



Making Extension Connections

PREMIERE ISSUE

VOLUME I

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Welcome to Metro News...

The Alabama Cooperative Extension System's (ACES) Urban Affairs and New Nontraditional Programs (UANNP) is proud to present the premiere issue of *Metro News... Making Extension Connections*. The newsletter's goals are to support the missions, goals and objectives of ACES and UANNP. The primary goal of the newsletter is to present current events and relevant research-based information to individual citizens, communities and organizations. But before I go any further, I think it's important that I share a little background information about UANNP.

On August 1, 1995, the United States District Court, Northern District of Alabama, Southern Division, through the ruling of Judge Harold Murphy, issued a Remedial Decree ordering the unification of the Extension programs at Alabama A&M and Auburn Universities. The result was the establishment of the Alabama Cooperative Extension System with two companion program thrusts *rural or traditional programs* and *urban and new nontraditional programs*. While the foundation and program foci as well as the geographic location for the traditional programs were well established, the Decree laid the foundation for the development and expansion of Extension programs into the urban arena with a focus on nontraditional audiences. Thus, the organization of Urban Affairs and New Nontraditional Programs with a mission to provide educational and contemporary or futuristic programs that help Alabama's urban and nontraditional audiences adapt to changing environments and needs.

Today, UANNP is a viable and growing unit with nine urban centers across the state of Alabama. Although the concept of UANNP is to meet the needs of Alabama's families, institutions and communities in urban areas, it recognizes the integration and certainly, the interdependence of the rural-urban interface as urbanization increases throughout the state.

Like most new development, UANNP has experienced its share of growing pains as it strives to become a full participant of the land-grant system alongside AU. The future of ACES will not be determined by any one factor as the 10-year court decree draws to a close. But I can tell you that UANNP is alive and well.

I encourage you to flip through the pages of *Metro News* and discover what UANNP has to offer!

Dr. Virginia Caples

1890 Administrator/University Professor

Web site Promotes Workforce Preparation

by Rosalie Lane

The new Workforce Education and Career Assistance Network For You (WECAN4U) website, was introduced to the public in May 2001. It was created and designed to be a pathway to workforce and economic resources by Specialists Rosalie M. Lane of the UANNP/ACES, and Ray Ali of the Department of Land-Grant Programs at West Virginia State College.

So often we hear that workforce preparation and computer knowledge are essential ingredients to increase employment opportunities. It is indeed the right time for all Americans to go "on-line" as new data suggests that the "overall level of U.S. digital inclusion is rapidly increasing." [*Falling Through the Net: Toward Digital Inclusion*, October 2000, U.S. Department of Commerce, National Telecommunications and Information Administration.] Internet usage is up by 35.8 percent – from 32.7 percent in December 1998 to 44.4 percent in August 2000. This remarkable upswing in usage transcends many socioeconomic levels, as well as cultural-ethnic ties. August 2000 data shows that low-income users were more likely to use the Internet to look for jobs than any other income group. Black Americans are now more than twice as likely to have computers at home, increasing from 11.2 percent to 23.5 percent, while Hispanics increased 12.6 percent to 23.6 percent in the same instance (U.S. Department of Commerce).

The WECAN4U website is designed to provide a pathway to Internet resources in employment preparation and development (including areas in starting a business, money management,

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2001 Food and Nutrition Summer Institute

by Jannie Carter, Ph.D.

The Food and Nutrition Summer Institute is an annual event generally held in the Washington D.C. area, coordinated by Dr. Ellen Harris, and sponsored by Federal agencies such as the United States Department of Agriculture (USDA) and the United States Agency for International Development. This year's Institute, however, was held in Accra, Ghana, an appropriate venue in-keeping with the 2001 theme, *Strengthening Agriculture and Health Interventions to Improve Nutrition in Africa*.

Institute participants focused on ways to lend support to the African Nutrition Capacity Development Initiative. This initiative seeks to renew and strengthen the role of nutrition in any development agenda in Africa. It further recognizes the need to enhance capacity at multiple levels and focuses in the areas of nutrition advocacy, training, inter/intra-regional curricular development, research, leadership, and networking.

A research, teaching and outreach team of five Alabama A&M University (AAMU) faculty and Extension

staff members participated in the institute. Dr. Donnie Cook, Extension health and nutrition specialist; Dr. Jannie Carter, state Extension program leader; Mrs. Ann Warren, associate professor/coordinator, nutrition and hospitality management; Dr. Johnson Kamalu, associate professor, nutrition and hospitality management; and graduate student Ms. Adriane Langham comprised the team. Also in attendance was 1890 Research Director Dr. McAuthur Floyd.

Nutrition and health educators from across the continent, including East Africa, Southern Africa, West and Central Africa, shared information on the status of food security, food safety and health in their region. Paul Cotton, a nutrition scientist with the Community Nutrition Research Group, Beltsville Human Nutrition Research Center, and the USDA's Agriculture Research Service, shared information on *What We Eat in America*. Also, Shirley Blakely, Food and Drug Administration, Department of Health and Human Services, presented on *Food Safety in the U.S.* Site visits were made to Accra's Public Health Clinic, the Food Research Institute and the University of Ghana. Interactive and round-table discussions



addressed the topic of *Capacity Development and Linkages to West and Central Africa*.

In addition, an open forum for Historically Black Colleges and Universities provided opportunities for representatives from AAMU, Prairie View A&M, Howard, Tuskegee, Virginia State, and South Carolina State University to make presentations on proposed research activities. The Alabama team presented on the *Modification of Peanut-Based Foods Commonly Consumed in Africa to Increase Vitamin A Content*. The AAMU team also plans to expand the proposal and pursue external funding and partnership initiatives for outreach opportunities on the continent of Africa.

Obesity Epidemic in Youth

by Donnie Cook, Ph.D.

Did you know that today one out of four children are overweight or obese? Obesity is an escalating global health problem. According to statistics cited by the International Food Information Council, the percentage of overweight children in several countries is as follows: 16.1% in Singapore (school children), 14.3% in Thailand, and 7.8% in Malaysia. The Centers for Disease Control and Prevention further reports that in the United States, 25% of children ages 2 to 20 years are overweight or obese. These figures reflect twice the rate of obesity seen just a decade ago. The National Health and Nutrition Survey III, on the other hand, illustrated that 27% of children under the age of 12 are obese, reflecting a significant increase in obesity over a twenty-year period.

Scientific studies reveal that 60% of the children ages 5 to 10 years are overweight and have early biochemical or clinical signs or symptoms of cardiovascular risk factors. In addition, 25% of these children have two or more risk factors. Obesity in the early years can cause psychological, physiological and social problems. As obesity increases and fitness decreases, children are developing chronic diseases at earlier ages. Overweight and obese children tend to grow quicker and are sometimes mistaken for older children. They are more likely to be discriminated against and to develop negative attitudes about being overweight. Even though poor diet and physical inactivity are the primary reasons for obesity, others reasons such as friends and peer pressure groups, sedentary activities, emotional problems, slower rate of metabolism, heredity, environmental

factors, and hormone imbalance can also cause obesity.

Reaching out to empower children with the knowledge and skills needed for a healthier tomorrow is part of the solution. Are you ready to take the challenge and make a difference? The Alabama Cooperative Extension System has resources and expertise to help individuals, families, and communities to develop or select a longitudinal nutrition education and weight management program. Persons interested in taking the challenge and making a difference may contact me by e-mail at dcook@aces.edu. Or send inquiries to my attention at: Alabama Cooperative Extension System, P.O. Box 967, Normal, AL 35762.



Instituto De Verano Sobre Comestibles y Nutrición 2001

Este evento anual se llevó a cabo este año en Ghana, África. Educadores a través de todo el continente compartieron información sobre la seguridad de los comestibles y la salud de la región. Entre los presentes estaban la Dra. Donnie Cook, Especialista en Salud y Nutrición, y la Dra. Jannie Carter, Líder Estatal para Asuntos Urbanos y Programas No Tradicionales del Servicio de Extensión Agrícola de Alabama.

La Epidemia De Obesidad En La Juventud

Sabía usted que hoy día uno de cada cuatro niños está gordo? El Centro para Control y Prevención de Enfermedades reportó que en los Estados Unidos, el 25% de los niños entre las edades de 2 a 20 años están obesos. Éstos niños no sólo tienen los factores de riesgo cardiovascular sino también pueden tener problemas psicológicos y sociales. El Servicio de Extensión Agrícola de Alabama tiene los recursos y la pericia para ayudar individuos, familias, y comunidades a desarrollar o seleccionar un programa educativo en nutrición y manejo de peso. Personas interesadas en aceptar el reto, comuníquense con la Dra. Donnie Cook.

Gastando Juiciosamente Poco Antes De La Época Navideña

La Navidad está a la vuelta de la esquina. Sin embargo, antes de salir corriendo a comprar, revise su situación financiera. Si necesita hacer ajustes, a continuación hay varias sugerencias:

- Haga una lista selectiva de amistades y familiares.
- Consiga un trabajo a tiempo parcial o trabaje horas extras.
- Tome ventaja de los especiales.
- Haga compras por catálogo.
- Cuando salga de compras, compare precios.
- Use tarjetas de crédito y préstamos con mucho juicio.

Para más información referente a su presupuesto de Navidad, comuníquese con la Dra. Bernice Wilson.



Spending Wisely for the Holidays

by Bernice B. Wilson, Ph.D.

The holiday season is rapidly approaching. You will begin to notice stores displaying holiday decorations, increasing inventory, and gearing up for the rush that comes with holiday shopping. Nevertheless, before rushing out to begin your seasonal shopping, take time out to assess your financial situation. Check to see how much money you have available to spend for the holidays. Ideally, you have planned and budgeted for the holidays throughout the year. Perhaps

you began last January by developing a spending plan (budget), deciding how much you wanted to save by the end of the year, and putting money aside on a weekly or monthly basis. Or perhaps you did this through some type of a Christmas savings account with a financial institution or a social savings club. If you did, you're way ahead of the game.

If you need to trim holiday spending to stay within your budget, you have some options. You can still avoid anxiety and stress by following these holiday management tips by the Consumer Credit Education Foundation, the non-profit arm of the American Financial Services Association.

- **Save in advance.** Discipline yourself to save a few dollars from each paycheck during the year.
- **Moonlight.** Take a part-time job for a couple of months or work overtime. This is a great way to earn extra spending money for the holidays.
- **Draw names.** This will reduce spending, especially if your list of family and friends is long.
- **Take advantage of seasonal bargains.** Many stores begin year-end sales during the holiday season.

- **Shop by catalog.** This will help you stick to a budget since you are not enticed by the many choices offered in stores. Shopping by catalog also helps you avoid the holiday crowds.
- **Allow time for planning and comparison shopping.** Keep your budget in mind and shop carefully to get the best selection and price. In other words, budget for purchases. Write down names of people you are going to shop for along with a number of gift choices, including estimated costs and actual price paid.
- **Borrow wisely.** Credit cards and loans are frequently used to make up for a lack of holiday cash. Both allow you to repay the amount owed over a period of time, although you pay for this advantage in finance charge. You also need to remember to budget for the credit card and/or loan payments that you make.

If this holiday season has caught you without adequate money to spend for a joyous holiday, start now by correcting this situation for the future. Plan to have money for your holiday spending for next year and follow these tips.

Urban Affairs leads A Three-Way Education Effort Regarding Hispanics

Hispanics are the fastest growing minority group in the United States (US) according to the Census Bureau data of March 2000, totaling 32.8 million or 12% of the US population. Furthermore, the Census data revealed that approximately 64,697 Hispanics currently reside in Alabama, a number the state was expected to reach in the year 2025. Keeping this figure in mind and the fact that 91.5% of all Hispanics live in metropolitan areas, UANNP developed and implemented a three-way education plan.

First, through Extension's Diversity and Multicultural Affairs program, people in Alabama have the opportunity to learn more about this particular ethnic group. Conferences, symposiums, and other educational activities conducted under the leadership of Dr. Celedonio Gapasin, provides Alabama residents with an inside glimpse into Hispanic culture and traditions. In addition, a PowerPoint presentation entitled, *Hispanics in the United States*, is currently available for viewing on UANNP's Web site. This

presentation includes population size, origin, race, patterns of immigration, regional distribution, culture, and other demographics.

Second, through a collaborative effort among Extension specialists at Alabama A&M University, the UANNP Web site has been translated into Spanish. The Spanish-speaking population can now visit the Web site at www.aces.edu/urban and click on the link entitled **Para Nuestros Amigos Latinos** where they will learn about Extension programs and specialists, as well as view a selective list of publications that exemplify UANNP. This version of the Web site has been printed and is available for distribution so that the majority of Hispanics in Alabama can have access to all the educational programs and resources UANNP has to offer.

Third, through the Multi-State Program for Spanish-Speaking Audiences with New Mexico State University, Extension agents in North Alabama developed a county program entitled Education Fiesta. Under the leadership of Dr. Bernice Wilson, agents will implement educational activities in the areas of personal finance, home buying, insurance,

domestic violence, legal rights, health, and food safety. With the collaboration of the Hispanic Coalition, and the aid of bilingual individuals and Hispanic community leaders, this program will empower Hispanics in the North Alabama area to attain a better quality of life. The group that is spearheading this effort is the State Extension Outreach Team for Non-English-Speaking Residents. Members include Betty Ann Broman, Marcia Carroll, Jannie Carter, Julio Correa, Jerry Chenault, Marilyn Johnson, Mary Malone, Linda Robinson, Martha Sibley, Catherine Stanton, and Karen Thompson.

The first Hispanic Festival in Huntsville will be held Saturday, October 13, at Big Spring Park, from 3:00 to 6:00 pm. Come join us there to celebrate in the festivities. Although the Hispanic Heritage Month has passed, there is still a lot of work to do and only a few organizations to help. Clearly, the UANNP, in collaboration with other educational and community efforts, is moving to the forefront to address the needs of Alabama's Hispanic population, and will continue to do so in the months and years ahead.



Building Quality Communities of Tomorrow... Today!!!

By Jannie Carter, Ph.D.

The progressive city of Savannah, Georgia provided the ideal backdrop for the 2001 Joint Southern Region Program Committee Meeting. Extension's Associate Director Chinella Henderson and State Program Leader Jannie Carter represented UANNP at the annual event on August 26-29, 2001. This year's theme was *Building Quality Communities of Tomorrow... Today!!!* Other ACES staff in attendance were Lavern

Blount, Jonathan Davis, Rebecca Dollman, Molly Gregg, Martha Johnson, Arlie Powell, Ray Rice, Harry Strawn, Clarene Teague-Johnson, Paul Waddy and Carol Whatley.

Frances Hesselbein, chairman of the Board of Governors of the Peter F. Drucker Foundation, delivered the opening address at the first general session. Other general session activities included a discussion on *How Extension Has Built Quality Communities* with panelists Margaret Hale, Texas A&M University; Rosalie Bivin, Louisiana State University; and Oscar Butler, South Carolina State University. William C. Parker, president of Parker & Parker Associates, a human resource development consulting firm in Lexington Kentucky, lead a lively interactive exchange at the second general session entitled *Tolerance: The Critical Role of Leadership*.

The regional committee meeting sponsored by the Southern Rural Development Center, provides excellent opportunities for Extension professionals to communicate, network and collaborate on topics of general interest to all states in the region. The meeting also functions as an excellent vehicle for coordinating multi-state program goals, activities and agreements. Mid-level managers left the event fueled with new information and approaches to building leaders, engaging partners and sustaining organizations.



La Unidad De Asuntos Urbanos Encabeza Un Esfuerzo Trilátero Con Respecto A Los Hispanos

Dado que el tamaño de la población hispana en Alabama va aumentando rápidamente, la Unidad de Asuntos Urbanos ha desarrollado e implementado un plan trilátero de educación. Primero, a través del Programa de Diversidad y Asuntos Multiculturales, gente en Alabama tienen la oportunidad de aprender más sobre éste grupo étnico. Segundo, el Web site de Asuntos Urbanos ha sido traducido al español para que la población hispana pueda enterarse de los programas de Extensión. Ésta versión del Web site está también disponible en impresos para que la

mayoría de los hispanos en Alabama tengan acceso a todos aquellos programas y recursos que Asuntos Urbanos ofrece. Tercero, a través del Programa Multi-Estatal con New Mexico State University, agentes del Servicio de Extensión Agrícola en el norte de Alabama desarrollaron un programa titulado Fiesta Educativa.

Para más información sobre éste plan trilátero de educación, comuníquese con la Sra. Jean Hall Dwyer, el Dr. Julio Correa, la Dra. Bernice Wilson, o el Dr. Dony Gapasin. No se olviden de asistir al Festival Hispano que se va a llevar a cabo el sábado 13 de octubre del 2001 de 3:00 a 6:00 pm en Big Spring Park en Huntsville, Alabama.

Construyendo Las Comunidades De Calidad Del Mañana Hoy!!!

La reunión conjunta del Comité de Programas de la Región Sur se llevó a cabo este año en Savannah, Georgia. La sesión titulada Cómo Extensión Ha Construido Comunidades De Calidad tenía de panelistas, entre otros, personal de Texas A&M University, Louisiana State University y South Carolina State University. La Dra. Chinella Henderson, Directora Asociada, y la Dra. Jannie Carter, Líder Estatal, representaron la Unidad de Asuntos Urbanos y Programas No Tradicionales del Servicio de Extensión Agrícola de Alabama en el evento anual.

(continued from page 1)

economic development, education and training, etc.) A training manual is available for agents to use as a supplement to workforce and limited economic training material.

WECAN4U's other outstanding features are its easy accessibility and the quantity of employment resources available through the Internet. The site is simply designed to allow the novice computer user to navigate easily. By typing in the uniform resource locator or Web site address: www.wecan4u.net and double clicking, the user goes directly to the site. That's all there is to it! The intimidated computer user has little reason to fear using the technology when there is important workforce information to access.

How does the site work? WECAN4U is made up of important employment connections that are laid out along a pathway to strategically link opportunities in employment, training, economic development, etc. It connects to current economic and workforce statistics on the local, state and national level. The user is presented with many educational and training avenues such as two- and four-year colleges, and training and certification programs.

Some sites offer links to information on starting a business, while another site offers a comprehensive approach to financial resource management.

If the professional wants to know what other states are doing with the Workforce Investment Act (WIA), that information is available simply by double clicking on the map of the United States in that section. The WIA legislation of 1998 is also included.

How can www.wecan4u.net work for you? Take the employment section feature, for example. If you live in Alabama, the website offers access to virtually endless amounts of employment information in every county of the state, including state jobs, jobs in urban counties, and any national, federal or international jobs that are posted on the Internet. If you work long enough, you might be able to find any job within the state.

The site is a direct but non-exhaustive gateway to aid Internet searches for employment training, education, and other workforce-related information in West Virginia, Alabama and the nation. It puts workforce, business, education, and economic and financial information at the fingertips of Alabama & West Virginia residents.



Web site Promueve Preparación Para Ser Parte De La fuerza Trabajadora

El Web site WECAN4U (siglas en inglés) fué puesto a la disposición del público en mayo del 2001. El mismo fué creado y diseñado por la Sra. Rosalie M. Lane, Especialista de la Unidad de Asuntos Urbanos y Programas No Tradicionales del Servicio de Extensión Agrícola de Alabama, y el Sr. Ray Ali del Departamento de Programas Land-Grant (palabras en inglés) de West Virginia State College. El Web site WECAN4U está diseñado para proveer un camino hacia los recursos que tiene el Internet en el área de preparación y desarrollo de empleo. Para más información referente a éste Web site, comuníquese con la Sra. Rosalie Lane.

A Silent Killer

Protect those you care about - urge them to test for radon

by Madison County Urban Center Staff

If you have tested your home for radon, you have taken the first step toward protecting your family from the health risks associated with radon, the second leading cause of lung cancer. Now, tell your friends about radon and encourage them to test their home. And while you're at it, tell your neighbors and your relatives too. It may save their lives!

Because testing for radon in Alabama is not regulated or legislated, the Alabama Cooperative Extension System's radon education program's goal is to reach as many Alabama citizens as possible with the radon message. The message is simple: test your home for radon and protect yourself and your family from exposure to a radioactive gas that can cause cancer.

"There are many who think that the radon issue isn't important," notes Sabrina Lyle, coordinator of the Madison County radon education program. "They don't realize the serious risk they are taking by ignoring this potential problem. Some Alabama residents are especially at risk for elevated levels of radon in their homes. Madison County's test results have shown that two out of every five homes has a radon problem."

Geological features, known as karst, make it easy for radon to find its way to the surface and into your home. Karst geology is limestone and shale in the bedrock layers under the soil that can be worn away over time by water to form caves, cracks and crevices in the earth.

Also present in parts of Alabama are heavy deposits of Uranium 238. As Uranium 238 decays, it becomes radon, a radioactive gas. As a gas, radon can move to the surface of the soil and into your living space. Radon penetrates your home through entry points such as openings around pipes, plumbing, drain openings, separations between the wall and floor, and cracks in the foundation. When you have karst geology and natural deposits of Uranium 238, you have what is called "the radon fast track." Radon can move rapidly and easily into your home and the air you and your family breathe.

What exactly is Radon? Radon is a Type A human carcinogen, which is demonstrated and known to cause cancer, is the most serious and deadly of carcinogens. Asbestos is also a Type A carcinogen, as is cigarette smoke. So if anyone thinks that radon isn't a serious health risk, tell that person the facts.

Another fact is that between 14,000 and 30,000 people die each year from radon-induced lung cancer. Radon is a serious problem in 15 counties in Alabama, including Jefferson, and Madison. The only way to know if you have a radon problem is to test. A short-term radon test can be purchased for \$5 and a long-term alpha track test is \$15 at select County Extension offices.

"This is a small price to pay to protect your family from radon. Tell a friend to test his or her home for radon today!" notes Ms. Lyle. "It could save lives."

El Aresino Silencioso

Radon (nombre en inglés) es un carcinógeno, el cual ha demostrado que causa cáncer en los seres humanos. Éste gas penetra el hogar a través de las brechas que hay entre las paredes y el piso, y las aberturas que rodean la plomería. Los resultados de las pruebas hechas en el Condado de Madison muestran que dos de cada cinco hogares tienen un problema de radon. Dado que en Alabama la prueba del radon no es mandatoria, el Servicio de Extensión Agrícola de Alabama desarrolló un programa con el propósito de educar al público sobre los riesgos que tiene éste gas radioactivo.

Para más información sobre el programa, comuníquese con la Srta. Sabrina Lyle, Coordinadora del Programa de Educación Sobre Radon del Condado de Madison.

RAINBOWS (nombre en inglés)

RAINBOWS es una organización internacional que provee un puente hacia la recuperación emocional de niños, adolescentes, y adultos enfrentando muerte, divorcio u otro tipo de período angustioso. La organización ha desarrollado adiestramientos para que voluntarios de comunidad puedan establecer grupos de apoyo emocional a través de la vinculación de escuelas, iglesias, sinagogas, y agencias con familias necesitadas. Recientemente, la oficina internacional respondió a los eventos horribles ocurridos en Washington DC y la Ciudad de Nueva York.

Para más información referente a RAINBOWS, comuníquese con la Dra. Wilma Ruffin.



RAINBOWS

by Wilma Ruffin, Ph.D.

RAINBOWS, an international organization, provides a bridge to emotional healing for children, adolescents, and adults confronting death, divorce or other painful family transitions. RAINBOWS has developed age-directed curricula and training for community volunteers to establish grief support groups in communities by linking schools, churches, synagogues, and agencies with families in need.

The RAINBOWS organization has developed an excellent program with concepts and tenants that appropriately address the crisis we currently face as a nation. The international office has responded to the horrific events of September 11, 2001 by compiling a packet that can be used in response to inquiries about children's grief. These materials can also be used continuously since grief is often a long-term process for children and adults.

For example, "Children and teens need adults to guide them through the reality and aftermath of the recent terrorist attacks in Washington and New York," says Suzy Yehl Marta, president and founder of the RAINBOWS international grief-support organization. "This is an unprecedented crisis. As the caregivers and protectors of our youth, it is our obligation to help them. Working together, we will learn to pick up and move forward," she said.

The organization has served nearly one million youth struggling with emotional issues of death, divorce, and family loss. The organization's crisis programs have also been implemented in violence-torn Northern Ireland, in the aftermath of large-scale natural disasters in the U.S., and to assist families devastated by the nuclear disaster at Chernobyl.

To help children and teens cope with America's crisis, Marta suggests: adults and kids watch and/or read TV and newspaper reports together. This allows you to see and hear what the child is learning about the event and to limit the

children's exposure to media coverage. Too much information can be overwhelming, especially for younger children.

Marta advises parents to sit close to their children and to act as tactile as possible – cuddling, hugging, touching arm or shoulder – even with teens or older children. Maintain the child or teen's routine. Following normal schedules for school, homework, activities and bedtime, provides much needed structure during the chaos.

Acknowledge the tragedy. Explain and share the facts as best as you can. If children aren't told the real facts, they create their own, sometimes even more terrifying versions of events. At the same time, limit the child's exposure to media coverage to keep him or her from being overwhelmed.

Talk to them about what has happened. Don't wait for the child to initiate the conversation. It's the adult's job to start the discussion. Use words children understand, share your feelings and thoughts, and more importantly, be honest.

Use games and propose to stimulate conversation. Hands-on, age-appropriate activities help children and teens articulate their thoughts, feelings and concerns.

Young children: Give the child a piece of paper and ask him or her to draw a picture of the tragedy and/or picture of how they are feeling. Then talk about what they've drawn.

Pre/young adolescents: Ask the child to play the role of reporter and to interview you (classmates or friends) about the attacks. Encourage the child to ask the questions that they want to know the answers to. For example: What happened? What did you see? How has the tragedy affected you? How do you feel? How should we react to what happened?

Teens: Give the adolescent a lump of clay and ask him or her to mold it to reflect their feelings or thoughts about what they've watched on television or read in the newspapers.

Answer all questions as best you can. If you're unsure of the information, it's okay to say, "I don't know." At the same time you are giving children information, it's important to determine just how much they understand about recent events. Ask them what they think or believe.

Be patient. As time passes, chances are questions and concerns will increase.

Teach tolerance. "We live in a diverse country with people of many nationalities and races," says Marta. "We should not blame them for the tragedy or be afraid of any of them." Assure children that the government will learn who is responsible for the attacks and will respond accordingly.

Offer assurance for the future. Explain government security measures; tell the children how these are being strengthened and what steps are being taken to prevent, as far as humanly possible, another attack of this nature.

The Alabama Cooperative Extension System has three registered RAINBOWS directors. They are Extension Family and Human Development Specialist Dr. Wilma J. Ruffin at Alabama A&M University, County Extension Agent Janice Harper in Jefferson County-Birmingham, and County Extension Agent Amanda Outlaw in Mobile County-Mobile. For more information about RAINBOWS, please contact these individuals:

Dr. Ruffin – 256-858-4960
(wruffin@aces.edu)

Mrs. Harper – 256-325-5342
(jharper@aces.edu)

Mrs. Outlaw – 256-574-8445
(aoutlaw@aces.edu)

For a packet of activities that can be used during this crisis, please contact the agency at:

RAINBOWS
2100 Golf Road, #370
Rolling Meadows, IL 60008
1-800-266-3206 or
e-mail: info@rainbows.org

Racial Profiling

by Mary Andrews and Wendi Williams



According to a 1999 Gallup Poll Social Audit on Black/White Relations in the United States, 59% of the individuals polled, believed that racial profiling is a widespread problem. This discriminatory practice is more commonly referred to as *racial profiling*, where police officers stop racial or ethnic groups under the assumption that they are more likely to commit certain types of crimes. Statistics reveal that law enforcement officers have stopped more than four out of ten African Americans because of their race. While the definition of racial profiling may differ from region to region, it is more likely to occur among individuals living in urban rather than suburban or rural parts of the country.

An unsurprising, but observable factor in the poll was that participant responses also *differed* among racial lines. Seventy-seven percent of African Americans believe that racial profiling is a nationwide problem, compared to 56% of whites. And, almost three-quarters of young black men between the ages of 18 and 34 reported having been stopped by police because of their race or ethnic background. African Americans, however, are not the only ethnic members of society who have been targets of racial profiling. One in five Hispanics and Asian men also report being the victims of racially motivated stops by officers of the law.

Between March 8 and April 22, 2001, the *Washington Post*, the Henry J. Kaiser Family Foundation and researchers from Harvard University, conducted random interviews that

included 315 Hispanics, 323 African Americans and 254 Asians to determine the extent of racial profiling. This survey further supports the Gallop Poll Audit conducted two years earlier, in that nearly one in four African Americans, or 37% of those surveyed stated they had been stopped unfairly by police because of race. What is surprising, however, is that 25% of African American women also reported being stopped by local or state authorities. Luckily, efforts are being made to combat this social issue on a national level.

The End Racial Profiling Act of 2001 (House of Representatives 2074 and Senate 989) was introduced to Congress on June 6, 2001. Receiving wide bipartisan support, this legislation seeks, first, to create federal prohibition against racial profiling; second, to provide funding for the retraining of law enforcement officers on how to combat such practices; and third, to hold law enforcement agencies accountable for its continued use of racial profiling. The American Civil Liberties Union, the National Association for the Advancement of Colored People, and countless other organizations fully support this bipartisan legislation.

On the state scene, the Shoals Diversity Council in Florence, Alabama, hosted a town hall meeting on *Critical Issues on Racial Profiling* earlier this year. Sixty-seven law enforcement officers, district attorneys, community lay leaders and students from the International Bible College attended the meeting. According to the meeting evaluation, many of the officers found the seminar helpful and reported that no formal complaints had been filed against their department in regard to racial profiling. However, police administrators expressed an interest to conduct similar programs in their units, particularly, for those officers who were not able to attend the town meeting.

Unfortunately, racial practices based on prejudice or discrimination are deeply woven into our society like threads in fine tapestry. To treat one group of people less favorably than

another because of color, religious belief or ethnic origin is *racism*. It can be experienced personally, through jokes, graffiti, violence and abuse, or institutionally, by denying individuals access to education, jobs, housing, services, etc. The effects of racism, on the other hand, are far reaching and serve no purpose other than to further erode our country economically, socially, politically, psychologically, or even ecologically through the physical breakdown of neighborhood communities.

Many of us would like to think that we rise above such practices, but the probabilities are greater that each and *every* one of us has been the victim of, or partook in some form of racial or discriminatory behavior whether in thought or deed. Recently, such incidences have reared their ugly heads as citizens are physically abused, verbally abused, or even killed as a result of the atrocities that occurred on September 11. *Why?* Because of their religious beliefs or simply because they *looked* to be of the same ethnic origin as the alleged terrorists.

Ask yourself... *in a time when life itself is so fragile, can we really afford to be racist?*

Fichando Por Raza

Según una encuesta del 1999, el 59% de los individuos sondeados creen que fichando por raza es un problema general. Esta práctica de discriminación es aquella en que oficiales de la policía detienen grupos raciales o étnicos bajo la suposición de que hay una mayor probabilidad de que éstos cometan algún tipo de crimen. Fichando por raza es más común en el área metropolitana que en la ruralía. Se espera que el Acta del 2001 Terminar Fichando Por Raza (H.R. 2074 y S. 989) se convierta en ley pronto.

Si quiere mantenerse informado sobre el estatus del acta, comuníquese con la Sra. Mary Andrews o la Srta. Wendi Williams.

Battered Men's Campaign

by Marilyn Simpson-Johnson, LMSW

The growth of the Extension campaign to promote "zero" tolerance for domestic violence is taking a new twist in 2002. Trapped in Poverty, Trapped by Abuse and Trapped by Poor Health! is a viable program in most of the nine urban centers and other county Extension offices. Launched three years ago, it has impacted through direct services and related social marketing strategies, well over a half-million Alabamians. To date, the focus of the work has been to address male-perpetrated domestic violence, in other words, men who batter, maim and/or kill women. This new campaign in 2002, however, will target battered men with educational resources and information. This campaign is in direct response to scientific studies based on sound research that reveals a sharp rise in female-on-male violence.



"The Hidden Side of Domestic Violence" states the following:

It was appropriate that domestic violence services and education primarily be focused on men in the '70s and '80s. But now it's time to turn to the rest of the lights on the stage and see who else is out there."

To this end, a Minnesota group of men has filed a lawsuit in a United States District Court seeking to squash the state's Battered Women's Act on the grounds that it discriminates against men.

The non-profit organization Stop Abuse for Everyone works to help battered men. The organization's goals promote "greater social acceptance of abused men, accompanied by expanded programs such as help lines, referral services and counseling." While Trapped! does not intend to join the fray of practitioners, pundits, social scientists and scholars who have amassed a voluminous amount of scientific and anecdotal information on men being battered by women, the following information provides some assistance for an emerging population of new victims of domestic violence in the 21st century: MEN.

Female violence is any behavior that is adopted by a woman to control you, which causes physical, sexual, or psychological damage or causes you to live in fear. Physical and sexual violence are the most obvious forms of violence. Pushing, biting, hitting, punching and using a weapon are all forms of violence. Forcing you to participate in sex is violence. Threats are a form of violence. Other forms of violence include: isolating you from family or friends; harassment on the job; hurting your children or pets; unsafe driving; blackmail; treating you like a servant; threatening murder or suicide; drugging you; lying; destroying your possessions; controlling your money; making you think you're crazy or stupid; insulting or humiliating you in public; or creating a sense of impending punishment.

Educational Resources for Male Victims of Domestic Violence

There are immediate actions men can take to offset the continued cycle of domestic violence.

- Tell family members or friends you trust.
- Make safety arrangements such as organizing a safe place to go, changing your phone number and locks.
- Telephone your local domestic violence hotline or shelter and talk to a counselor.
- Find out about your legal rights and the protections afforded you under state law.
- If you seek professional help, you will not lose your male identity.
- You have a right to the same protections under the law as female victims.
- Don't hesitate to call a police officer, if necessary. Alabama law mandates officers to determine WHO is the primary aggressor in a violent dispute.
- The Alabama Domestic Violence Hotline number is 1-800-691-8426.
- Other numbers are:

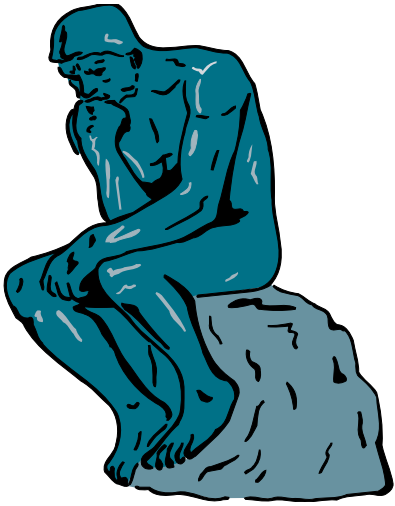
National Domestic Violence Hotline	1-800-799-SAFE
Family Violence and Sexual Assault Institute	1-903-534-5100
National Coalition Against Domestic Violence	1-303-839-1852
National Resource Center on Domestic Violence	1-800-537-2238

For the 2002 Extension program year, educational materials such as posters, brochures, flyers, fact sheets, and a video will be developed to support men who seek domestic violence services in Alabama. The focus of any in-service training presented to country agents will address the victimization of men in conflict-habituated families.

Men deserve to live and love free from violence.

Campaña Contra El Maltrato De Hombres

El Programa Atrapados en la Pobreza, el Abuso, y la Enfermedad! va a lanzar una nueva campaña en el año 2002. Ésta nueva campaña es en respuesta a los estudios científicos que muestran un aumento en la violencia de las mujeres sobre los hombres. Para más información referente a ésta campaña, comuníquese con la Sra. Marilyn Simpson Johnson.



Sharpening Rusty Creative Skills

by Marilyn Simpson-Johnson, LMSW

In any bureaucracy, whether large or small, organizations should identify and nurture creative employees who need to develop their creative talents to remain employable. For any Extension service or product to be considered "creative," it must be novel and useful to our end-users, the Extension audience. This statement implies that creative potential can be measured in a direct manner by actual creative outputs and mastery of the discipline within which the employee works and subject matter specialization. Once a creative team is assembled by management, organizations need to support their output with a variety of creativity-enhancing techniques. Though sounding like clichés, according to contemporary organizational development gurus, organizations should consider these practices:

- Because not all creative efforts will be fruitful, organizations must be willing to take risks and tolerate failure.
- Administrators/supervisors should shield creative employees from any external forces, particularly those within the organization that tend to discourage creativity or drain their creative output.
- Administrators/Managers should reduce workload pressure, especially unrealistic deadlines and excessive productivity expectations.
- Administrators/supervisors should be supportive and encouraging of creative endeavors.

- Employees should have freedom to pursue ideas and to decide how to do their jobs.
- Employees need challenging work, along with awareness that what they do is important.
- Sufficient resources must be available for employees to accomplish their tasks.

While these tips will contribute to a climate that enhances creativity, there is a key impediment to creativity that cognitive psychologists warn of: the effect of prior knowledge on creative efforts. One such behavior is called fixation or "mental rut." This is an inability to switch from an inappropriate solution approach to a more productive one. One of the most loathsome habits an employee can develop in the eyes of management, is just the right fix for mental rut: procrastination! This idle time is a period where the creative employee is not consciously working on the problem. S/he may decide to "alter context" by taking a brisk walk, strolling in the park, taking a drive in the mountains, visiting a botanical garden or any other alteration of context that follows "escape" from the office and the intractable problem. "Productive procrastination," on the other hand, describes periods when some work is suspended, while work continues on other projects.

Problem insight occurs when these incubation treatments produce the "eureka" or "ah ha" phenomenon, commonly documented in creativity studies. As noted in a 1991 design studies article on design fixation by Jansson and Smith, procrastination is "effective against fixation because the employee knows how to solve the problem, but inappropriate knowledge is blocking retrieval of the needed information."

Another behavior, structural imagination, refers "to the common tendency not to deviate from what is already known during creative efforts." This impediment is radically different from procrastination because the root of structured imagination is an employee who remains blissfully ignorant of his/her failure to identify the problem. In other words, the required knowledge is simply not there; thus, recognizing the problem has not been solved is the first step in overcoming structural imagination. A key second step is the

mastery of information in one's own domain as well as knowledge of other domains in order to develop a variety of solution scenarios.

Finally, two additional behaviors help prepare creative employees: (1) learn something new everyday and (2) seek out constructive criticism. Knowledge is growing and changing constantly. With the rapidity of knowledge turnover, the creative employee must stay within the learning curve. As Pasteur once said, "chance favors a prepared mind." Constructive criticism from a variety of sources, both traditional and nontraditional, will retard the growth of structural imagination. In conclusion, the use of creativity-enhancing techniques is a recognized precaution against fixation and structured imagination in the business world, and should be used more aggressively in the non-profit community.

Afilando Destrezas Creativas

Todo tipo de organización debe de identificar y nutrir empleados creativos que necesitan desarrollar sus talentos. El uso de técnicas que realzan creatividad es una precaución que se toma para contrarrestar los efectos de lo que generalmente se conoce como bloqueo mental. Fijación e imaginación estructural son dos impedimentos claves a la creatividad. Aunque no lo crean, aplazar una decisión o tarea es uno de los remedios más efectivos contra la fijación.

Para más información referente a éste artículo, comuníquese con la Sra. Marilyn Simpson Johnson.

Electronic Transfer Account

by Bernice Wilson, Ph.D.

Want a holiday tip? Open a bank account and do it before the holidays to guarantee safety in receiving federal benefits! Now, there's an easy process for individuals to receive federal payments like retirement or veteran assistance, while simultaneously rebuilding or establishing credit, and receiving payments in a timely fashion.

A new account is available to anyone who receives a federal payment regardless of your past credit history. The United States Department of Treasury designed the Electronic Transfer Account (ETA) in response to legislation passed in 1996 that

required that most federal payments be made electronically, or directly deposited into a bank account.

Treasury wanted to create a special account for those individuals who did not have bank accounts so they could also benefit from the speed and safety of direct deposit.

If you are still getting your payment by check, you run the risk of having that check lost in the mail, stolen, or arriving late due to weather conditions that are beyond anybody's control. In fact, you are 30 times more likely to have a problem with the delivery of a paper check than with direct deposit. And should a problem occur, it takes about three weeks to replace a check that may definitely affect your ability to pay monthly bills. Getting your

money electronically deposited into a bank account reduces such risks and provides a sense of personal safety.

An ETA requires no minimum balance and allows you to get your cash at an automated teller machine, a retail point of sale, or from a bank teller. Monthly statements are provided and the bank cannot charge you more than \$3.00 in monthly service charges.

The Treasury Department has now signed up more than 600 financial institutions with more than 14,000 branch locations to offer the ETA account. So, sign up today and take advantage of this opportunity to get a low-cost, convenient account.

Provider Name	Branch	Address	City	Zip
Bank of Pine Hill	Main Office Branch	Highway 5	Pine Hill	36769
First Bank of Dothan, Inc.	Main Office Branch	1479 West Main Street	Dothan	36301
First Citizens Bank	Main Office Branch	105 Woodfurd Avenue	Luverne	36049
First Commercial Bank of Cullman	Addison Cty Office	Highway 278 West	Addison	35540
	Cullman Office	101 First Avenue NW	Cullman	35055
	Eva Off	Highway 55 & Highway 35	Eva	35621
	Main Office Branch	Highway 69 & County Road 22	Good Hope	35055
First Tuskegee Bank	Montgomery Office	2774 East Boulevard	Montgomery	36117
	Downtown Br	100 Commerce Street	Montgomery	36104
	Main Office Branch	301 North Elm Street	Tuskegee	36083
Peoples Exchange Bank	Main Office Branch	Main & Moore Streets	Beatrice	36425
	Monroeville Branch	Highway 21 By-Pass & Mayfield St	Monroeville	36461

Depósito Directo

Para aquellas personas que reciben ciertos beneficios federales, ahora tienen una manera más fácil, rápida y segura de obtener su dinero. En 1996, el Congreso de los Estados Unidos pasó una ley que requiere que la mayoría de los pagos federales se hagan mediante transferencia electrónica o depósito directo a una cuenta de banco. De ésta forma los beneficiarios pueden evitar que sus cheques se pierdan en el correo, se los roben, o simple y llanamente lleguen tarde. El Departamento del Tesoro ha diseñado la Cuenta de Transferencia Electrónica (ETA-siglas en inglés) con el propósito de poner a la disposición de los beneficiarios las ventajas que tienen los bancos.

Para más información, comuníquense con la Dra. Bernice Wilson.

Symposium on Diversity and Multicultural Affairs

by Dony M. Gapasin, Ph.D.

On Thursday, July 19, 2001, a symposium on Diversity and Multicultural Affairs was conducted at the Dawson Cooperative Extension Building on the campus of Alabama A&M University (AAMU) primarily, for the in-service training of Alabama Cooperative Extension System (ACES) staff. Activities for the one-day event commenced with a greeting and welcome address by AAMU's 1890 Administrator and University Professor Dr. Virginia Caples.

Mr. Ron Williams, Extension head for program planning and development/law enforcement introduced keynote speaker Ms. Patricia A. Hoban Moore, state coordinator of the United States Department of Housing and Urban Development in Jackson, Mississippi. Ms. Moore's address centered on the symposium theme, *Making Our Communities Safe for Differences*.

All participants of the symposium attended three small group discussions on disability, sexual orientation and racism. Ms. Phyllis Barrett, a senior rehabilitation counselor of the Alabama Department of Rehabilitation Services in Huntsville, presented the topic *Don't Prejudge Persons With Disabilities*. She was assisted by Dr. William Fennessee, assistant professor and coordinator of the Rehabilitation Counseling Education at AAMU, and Mr. Jeff Howard, a welfare-to-work counselor of the Alabama Department of Economic and Community Affairs in Scottsboro. Both are disabled individuals. The discussion session was facilitated by Ms. Rosalie Lane, Extension educator for housing and urban community resource development (CRD) at AAMU.

The second topic for discussion was *Sexual Orientation: Creating a Safe Environment* presented by Reverend Jack Wilson, pastor of the Episcopal Church of Nativity in Huntsville. The facilitator for the group discussion was AU Extension Community Health Specialist Dr. Kathleen Tajeu. The third session, *Keeping Racism Out of Society and the Workplace*, was presented by keynote speaker Ms. Patricia Moore and facilitated by Dr. Willie Larkin, AU Extension CRD specialist.

The afternoon session, *Bridging and Celebrating Cultural Differences*, was a multicultural activity. AAMU Extension Animal Scientist Dr. Julio Correa, originally from San Juan, Puerto Rico, presented *Vamos a Hablar Espanol* or in English, *Let Us Speak Spanish*. Multicultural presentations of folk songs, music, dances, international costumes and slide shows were presented by 25 citizens from the Huntsville community who are originally from the countries of Colombia, Japan, Nigeria, Mexico, Philippines, Peru, Scotland, St. Lucia, and the islands of Hawaii.

The symposium ended with closing remarks by ACES' Associate Director Dr. Chinella Henderson and the song, *America the Beautiful* by the participants. Presiding in this symposium were Mr. Ron Williams for the morning session and Dr. Dony Gapasin, AAMU Extension CRD specialist, for the afternoon session.

Individuals from Chile, Ecuador and Ghana featured multicultural exhibits. Two organizations, the International Students Association of AAMU and the Madison Baptist Association, also joined in the exhibits with arts and crafts and poster displays.

Simposio Sobre Diversidad y Asuntos Multiculturales

Un simposio sobre Diversidad y Asuntos Multiculturales se llevó a cabo el jueves 19 de julio del 2001 en el edificio James I. Dawson en el campus de Alabama A&M University. La actividad incluyó conferencias, bailes folklóricos, y una exhibición de vestuarios y artesanía de Chile, Colombia, Ecuador, Escocia, Ghana, Hawaii, Japón, Las Filipinas, Méjico, Nigeria, Perú, y Santa Lucía. Entre los presentes estaban la Srta. Patricia A. Hoban Moore, Coordinadora Estatal del Departamento de la Vivienda y Desarrollo Urbano de los Estados Unidos, la Srta. Phyllis Barrett, Consejera del Departamento de Servicios de Rehabilitación de Alabama, y el Reverendo Jack Wilson, Pastor de la Iglesia Episcopal de Huntsville. El simposio fué presidido por el Sr. Ron Williams en la mañana, y por el Dr. Dony Gapasin en la tarde.

Youth Spend Summer in Leadership Training

by Edna Coleman

The 2001 Annual Youth Leadership Expo was held on June 26-28 in Huntsville, Alabama, involving more than 200 youth and volunteer leaders from across the state. The Expo, held on the campuses of Alabama A&M University (AAMU) and the University of Alabama in Huntsville (UAH), provided opportunities for state youth to showcase leadership skills acquired through involvement in various leadership programs and community service activities within their respective counties.

The Alabama Cooperative Extension System partnered with several local agencies, including the Huntsville-Madison County Chamber of Commerce and the Madison County District 6 office to sponsor this event. At the UAH campus, youth participants attended sessions facilitated by local professionals who offered networking opportunities and leadership expertise. The sessions concluded with a career fair featuring representatives from Huntsville businesses and government entities. Highlighting the expo theme, *2001 Youth Leadership Challenge: Preparing Tomorrow's Leaders through Community Service*, community service projects were submitted for county competition. A banquet was held at AAMU's Knight Center to honor the winning projects. The first place winner for this year's community service project was awarded to Mobile County's teen leadership group under the direction of County Extension Agent Amanda Outlaw. The Jefferson County teen leadership group received the second place award where Cynthia Whitaker and Janice Harper serve as county agents for youth programs.

This event was very successful in providing youth participants with a broad range of educational opportunities to enhance and build leadership skills. Youth leaders must be engaged in development training, and be actively involved in community service activities and volunteerism to meet the challenge of leading in the 21st century.



Huntsville City Schools Personnel Attend Cultural Diversity Workshop

by Dony M. Gapasin, Ph.D.

The Alabama Cooperative Extension System's Urban Affairs and New Nontraditional Programs spear-headed a cultural diversity program for the personnel of the Child Nutrition Program of Huntsville City Schools on Friday, August 3, 2001. This seminar-workshop was held at the Huntsville High School auditorium.

The seminar started early in the morning with greetings and words of welcome from the Superintendent of Huntsville City Schools Dr. Ann Ray Moore and Ms. Jan Harris, principal of Huntsville High School. A brief statement followed the greetings that outlined the purpose of the seminar-workshop by Mrs. Carol Wheelock, director of the Child Nutrition program. Certificates and awards were also presented to the staff in recognition for their contributions to the nutrition program during the year.

Prior to the presentations of the seminar speakers, Dr. Dony Gapasin, Extension community resource development (CRD) specialist, introduced the activities that were presented as part of the seminar-workshop-training program. The first resource speaker was Extension CRD Specialist Dr. Willie Larkin from Auburn University who showed several slides during his discussion on the topic *Valuing Diversity*. Forty minutes thereafter, Extension Animal Scientist Dr. Julio Correa from Alabama A&M University discussed *Hispanics/Latinos in the USA Today*. His presentation included the latest census of immigrants from South and Central America and other Spanish-speaking countries who are now residing in the USA and the implications to socioeconomic life in America. The next speaker, Mrs. Maria Taylor, formerly from Peru and a logistic management specialist of the Aviation and Missile Command at Redstone Arsenal in Huntsville, presented *Basic Conversational Spanish*.

A multicultural program followed featuring folk dances from Panama,

Peru, Spain, Philippines, and Scotland, a slide show of the Philippines, and a Scottish bagpipe and snare drum composition. In addition, the Hawaiian Fun Dance Troupe of Huntsville presented several dance numbers of the Hawaiian hula-Blue Hawaii, Poi Balls and the Tahitian Bora-Bora, along with dazzling costume displays

Personal De las Escuelas De Huntsville Asiste A Un Seminario Sobre Diversidad Cultural

La Unidad de Asuntos Urbanos y Programas No Tradicionales del Servicio de Extensión Agrícola de Alabama encabezó para el personal del Programa de Nutrición Infantil de las Escuelas de Huntsville un programa sobre diversidad cultural.

El programa se llevó a cabo el viernes 3 de agosto del 2001 en el auditorio de Huntsville High School. El Dr. Dony Gapasin, Especialista en Desarrollo de Recursos Comunitarios, coordinó conferencias, bailes folklóricos, y una exhibición de vestuarios y artesanía de Escocia, España, Hawaii, Indonesia, Las Filipinas, Panamá, Perú, Santa Lucía, Vietnam, y el continente africano.

Entre los presentes estaban la Dra. Ann Raymoore, Superintendente de Escuelas de Huntsville, la Sra. Carol Wheelock, Directora del Programa de Nutrición Infantil, y la Srta. Jan Harris, Principal de Huntsville High School.



Jóvenes Pasan El Verano En Un Adiestramiento De Liderato

La Exposición de Liderato Juvenil 2001 se llevó a cabo éste año del 26 al 28 de junio en los recintos universitarios de Alabama A&M University y University of Alabama en Huntsville. La Exposición suministró a los jóvenes oportunidades de desplegar sus destrezas de liderato, las cuales fueron adquiridas en sus respectivos condados. En primer lugar llegó el grupo de jóvenes del condado de Mobile bajo la dirección de la Agente de Extensión Amanda Outlaw. El grupo de jóvenes del condado de Jefferson, bajo la dirección de las agentes Cynthia Whitaker y Janice Harper, recibió el premio de segundo lugar.

Para más detalles sobre ésta exposición, comuníquese con la Sra. Edna Coleman.

Grassroots Connections (Comunicándose Con El Pueblo)

Urban Centers

Chinella Henderson, Ph.D.

November 1, 2001 is the projected opening date for the ninth and final urban center for the Alabama Cooperative Extension System. This center, located in Tuscaloosa, will concentrate on programming in the areas of family, youth, and horticulture. Staff requests have been initiated for two urban agents and a support staff person.

The operation of this center will bring the number of urban agents working across the state to twenty-three. These agents implement programs that address program areas such as the environment, horticulture, urban fostering, family and youth concerns.

A major goal of each urban center is to enhance the local county Extension office's ability to reach underserved audiences through innovative programming.

Requests for information or requests may be directed to the urban center nearest you.

Metro Area [Área Metropolitana]	Counties in Metro Area [Condados Limítrofes]	Telephone [Teléfono]
Anniston	Calhoun & Etowah	256-237-1621
Birmingham	Jefferson, Blount, St. Clair, Shelby & Walker	205-325-5342
Decatur	Lawrence & Morgan	256-301-3091
Dothan	Dale & Houston	334-794-4108
Florence	Lauderdale & Colbert	256-760-5860
Huntsville	Madison & Limestone	256-532-1578
Mobile	Mobile & Baldwin	256-574-8445
Montgomery	Autauga, Elmore & Montgomery	334-794-4108
Tuscaloosa	Tuscaloosa	205-348-3886

Financial Champions

County Agents Yvonne Thomas and Amanda Outlaw are participants in a pilot program that will run from September to November 2001 called Financial Champions (FC). FC is a new national 4-H curriculum that is being designed for youth 13-15 years of age to help them develop personal money management skills.

Campeones Financieros

Las Agentes de Condado Yvonne Thomas y Amanda Outlaw están actualmente participando en un programa piloto llamado Campeones Financieros. Éste programa, el cual termina en noviembre del 2001, es un nuevo curriculum nacional 4-H diseñado para ayudar jóvenes entre las edades de 13 a 15 años a desarrollar destrezas en el manejo del dinero.

Centros Urbanos

La fecha de apertura del noveno y último Centro Urbano del Servicio de Extensión Agrícola de Alabama está fijada para el primero de noviembre del 2001. Éste centro, el cual está localizado en Tuscaloosa, va concentrarse en las áreas de familia, juventud, y horticultura. Para más información, comuníquese con el Centro Urbano más cercano a usted.

Té Púrpura

En un esfuerzo por diseminar información sobre el cáncer del seno y la importancia que tiene la detección temprana, un Té Púrpura se llevó a cabo en el Headstart de Florence, Alabama en mayo de éste año. El evento fué auspiciado por el Centro Urbano del Servicio de Extensión Agrícola de Alabama en el Condado de Lauderdale, la Sociedad Americana Contra el Cáncer, y la Asociación Para Una Sociedad Libre de Tabaco. El punto culminante del evento fué la historia conmovedora de la Dra. Margaret Kelly, administradora en Alabama A&M University y sobreviviente del cáncer del seno. Para más información referente a éste evento, comuníquese con la Sra. Mary Andrews.



Dra. Margaret Kelly, AAMU



Purple Tea

By Mary Andrews

Breast cancer is on the rise among women, particularly women of color. Chances are you know someone who had or now has breast cancer. Because breast cancer is a life-threatening disease, most women do not like to talk about it, and some of us try to ignore it. But we owe it to ourselves to learn more about the importance of mammograms, regular breast examinations by a doctor or nurse, monthly breast self-examinations, the warning signs, and the Tell-A-Friend program sponsored by the American Cancer Society. Early detection and early treatment of breast cancer offers women the best chance of survival.

In an effort to spread the word, a Purple Tea was sponsored in May of this year by the Alabama Cooperative Extension System's urban center in Lauderdale County, the American Cancer Society, and The Partnership for a Tobacco-Free Society at the local Headstart facility in Florence, Alabama.

Forty-five women were introduced to the American Cancer Society's Tell-A-Friend program that is designed to encourage women to get a mammogram. The highlight of the event, however, was a heart-stirring story by AAMU administrator and breast cancer survivor, Dr. Margaret Kelly. A mini-luminary service was also held as each participant lit a candle for a survivor of breast cancer that they knew.

All 45 ladies agreed they would return in June 2001 for a Tell-A-Friend wrap-up celebration.

Putting Some Ease into Law

By Kevin Crenshaw, Esq.

LAW! Did that scare you? For many Americans just the mention of the word *law* or *legal issues* puts them on edge. According to the latest research, only 20% of the legal needs of urban and rural communities are addressed in this country. With recent funding cuts and restrictions imposed on legal services, this creates a profound crisis nationwide -- Alabama is no exception. Simply not knowing your rights under the law can make ordinary situations more complicated, even life changing.

That's why the Alabama Cooperative Extension System's Urban Affairs and New Nontraditional Programs has launched a legal education program called LegalEASE. There is no need to fear complicated legal jargon or *legalese* because our innovative education program gives it to you straight. *How?* By empowering Alabama citizens and communities with basic, easy-to-understand legal education and resources.

The program's first module addresses the legal needs and issues of Alabama's elderly communities and their families. Did you know that one out of seven Americans or 35 million people are over the age of 65? As baby boomers grow older, America's elderly population will double by the year 2030. Alabama seniors, for example, now constitute 13% of the general population, placing them among the top 10 oldest populations in the United States. "People are living longer and living more of their life in better health than before," said Richard Suzman, an expert at the National Institute on Aging -- a lead agency in collecting data on the elderly. As Alabamians live longer, legal issues associated with the aging will naturally increase, researchers report.

Elder Law, as the name implies, is defined by the client who is served rather than by its technical or legal distinctions. Elder law is not a separate body of laws, but rather a number of areas relevant to elderly individuals.

Elder Law can be broken down into two broad areas: Asset/



Financial Management and Health-care Management that addresses issues from estate planning to long-term care.

In addition, LegalEASE is partnering with state and federal agencies in the United States Department of Justice, the United States Department of Health and Human Services-Office of Aging, and the Alabama Department of Senior Services to develop and provide informational seminars, legal forums, public service announcements, newsletters and brochures throughout Alabama's communities.

Future modules will include Alabama Laws for Youth, Renter's Rights, Basic Criminal Law and Procedure, Sexual Harassment & The Work Place, and Consumer Rights Law.

So, let us help you put some *ease* into law with LegalEASE!

Haciendo fácil la Educación legal

La Unidad de Asuntos Urbanos y Programas No Tradicionales del Servicio de Extensión Agrícola de Alabama acaba de lanzar un programa innovador en el área de educación legal. El programa está diseñado para que a los ciudadanos de Alabama se les haga fácil utilizar los recursos legales. No saber cómo usar la ley puede complicar una situación ordinaria. Por ejemplo, usted debe saber sus derechos cuando se trata de la Oficina de Recaudación de Impuestos (IRS-siglas en inglés), la policía, inmigración, alquiler de su vivienda, vecinos, o parientes.

Siga sintonizado a esta columna para más consejos legales, o comuníquese con el Licenciado Kevin Crenshaw.

Editor's Corner

By Wendi Williams, Editor

As the country attempts to resume some normalcy after the terrorist attacks of September 11, I am thankful for the small wonders that impact lives in enormous ways. I am talking about the people of Extension who work daily to enhance lives and enrich communities. My colleagues here at UANNP are no exception! This newsletter is just one platform to tell you, the reader, about their unselfish acts not only here in Alabama, but as far away as the shores of West Africa.

This is the first issue of *Metro News* and we're excited about this publication. *Metro* is a quarterly bilingual newsletter that will eventually become an on-line publication *only*. So, don't just read the printed text – stop by our Web site as we continue to bring you insightful information that affects urban and nontraditional audiences worldwide.

I extend a special thanks to the editorial board and to contributing writers for helping to make this publication a reality! As Iyanla Vanzant once wrote, “**Rest. Work. Play. Serve. Learn. Teach. Give. Receive.**” Your efforts are not in vain!

**Come & Join us at the
3rd Annual Family Conference
October, 17, 2001
8:30 am – 3:30 pm
(see website for details)**

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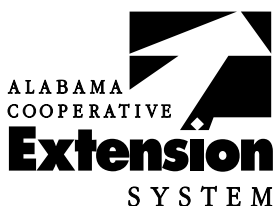
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