

100

BLACK MEN
OF AMERICA, INC.

Alton, IL Chapter

September, 2008

Quarterly Newsletter

ALTON CHAPTER NEWS BRIEFS/ MEETING DATES

Alton Chapter News Briefs

100 Joins Urban League Guild at NAACP Back to School Program



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The 100 partnered with the Madison County Urban League Guild in promoting Healthy Awareness. The community event was the very successful Back to School – Stay In School Program held on Saturday, August 9, 2008, at James Killion Park at Salu. The groups joined tables and shared efforts to provide information about two illnesses that disproportionately affect African Americans, Diabetes and Prostate Cancer. Bottles of drinking water were distributed by both groups to help keep participants hydrated on the warm summer day.

Black Tie Event is October

Individuals who support the annual Black Tie Event are asked to Save the Date, Saturday, October 25, 2008. The dining and dancing, combined with awards presented to individuals, agencies, and businesses help to make it an evening to remember. Ticket price remains at \$50 each.



The location will be the very popular Lewis & Clark Commons. Tickets will be available from group members.

Scholarship Awards Event is a Success

The Scholar Awards Program was held Monday, July 14, 6 p.m., at Holiday Inn – Alton. The young, male, motivational speaker, who is from Alton, shared how his early youthful activities landed him in trouble. He shared that the mentoring and guidance he later received from Ed Hightower was instrumental in turning his life around. He admonished the youth present to make good choices to avoid the pitfalls he experienced.



2008 Scholarship Awardees

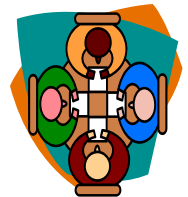


Some of the Future All Stars Basketball Awardees

Meeting Notices

Regular Membership Meeting,
Saturday, **September 6, 2008,**
10:00 a.m., Alton Acres Office.

Board Meeting, Wednesday,
September 17, 2008, at 6 p.m.,
Alton Acres Office.



Prostate Cancer Education Grant Results

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.

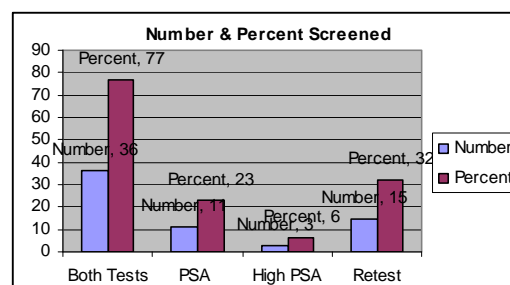


The desired result of educating 200 men in the target group was achieved by the distribution of well over 200 copies of selected print material. Fifty plus copies of the two 100 Black Men's quarterly newsletters and one special edition were mailed to organizations and individuals during the months of, April, May and July. The newsletters were also posted on the organizational web site, providing unlimited access to the information. The web site administrator reported that there were 377 unique visitors to the web site April through June, 2007. There were 375 visits to the newsletter pages during the same period. Inclusion of the screening dates in Saint Anthony's Health Center's quarterly booklet publication reached over a thousand recipients of that document.

Educational seminars were conducted for approximately 81 plus individuals. Sign in sheets were used to document participation. The 47 individuals tested and screened all completed the data form, documenting their participation. Most had both the PSA and DRE tests. A 10 minute educational video was offered for viewing at the test sites and individuals were given the packets of

educational information.

The following information was provided by the 47 participants tested and completing data forms: Tabulated data from completed data forms revealed that 77% or 36 of the participants completing data forms completed both PSA and DRE screening tests, with 100% or 47 completing the PSA test. Three participants or 6% completing data forms had test results that were considered high (>4.0). Approximately eighty African American men previously identified and tested were sent letters reminding them of the importance of annual testing and inviting them to participate in the current year screening. Fifteen (32%) of those participating were identified as having been previously screened. All of the participants tested and completing data forms, 47 and 100%, were over age 40. Ages of participants ranged from 41 to 81 years old. Eighty-one percent or 38 of the participants completing the forms were African American. The remaining 19% or nine were Caucasian.



There was success in achieving all of the project goals, but with continuing difficulty. This outreach effort to this underserved high-risk population still remains challenging but necessary work. The 100 Black Men of Alton still remains committed to continuing health initiatives. Improved health care and health education of African American families and other individuals remains a priority to our organization. We plan to use knowledge gained and materials and contacts developed to continue this work and to pursue other like projects.

Focus on Education

(Information summarized from *Teacher Magazine* web site, September, 2006)

The following information was offered by veteran teachers as “best practices” to boost student performance at the respective levels indicated:

Performance Booster – High School: offered by a high school English teacher.

Have a positive attitude First, project a positive attitude toward students and make it clear that you have a love and passion for the subject matter. When teachers explain why the material is worth learning and how students can apply it in the real world, students are much more motivated to learn.

Plan well When planning a unit, review what you have previously done, keeping only the most successful components and then consult the Internet or your peers who teach the same subject to get new ideas. Whenever a teacher can offer some form of choice to students, the kids appreciate it.

Vary activities Be sure to vary the activities you plan and the forms of assessment. Having three different activities within a class period is a good practice. In addition to incorporating technology, also make sure that you align the lessons with state standards and other standardized tests, such as Advanced Placement and the SATs. At the end of the period, you can also remind students of late or upcoming assignments.

Communicate with parents Finally, it is imperative that you keep close contact with parents. Presenting specific information at Back to School night—rather than a general overview—is a good start. You should keep student grades updated on online services such as Power Grade so that parents can access them at home. And if students misbehave and test you early in the year, immediately call the parents.

Performance Booster – Middle Grades: offered by a 7th grade English teacher.

Sweat the small stuff If your school has a gum rule or a dress code, enforce it. A student who can’t get away with chewing gum won’t try to get away with something worse. One of my favorite rules is that students must say “thank you” whenever I hand them something—even if it’s a worksheet.

More is more One summer, I wrote a rule for everything that might come up. I ended up with 46 rules. My students gasped when I handed them the seven-page document on the first day of school, but they knew exactly what was expected of them.

Timer is on your side If you don’t have a timer, buy one. Then buy another one as a backup, plus plenty of batteries. My students have exactly two minutes to complete their “Do Now” as they enter the room, and this sets the tone for the rest of the class.

No negotiations If you’re arguing with a student about the rules, you’re not teaching. You’re also telling your students that your rules are negotiable. Middle school students need structure and boundaries, and you won’t accomplish this by stopping class to argue about the bathroom policy.

Be a model of consistency I’ve seen teachers come to school late and then complain about how their students are behaving. If you want your students to be responsible, it has to start with you.



*Quotes Reprinted From:
More Neighborly Thoughts from State Farm
Celebrating the African American Heritage*

"You can't make someone else's choices. You shouldn't let someone else make yours."

--Colin Powell

"You have to expect things of yourself before you can do them."

--Michael Jordan

"Probably one of the most serious psychological handicaps young people have today is the notion that it is 'cool' to be a non-achiever, that it is 'hip' to put down hard work in school."

--Bill Cosby

"a man without knowledge of himself & his heritage is like a tree without roots."

--Dick Gregory

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