Walter Jackson and his wife, Janet Alston. The program, which is aimed at youths in the North East San Fernando Valley, has been launched by author Dr. Walter Jackson and his wife, Janet Alston.

"Today's young people are experiencing tremendous pressure which is reflective of their tensed home and school environments," says Jackson. "Many children are trying unsuccessfully to cope with their parents' problems from divorce to finances and end up acting out in violence. Children have to be taught how to deal with pressure just like some companies are teaching their employees."

The anti-violence program incorporates self-esteem and stress reduction techniques to help youngsters handle a variety of problems from dealing with conflicts on the school yard, to how to keep calm when taking a test. The program which is aimed at

feelings and how to handle their anger." Dr. Jackson who was raised in a violent family, and Mrs. Jackson who was raised with an alcoholic father, feel that too many children are growing up hiding family secrets which surface through behavioral problems. The program is designed to help youngsters vent their frustrations.

Dr. Jackson's, who have adopted two older children from underprivileged backgrounds, are using their experience and have come to understand that when children's feelings are acknowledged, their self-esteem is uplifted.

The husband and wife team have been married for 15 years. They have also been

speaking to groups of all ages since 1982. Dr. Jackson is the author of the self-help book, "Sporting the Right Attitude: Surviving Family Violence" and Mrs. Jackson is the author of "Dancing Together: Making Our Relationship Work," which will be released in 1994.

The Power of Positive Thinking

Here are some tips from author-lecturer Dr. Walter Jackson on how troubled youths can use their power of positive thinking to get themselves on the track to success:

- **Be kind to yourself**—Give yourself a lot of positive affirmation all day, every day. For example: I am a good person, I am very good at writing, etc.
- **Be honest with yourself**—Acknowledge your feelings instead of denying them. When in trouble or pain, talk to a parent, sibling, friend, neighbor, coach or anyone with whom you feel you can honestly communicate.
- **Trust yourself**—Listen to your inner voice.
- **Have faith**—Give yourself the faith from within that encourages you to tackle the challenges of daily life without fear.
- **Visualize**—Project a vision of yourself and what you want to achieve in life, i.e. a home, family, money, and then go for it.
- **Spend time with people who support your goals**—Pick friends who are motivated to be someone.
- **Commit**—Make a commitment to be a better person.
- **Think positively**—Refuse to think about failure or to doubt your own power.
- **Don't give up the dream of improving your life**—No obstacle is permanent unless you want it to be.
- **Stop Blaming yourself**—Stop blaming others. Take charge of your own destiny and make it happen.

alcohol abuse in their homes.

"Many children who get into trouble with the law, or join gangs, do not know how to handle their pain," says Mrs. Jackson. "Some come from troubled families who may not see their warning signs. WE want to reach out to children and help them to understand their

Life's lessons inspire youth

Ex-Stocktonian reaching out to troubled kids

By Howard Lachtman
The Stockton Record

Twenty-five years ago, Walter Jackson was tearing up the playing fields of Stockton as one of Edison High School's most outstanding athletes.

Following in the footsteps of Edison superstar J.D. Hill as the second athlete to earn four varsity letters in one year, Jackson was a hero to his peers and an object of scrutiny to college recruiters.

"It looked like I had everything," Jackson said, speaking from the Los Angeles office.

"My peers put me on a pedestal, but there was another Walter Jackson nobody knew about. At home, I had to listen to constant arguments and fights between my parents. It tore me down. It made me insecure and withdrawn."

The idol of Edison describes himself as an emotionally abused child who escaped problems at home through sports.

"It gave me the confidence I needed to keep going and not be so hurt by what was going on in my house," Jackson said. "I got a lot of positive reinforcement from it."



MESSAGE OF HOPE: Walter Jackson frequently meets with youngsters to encourage them to believe in themselves.

Continued next page

Jackson's dreams of a professional career were shattered one October night in 1967 when a car in which he was riding plunged off the highway, killing one of its occupants. Jackson suffered multiple broken bones and a severe head injury. His glory days were over.

"I couldn't use sports anymore to escape my parents' constant fighting," he said. "The scholarship offers disappeared, and for the first time, I had to deal with feelings which I had always run from."

His mental and physical rehabilitation was progressing, Jackson said, when he received another crushing blow. On New Year's Eve in 1968, his father was stabbed to death by a stranger.

"It had a traumatic effect on me," said Jackson, who was attending San Joaquin Delta College. "I dropped out of school and roamed the streets. I didn't know what I could do with the rest of my life."

"The foundations of Walter's world were shaken and then removed," said Ben Reddish, senior counselor at Edison High School. "This is where his real struggle came. He was in the depths of despair. He had nothing."

Jackson could easily have self-destructed. Instead, he reached within himself and found the motivation he needed to return to Delta College. He later graduated from Sacramento State University, where he majored in social work. Armed with a diploma and confidence, Jackson set out to tackle the world.

"Walter was a great athlete," said Ben Parks, his former Edison coach, "but more than that, he had a lot of character. I saw in him the determination never to give up, no matter what the adversity was. I was delighted to find out he's done so well with his life, but I was not surprised. His perseverance was something else. He was one of the guys you knew was going to succeed."

Jackson moved to Los Angeles, where he worked as a probation officer, started his own painting company and sold real estate. He also met his future wife, Janet

Continued P. 9. 2
Stockton Record - California
"Life's Lessons"

Power of positive thinking

Here are some tips from author-lecturer Walter Jackson on how troubled youths can use the power of positive thinking to get themselves on the track to success:

■ **Be kind to yourself** — Give yourself a lot of positive affirmation all day, every day.

■ **Be honest with yourself** — Acknowledge your feelings instead of denying them. When in trouble or pain, talk to a friend, neighbor, coach — anyone with whom you feel you can honestly communicate.

■ **Trust yourself** — Listen to your inner voice.

■ **Have faith** — Give yourself the faith from within that encourages you to tackle the challenges of daily life

without fear.

■ **Visualize** — Project a vision of yourself and what you want to achieve in life — a home, family, money — and then go for it.

■ **Spend time with people who support your goals** — Pick friends who are motivated to be someone.

■ **Commit** — Make a commitment to be a better person.

■ **Think positively** — Refuse to think about failure or to doubt your own power.

■ **Don't give up the dream of improving your life** — No obstacle is permanent unless you wish it to be.

■ **Stop blaming yourself**. Stop blaming others. Take charge of your own destiny — and make it happen.

Alston.

"I'd never met a person with so much will and determination to make it," she said. "I was astounded by his belief in himself at a time when he had nothing at all."

Jackson believed in others as well. His wife — a photo editor and manager for ABC Television — recalled how supportive he was of her career and her dreams.

And, he started reaching out to youngsters.

"I knew I wanted to get involved with kids who, like myself, felt there was hope and no future for themselves," Jackson

said.

Jackson has recently written and published his life story "Sporting the Right Attitude." He uses it as an aid in the motivational seminars on self-esteem and positive enforcement he presents at schools and service groups.

Jackson's message of self-help and self-hope is gaining wider exposure. On Jan. 15-16, he'll be in Oakland, where Mayor Elihu Harris has invited him to be a role model for that city's troubled youth. Radio and TV appearances have been scheduled to help Jackson reach city kids menaced by poverty, drugs and gangs.

"One of the things I really like about Walter's book is that it is very personal,"

For information

For more information on the Jacksons' motivational seminars or on how to obtain a copy of "Sporting the Right Attitude," write to: Self Expansion, P.O. Box 27566, Los Angeles, CA 90027.

said spokeswoman Joan Allen, of Oakland's We Can Make It Happen. "It comes from the heart. He shares a great deal of his emotions. I was really touched by that. He's a dedicated and sincere man trying to help others reach their goals."

Jackson hopes his story will help inspire youths to believe in themselves. He brought his message to Stockton in 1983, when he addressed the Edison graduating class. He urged students to keep faith with themselves, develop their talents and become winners in the game of life.

"His message to youth is a very positive one," said Ben Reddish, chief counselor at Edison High. "I felt a new, renewed vigor coming through from him. He's developed a keen sense of awareness. He's now in a position to control the variables of life as he did in athletics — and to pass it on. Students could really benefit from his message."

"It would be excellent to bring Walter back to Stockton, not just for Edison, but for all schools," Parks said. "It would help remind us we need to take time to listen to what the kids are saying and to give them moral and ethical values. No matter what the frustrations of their lives, Walter Jackson could help by saying, hey, there's another way, a better way. He's proof of that. He did it himself."

Alumnus to graduates: have faith in yourselves

By KEITH BRIDENSTINE
Of the Record Staff

Walter Jackson Jr. turned to some painful 15-year-old memories Thursday to give Edison High School's class of 1983 his formula for a successful life.

"We can all overcome obstacles by having faith in ourselves," Jackson told some 300 graduating seniors at commencement exercises in Charles Magnasco Stadium.

Jackson spoke of the auto accident that ended his hopes of an athletic career in 1968. He sustained head and shoulder injuries in the pre-graduation crash that claimed a friend's life.

At the time, Jackson was one of the first Edison athletes to earn letters in four major sports two consecutive years.

"My being here with you today is a miracle," he said.

Jackson said his doctors feared his head injuries would make him a vegetable for the rest of his life.

"I made up my mind to get back into life," Jackson said.

And in so doing he attended Delta College, earned a degree at Sacramento State, became a Los Angeles County probation officer and is a real estate agent and businessman.



**'Your world reflects the
kind of thoughts you are
thinking'**

— Walter Jackson Jr.

"Trust yourself," Jackson said. "One thing I learned here is that if we are lucky as human beings we keep on learning for the rest of our lives. Graduation is only an intermission between school and life. Your world reflects the kind of thoughts you are thinking."

He offered three ingredients for success: faith, enthusiasm and love.

(Please see EDISON, Page 19)

Edison

(Continued from Page 17)

"If we have faith in ourselves we can succeed in whatever we want. Turn away from negative experiences," Jackson said.

He urged graduates to be enthusiastic because "every day is a special event in our lives with new opportunities, choices and challenges. Get on the ball. We must believe in ourselves and be the best person we can be to win."

He added that love is an attitude. "Keep positive about yourselves and love yourselves and others.

"This is only a beginning. When you are looking for a helping hand, remember that helping hand is at the end of your own arm," Jackson concluded.

Edison principal Leopoldo R. Gloria, who welcomed the graduating class on a breezy, bright evening, brought them to their feet when he said:

"You are a very good class. You have a lot of class."

Salutatorians Belkeis Eltareb and Consolacion Saqueton and valedictorians Susanna Heckman and Michelle Quan gave brief talks.

Sixty-eight of the graduates received honors and scholarships.

Janet Alston

Most people would consider Janet Alston's job glamorous. After all there are times when she must spend the day with personalities such as Billy Dee Williams and Alex Haley.

Her position as publicist for CBS Entertainment, according to Alston is nothing but an "illusion like the rest of Hollywood." Yet she treats it with respect and demands that everyone treat her the same way.

There is something uniquely confident and appealing about Alston. She's bold, brash, bright and determined. And although there are days when the pretty 5'9" executive has to "psyche" herself up for the day's activities, she is always prepared for whatever may occur. And what may occur could range from her having to fly to New York at a moment's notice to explaining why two stars of any given CBS show are unable to get along. But it's all in a day's work.

As publicist in charge of publicity for CBS' West Coast daytime and Saturday morning programs, Alston's job often finds her playing the part of moderator, psychologist and counselor to producers, writers, directors and program executives. She has served as a unit publicist on numerous series including "Falcon Crest," "The Jeffersons," "Good Times," and "Lou Grant." She has also generated publicity for over 130 prime-time television shows and specials. It's a lot of responsibility and hard work for the Chicago native, but it's okay.

She balances her career and personal life to make sure she gives equal time to her one-

year-old son Ryan and her husband of seven years, Walter Jackson.

Alston is a strong-willed, take-charge, elegant woman, who wears her confidence well. "I like freedom and responsibility," Alston said during lunch at one of Hollywood's posh restaurants. "I don't have anyone over me. I'm pretty much on my own. I like it that way. I make the decisions. I just go and do it." She believes that successful people get where they are in the world, not by luck, but by drive and determination. An example of her own philosophy, Alston has worked her way up the CBS ladder over the past 11 years, and likes the view.

Being a publicist, though, was not her first choice. Before

taking that step she experienced several detours, including a stint as a reporter and talk-show host in Northern California. "I found that news had changed tremendously," Alston explained. "News no longer wanted you for your skills. They wanted you if you were pretty. There was a lot of politics. You could be dynamic in what you knew about news but it didn't make a difference if the audience didn't like your hairstyle. I found it wasn't the dream I had thought of after all."

Success is important to Alston, but what is even more important is the respect given to her position and the ability to effectively deal with the pressure that accompanies it. "I put pressure on myself,"

Alston admitted. "Mostly because most of these people have never worked around Blacks. They meet me for the first time and realize I'm supposed to handle their show and I think they look at me as the stereotype they see on television. I have to let them know there are intelligent Blacks out there who are hard workers—opposite from what society has dictated, shown and projected."

Alston believes that what puts people "over the top" is the strength to believe in themselves. "You must believe that you can do what you want to do—somehow, somehow," Alston stressed. "Just keep believing no matter what." ■

by Darlene C. Donloe

