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BLACK MEN
OF AMERICA, INC.



Quarterly Newsletter – Winter 2010 October/ November/ December

ALTON CHAPTER NEWS & EVENTS

Hawthorne is Selected Man of the Year!!

The Alton 100 was thrilled to again have great attendance for the 2010 Black Tie Ball. **Len Hawthorne** (pictured here being Congratulated by past awardee Jared McCain) was selected as Man of the Year by the Alton 100.



Program chairman, **Atty. Ben Beyers** planned a great evening, which was presented without a hitch by Master of ceremonies, **Kenneth Spells**. Other honorees included, **Sarah Fox** and **Antonio Stephens**, as Honorary Chairpersons. **Jane Pitts-Greer** and **Pat King** received education awards, and **Lisa Brown** and **Val Harris** received community service awards. Memorial awards were presented to the family of **L. D. and Virgie Kelly**, and also to **Barbara Gray's** husband, James Gray. **Debra Pitts** and **Calvin Brown** were both easy choices to receive Achievement Awards. Retired **Associate Judge Clayton Williams** was declared a Living Legend for his pioneering work in the legal profession. **James Gray** was again presented the merit award for continuing to be the leading fund raiser for the event. Before, during and after a delicious meal and the program, Louis Michael's Combo provided excellent music that was well received by the appreciative audience.

Event proceeds help fund our 21st Century Scholarship and other youth programs. Thanks to all participants!

A Child is Born

Congratulations to Alton 100's board chairman, **Atty. Ben Beyers** and his wife **Camee** on the birth of their first child, a darling girl. Dad said that both mom and baby are doing fine. We wish their family all the joy that childbirth can bring, and we welcome their newborn to the Alton 100 family.

In The News

Congratulations are also in order to Alton 100 board member and immediate past chairman **Kenneth Spells** on his recent selection as the next Superintendent of Alton Community Unit School District 11. Several local newspaper articles described how he progressed from one of several applicants to being the school board's choice to lead the school district. We salute his determination and pioneering spirit as the first African American superintendent. **Dr. Spells** also recently earned His Doctorate degree.



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Men's top health threats: Mostly preventable

(Reprinted from Walgreens web site)

Do you know what threatens your life the most? The list is surprisingly short.

In the article, 1,199,264 American men died. Nearly 80 percent of them died of heart disease or one of the nine other leading causes of death among American men. Here's a snapshot of what was then described as the 10 leading killers of American men at that time:

Rank	Cause	Percentage of male deaths
1	Heart disease	28.4
2	Cancer	24.1
3	Unintentional injuries	5.8
4	Stroke	5.2
5	Chronic obstructive pulmonary disease (COPD)	5.1
6	Diabetes	2.8
7	Influenza and pneumonia	2.4
8	Suicide	2.1
9	Kidney disease	1.6
10	Chronic liver disease and cirrhosis	1.5
Total		79

Source: Centers for Disease Control and Prevention

The information provided herein should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Call 911 for all medical emergencies.

All but one of these causes of death - stroke - claim proportionately more men's lives than women's lives at all ages. As a result, the average American man lives 5.4 years fewer than does the average woman. In 2002, male life expectancy was 74.5 years. Female life expectancy was 79.9 years. It's unclear why men - statistically speaking - are the weaker sex. Heredity and male sex hormones may play a role, affecting such characteristics as body fat distribution. Specifically, men are more likely to accumulate fat around the abdomen (apple-shape obesity), which is associated with an increased risk of heart disease, diabetes, cancer and stroke. Women, on the other hand, are more likely to put on extra weight around the hips. This pear-shape obesity, while unhealthy, is not linked as closely to potentially fatal conditions.



Socially sanctioned "male" behavior may also predispose men to premature death. Men are more likely to smoke, drink, use illicit drugs and engage in casual sex - all of which can increase their risk of serious diseases. They're also conditioned from an early age to take risks and behave aggressively, which may partly explain why they have a higher risk of dying from accidents, suicide and homicide.

One thing is clear, though: You don't have to become a statistic. By recognizing the leading threats to your life, you can take steps to reduce your risks.



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ACTIVITY PHOTOS



Holiday Safety Tips

NOTE: This information is considered important enough for annual reprint.

Personal safety is paramount!!

1. Park your car in a well-lit area.
2. Don't shop alone.
3. Avoid carrying large sums of money or numerous credit cards.
4. If you carry a purse, throw the strap over your shoulder and keep the bag close to your body, preferably in front of you.
5. Wrap a rubber band or two around your wallet to keep it from slipping out of your pocket.
6. Carry an extra car key with you.
7. Double-check that car windows are securely closed.
8. Don't open the car door or window if someone approaches the car.
9. Don't carry packages that obstruct your view.
10. Don't leave packages in open view.

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