

100

BLACK MEN
OF AMERICA, INC.

Alton, IL Chapter

July, 2008

Quarterly Newsletter

ALTON CHAPTER NEWS BRIEFS/ MEETING DATES

Alton Chapter News Briefs

Prostate Cancer Education Project

The IL Department of Public Health funded the 100's fifth-year grant to develop and implement a Prostate Cancer awareness and education project concluding June 30, 2008. The target group for services remained African American males over 40 years of age. The goal was to educate 200 men about the dangers of this disease and to encourage 20% to be screened with PSA and/or DRE exams.



Data being analyzed has revealed good results on achievement of the three project goals and nine objectives. The early awarding of the project contract helped to maximize time to achieve goals. Efforts directed at improving the participation of local churches and women's groups have yield improved results. Approximately 85 prior year participants were contacted by letter and were encouraged to retest annually. Some participated eagerly, while others remained apprehensive. Total project results will be shared in the next newsletter edition. The 100 BM, again thank all participants and collaborative partners for their efforts and involvement in the project. The Illinois Department of Public Health is credited with realizing the importance of this effort and continuing to make funding available for the project.

Scholarship Awards Dinner

The 100's 18th Annual Scholarship Awards Dinner was held on Monday, July 14, 2008, at Alton Holiday Inn, 3800 Homer Adams Parkway, 6 p.m. The 2008 scholarship recipients included, **Justin Sims, Jeaneen Barbee, Denise Jones, and Beatrice Adams.** The Camera



Club kids and the Future All Stars and GLAD mentoring programs were also recognized for achievements. Featured guest speaker was Travis Evans, who shared his personal success story.



20th Year With Bucket Brigade

The 100 reached a participation milestone in the annual Bucket Brigade on May 17, 2008, by painting the home of a local senior citizen. Dale Neudecker is credited with founding this community beautification effort that the 100 has participated in for the past 20 years. Leo Cox is thanked for his efforts in coordinating the event. Painters this year included **President Bob Wills, Leo Cox, Bob Berry, Jim Griggs, and Ed Smith.**

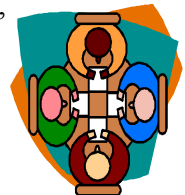
Annual Golf Classic

The 100 hosted its 2008 Golf Classic on Monday, May 5, 2008, at Lockhaven Country Club. Our first outing at that venue was a success. Thanks to all participants, donors and sponsors.



Meeting Notices

Regular Membership Meeting,
Saturday, **July 12, 2008,**
10:00 a.m., Alton Acres Office.
Board Meeting, Wednesday,
July 16, 2008, at 6 p.m.,
Alton Acres Office.



Focus on Economic Development

(Information summarized from The Chronicles of Black Wealth, Volume II: Pathways to Entrepreneurship, National Endowment for Financial Education for 100 Black Men of America, 2005.)

My Own Business

In its introduction, the publication stated that many people dream of saying the words in this header. They are said to “want to be entrepreneurs, people who take control of their own economic destinies through creating and growing businesses.”

Examples of entrepreneurs included the following:

- Young “kidpreneurs” who find business callings before they can even drive
- Older people who get the business bug after retirement
- Parents looking for extra family income
- Visionaries seeking Fortune 500 futures
- People who are frustrated by what they see as limits placed on them by employers
- Immigrants hoping to capitalize on the American Dream, and
- People “downsized” from their jobs in corporate America.

The authors shared that entrepreneurs of color began over a century or more ago with individuals like Madam C.J. Walker, who became a millionaire in the early 1900s by selling hair care products, and they continue today to



Daymond Johns, whose homemade hat business led to today’s urban clothing giant FUBU. Many Black businesses started because of discriminatory laws that kept Blacks out of good jobs, schools, and neighborhoods. The businesses clustered in the service sector: mom-and-pop groceries, barbershops, laundries, and the like, until after the Civil Rights movement of the 1960s. The publication stated that the total number of businesses owned by minorities of all kinds more than doubled to over 15% in 1997 from 7% in 1982.

Are You Ready to be an Entrepreneur

Under this topic header, the authors encouraged reading of the following statements. If you say “yes” to all or most of them, you are probably ready to start a business. The statements included:

- You have a clear defined idea for your business

- You have experience and/or education in your area of business.
- You have the energy and self-confidence to pursue your idea.
- You’re not afraid of the hard work and long hours that running a business can take.
- You’re talking with family and loved ones about the sacrifice you’ll have to make to pursue your dream.
- You understand that people may discourage you in your attempt to build a business, but are prepared to push on.
- You are a good communicator, able to convey your dream and its future to employees, mentors, potential investors, and others.
- You want to be an entrepreneur!

Writing a Business Blueprint

The publication described a business plan as a blueprint to guide your idea through startup and growth. In the plan the entrepreneur defines the business, and outlines its goals and operations. Before the business plan is written, a feasibility analysis is suggested to answer two questions:

- Is there sufficient demand for the product or service that I want to offer consumers?
- Can I provide that product or service at a profit?

First, summarize your business idea. Then briefly describe the market for your product or service, identifying if there is good potential for growth, both for the industry as a whole and your specific company. The final section of the analysis will be the break-even analysis calculation to determine the total sales you must make to cover your cost of business, which will weigh whether you can provide the product or service at a price that will cover your costs and be competitive.



100 Joins Urban League Guild's Healthy Awareness Day Project

The 100 partnered with the Madison County Urban League Guild in promoting Healthy Awareness Day activities May 5 - 17, 2008. The project mission was to provide diabetes education to African Americans and other people of color thereby improving their health and preventing the onset of diabetes. The target population to be reached was predominately the low-income and uninsured African American and Hispanic men and women ages 40 and over. Some of the information provided is presented below.

Diabetes

(Reprinted information and summary from Illinois Department of Public Health booklet, "Men's Health Program")

About half of all persons with diabetes do not know they have the disease and are not under medical care. Between 1958 and 1995, the number of persons with diagnosed diabetes increased from 1.6 million to 8 million – a five-fold increase! In Illinois, approximately 500,000 persons 18 years of age and older have been diagnosed with diabetes.

Individuals with diabetes are at increased risk for heart disease, blindness, kidney failure and lower extremity amputations. While the disease and its complications occur among persons of all ages and racial and ethnic groups, the burden of diabetes is heavier among the elderly and among African Americans, Hispanics/Latinos and American Indians.

Diabetes refers either to a deficiency of insulin or to a decreased ability to use insulin, a hormone excreted by the pancreas. Insulin allows glucose (sugar) to enter body cells and be converted to energy. It also is needed to build protein and to store fats. In uncontrolled diabetes, glucose and fats stay in the bloodstream and, in time, damage the body's vital organs. There are two main types of diabetes:

- Non-insulin diabetes usually appears after the age of 40 and is the most common type. It affects 90 percent of those who have the disease.
- Insulin-dependent diabetes affects less than 10 percent of those with the disease. Although this type of diabetes can occur at any age, it most often appears in childhood or during the teen years. Signs of diabetes are excessive thirst, frequent urination, unusual hunger, rapid loss of weight and obvious weakness and fatigue.

The following individuals have a greater risk of developing non insulin dependent diabetes:

- Those with a family history of diabetes
- Individuals who are 20 percent or more over ideal body weight
- Members of certain racial or ethnic groups, such as Mexican and Puerto Rican Americans, African Americans and Cuban Americans
- Those who are 45 years of age and older
- Individuals with impaired glucose tolerance
- Persons with hypertension
- Those who have excessive levels of fat in their blood
- Women who have a history of gestational diabetes during pregnancy or who have had babies weighing more than nine pounds.

Q&A: Learning more about diabetes

Here are answers to some of the most common questions about diabetes:

Q: Is diabetes curable?

A: It's not curable, but depending on the type of diabetes, it can be well-managed and even prevented from developing.

Although type 1 diabetes (formerly called juvenile or insulin-dependent diabetes) can be controlled and treated, researchers are still looking for ways to cure and prevent it, including transplantation. Recent advances in islet cell transplantation show promise. But the risks and limitations of this procedure have restricted its use.

It's a different story when it comes to type 2 diabetes (formerly called adult-onset or noninsulin-dependent diabetes). Type 2 diabetes can be prevented or delayed from developing with lifestyle modification alone.

The ongoing Diabetes Prevention Program study, for instance, shows that people at risk of developing diabetes who modified their diet, lost weight and exercised regularly were able to prevent the development of diabetes. In addition, weight loss can help normalize blood sugar and decrease your need for medications. Although not a cure per se, lifestyle modification can prevent diabetes from developing or bring your diabetes under control.

For more information, contact American Diabetes Association at www.diabetes.org

I, too, sing America

*I am the darker brother
They send me to eat in the kitchen
When company comes,
But I laugh,
And eat well,
And grow strong.*

*Tomorrow,
I'll be at the table
When company comes.
Nobody'll dare
Say to me,
"Eat in the kitchen," Then.*

*Besides, They'll see how beautiful I am
And be ashamed—*

I, too, am America.

-- -- By Langston Hughes

Office Address

100 Black Men of Alton, Inc
3116 Acorn Street
Alton, IL 62002

Mailing Address

100 Black Men of Alton, Inc.
P. O. Box 321
Alton, IL 62002

Phone Numbers

618-466-8723
618-466-3447

Web Site

www.100bma.org

Newsletter

L. E. Hawthorne
Editor & Publisher
(Newsletters are now published quarterly.)

100

**BLACK MEN
OF AMERICA, INC.**

Alton, IL Chapter

P. O. Box 321
Alton, IL 62002

Postage

Mailing Label