



HAITIAN STAR



Published by the Haitian Cultural Club

No. 5

L'union fait la force

March/April, 2011

HCC On the March

Haitian Cultural Club (HCC) has been busier than ever this semester. February 11 was a busy but fulfilling day. From 10 am to 1 pm, HCC held "Pack Attack" to receive and pack clothing contributed to Haitians in need. That evening, the HCC Dance Troupe held its annual Valentine's Day celebration, featuring refreshments, icebreakers, games, and enthusiastic discussions about various aspects of relationships. On February 17, the FSU Winthrop-King Institute for Contemporary French and Francophone Studies held the Haiti 2011 International Symposium. HCC member spoke about the 2011 earthquake and the impact that it had on him as a Haitian-American who has lived in Haiti, as well as members of his family who live in Haiti. The February 25 General Body Meeting (GBM) was a working meeting designed to involve general members in discussions and decisions regarding upcoming events, including proposed co-sponsorships and partnerships with other organizations. While most E-Board members are university students, spring break did not mark a complete break for the work of HCC's E-Board. E-Board members remaining in Tallahassee for a portion or all of the break used the time to meet informally and to continue planning events. On March 18, the first Friday following spring break, a movie night was held. The movie screened was "Resultat", a very emotionally-charged examination of morality. On March 24, HCC was a so-sponsor and major participant in the FSU Alpha Kappa Alpha "Haiti...1 Year Later" block party to raise awareness about and collect donations for the hundreds of thousands of Haitians still recovering from the devastating 2010 earthquake.

On March 25, HCC will hold a GBM about safe sex - why practicing safe sex is important and what precautions should be taken to ensure that sex is safe sex. On the afternoon of March 26, HCC will participate in the FSU International Bazaar, an large and exciting event to be held in the Oglesby Union Ballrooms. On March 26, HCC will be participating in the Mo' Betta' Evening of Dinner, Jazz, and the Arts. The event will be held at Lake Ella Manor Assisted Living Facility and proceeds will be used to help fund programs and activities for residents of the facility. On April 9, HCC will hold one of the most eagerly-awaited events of the year, the Mr. & Ms. HCC Pageant. Pageant contestants will display their talents, model, and answer questions about the history of Haiti and HCC. The evening April 9 will bring the Blueprint: Help Rebuild Haiti fundraising gala, featuring a dinner of authentic Haitian cuisine, music, poetry, stage painting, and art auction, and much, much more. April 15 will bring the nomination and election of the 2011-2012 HCC E-Board, which will begin their work during the summer semester. On April 22, HCC will hold the final event of the semester, the annual year-end banquet. In addition to dinner, performances, awards and recognitions, and dancing, the newly-elected E-Board will be installed.

For updated information on these and other HCC events, check the calendar on haitiancc.weebly.com, Facebook, or text or call 239-738-8728.

From the Editor

I am delighted to assist in the production of this academic year's fifth and final regular edition of the Haitian Star newsletter. Because of term limits, as well as my desire to allow others to take on this rewarding challenge, it will probably be the last full/regular issue I edit until at least the 2012-2013 academic year.

I have been very fortunate in receiving kind words and support from the HCC E-Board and general members; as well as the many readers on our extensive distribution list of HCC alumni and friends, university faculty and staff, and student and community organizations. I am confident that next year will bring many informative and entertaining issues of the Haitian Star.

Claire Cohen

cwc.hcc@gmail.com.

What's Inside ?

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HCC NEWS & INFO



HCC E-Board

Jean Dornevil
President

Peterson Monestime
Vice President

Vana Petion
Secretary

Melodie Colas
Treasurer

Paul Etienne
Historian

Thank You !

**Special thanks to all
who contributed to this
newsletter:**

Jean-Rodney Alcide

Paul Etienne

**Your talents and hard
work are greatly
appreciated.**

HCC Birthdays

March

7 - Nicole Pierre

2 - Hudson Jean-Baptiste

April

1 - Nehemie Jazz

1 - Nevskie Blanc

2 - Cindy Fertil

3 - Stephanie Etienne

3 - Monica St. Louis

4 - Kyndra McFarlane

17 - Kanya Olivier

20 - Jentrite Felix

25 - Rachelle Desir



HCC Dues

A reminder from your HCC Treasurer:

**Are you a dues-paying
member ?**

Only \$10 for Spring & Summer Semesters

**Receive a free "swag package" plus receive
discounts to events, and much, much more !**

**See Melodie Colas, HCC Treasurer, or
email
haitiancc@gmail.com**



*Bon anivèsè
Joyeux Anniversaire*



HCC NEWS & INFO



Contact Us

HCC E-Board

President - Jean Dornevil
Email: dany0201@yahoo.com
Voice/Text: 239-672-0174

Vice Pres. - Peterson Monestime
Email: Peterson_Jns@yahoo.com
Voice/Text: 786-340-7396

Secretary - Vana Petion
Email: vanapetion@yahoo.com
Voice/Text: 239-297-5562

Treasurer - Melodie Colas
Email: Melodie115@aim.com
Voice/Text: 863-513-6061

Historian - Paul Etienne
Email: pauladlet@hotmail.com
Voice/Text: 239-738-8728



Committee Chairs & Coordinators

Activities - Gesnyr Ocean
Email: gocean88@gmail.com
Voice/Text: 786-427-0628

Community Service - Vana Petion
Email: vanapetion@yahoo.com
Voice/Text: 239-297-5562

Cooking - Stephanie Etienne
Email: fanierchl90@yahoo.com
Voice/Text: 850-274-7460

Membership - Sibyl Jeune
Email: j09m@fsu.edu
Voice/Text: 954-993-0640

PR/Newsletter - Claire Cohen
Email: cwc.hcc@gmail.com
Voice/Text: 850-212-5283

E-Board Profile

Paul Etienne Historian & Mr. HCC

School/Classification/Major/Minor: Graduated with a B.S in health science with a concentration in pre-physical therapy and a certification in rehabilitation counseling

Long term Academic and Career Goals: Graduate school/Physical therapy school

Place of Birth and/or Hometown: Jean Rabel, Haiti

Bio: Paul Etienne was born in Jean Rabel, Haiti as the youngest of three children. His parents named him after his Grandpa. Etienne was raised Seventh Day Adventist. Etienne loves to travel and would travel constantly to the Dominican Republic where he would start medical school after he graduated high school. He became accustomed to his new lifestyle and learned to speak Spanish fluently. He moved to the U.S in 2007 with his two sisters to live with their Dad. He attended Hodges University in Naples, and transferred to Florida A & M University where he graduated with a B.S in allied Health sciences. Etienne is very passionate about physical therapy and has shadowed multiple physical therapists in Tallahassee and he is also a board director of an organization for people with disabilities. Playing guitar and piano are his passion. He is very excited about starting graduate school in the fall where he will be pursuing a doctoral degree in physical therapy.

Hobbies/Interests: Music: I play guitar and piano, and I sing sometimes. Twitter addict and graphic designer

Interesting Facts/Trivia: I speak French, Creole, and Spanish fluently. I spent three years in medical school in the Dominican Republic before I moved to the U.S recently.

Social Networking Information: www.facebook.com/paul1.etienne and www.twitter.com/paul_8tn

Reason for Joining HCC: I wanted to feel like home. I wanted to share my personal experiences, and get involved with the Haitian community in Tallahassee, and contribute to the promotion of the Haitian culture.

Reason for Running for Eboard: I ran for an eboard position because I know I had the determination and the ability to help promote the Haitian culture in Tallahassee.

Vision for HCC:

- ◆ Increase the number of members
- ◆ More cultural activities
- ◆ HCC scholarship program
- ◆ More philanthropic and tutoring endeavors
- ◆ A more active alumni chapter of HCC





HCC NEWS & INFO



HCC is Back on the Web !

Haitian Cultural Club has just rolled out a new website. Check us out at haitiancc.weebly.com for information about HCC, upcoming events and activities, contact information, work submitted by our members, and more. If you would like to submit poetry, art, short stories, suggestions, etc., email them to cwc.hcc@gmail.com.



Fundraising Dinner for Haiti

On February 20, 2011, Haitian Cultural Club president Jean Dornevil coordinated a fundraising dinner at Northwoods Baptist Church in Tallahassee. Approximately 45 guests were in attendance. The dinner featured authentic Haitian food, including griot, fried plantains, pikliz (hot coleslaw), fried and baked barbecue-style chicken, and Haitian-style macaroni and cheese. The venue was decorated with Haitian Art. Mr. Dornevil painted onstage and the painting was auctioned. Proceeds from the food sales and the auction will be used to organize a mission trip to Haiti. More and bigger events like this one are anticipated in the future !





HAITI'S GOT TALENT



Alex Reginald Fils-Aime **From Various Sources**



Reggie Fils-Aime was born in 1961 to Haitian immigrants who moved to the United States due to the conflicting political views of Fils-Aime's grandparents. He graduated from Brentwood High School and was accepted to Cornell University in 1979. While at Cornell, he was a member of Phi Sigma Kappa. He earned a Bachelor of Science in Applied Economics in 1983.

After receiving his degree, Fils-Aime took a position with Procter & Gamble. Following that, he took a position as Senior Director of National Marketing at Pizza Hut, where he launched the Bigfoot Pizza and The Big New Yorker. He later served as the Head of Marketing for Guinness in the United States and was responsible for all brands. He also worked as Chief Marketing Officer at Derby Cycle Corporation, directing sales and marketing efforts for eight brands. Fils-Aime served as Managing Director and oversaw Raleigh U.K., Derby's British operations in 1999. He then joined the world's Chinese food service leader, Panda Management Co., acting as Senior Vice President. Later, he came to VH1 as Senior Vice President. He was responsible for a 30% increase in ratings by refocusing the channel's content to appeal to younger viewers.

Fils-Aime joined Nintendo in December 2003 as the Executive Vice President of Sales and Marketing. He was responsible for all sales and marketing activities for Nintendo in the United States, Canada, and Latin America. On May 25, 2006 Fils-Aime became the President and Chief Operating Officer of Nintendo of America after former president, Tatsumi Kimishima, was moved to his new role as Chairman of the Board and chief executive officer. Fils-Aime is the first American to hold this position.

Fils-Aime shot to fame in May 2004 with the opening line of Nintendo's E3 press conference, saying: "My name is Reggie. I'm about kickin' ass, I'm about takin' names, and we're about makin' games." His theatrical antics, flying in the face of Nintendo's long-standing "kiddie" image, gained a cult following soon after, with many gamers calling him "The Regginator". Following the conference, many images of him spread across the Internet. Fils-Aime is considered to be responsible for revamping Nintendo's public relations in North America, leading many fans and members of the press to dub his arrival the "Reggjelution" after "Revolution", the code name for the Wii. He has attributed the success of the Wii to a marketing strategy laid out by Clayton Christensen:

In July 2007, during the Nintendo E3 2007 Media and Business Summit press conference, Fils-Aime was called upon the stage to demonstrate the Wii Fit. Before stepping onto the balance board, he proclaimed "My body is ready," a phrase that spawned an Internet meme. On November 5, 2007, at the encouragement of marketing professor Ed McLaughlin in the department of Applied Economics and Management at Cornell University, Fils-Aime gave a guest lecture on Nintendo's marketing strategy targeted at gamers across a spectrum of demographics. Fils-Aime is a member of the Advisory Council for Cornell's Communication Department.

He is the recipient of numerous awards, including the Clio Award, the AICP award for Advertising Excellence, the Silver Edison from the American Marketing Institute, two Gold EFFIEs from the New York American Marketing Association, and the honor of being named one of the "Marketing 100" by Advertising Age in 1998.



MEDIA NEWS



LITERATURE

The Black Jacobins from <http://www.wmich.edu/dialogues>

An interesting historical account, *The Black Jacobins*, by C.L.R. James, examines the Haitian (San Domingo) Revolution of 1791-1803. Throughout the book, James takes an original look at revolution by analyzing revolutionary potential and progress according to economic and class distinctions, rather than racial distinctions

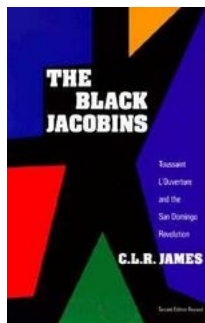
James intriguingly interweaves the goings on of the French Revolution with the Haitian Revolution, and relates the events and influences of each to one another. San Domingo is the ultimate French colony, and also the focal point of the African slave trade for the French empire. Because of this, France's struggles with the United States, Britain, and within its own varying social classes, invariably affect the progress of the revolution in San Domingo. Because, for James, class distinctions are stressed over those of race, he sees the French Revolution as not only a background, but a heavy influence on the Haitian Revolution as well. Events such as the proletarian uprisings and the taking of the Bastille have heavy impacts on the Slaves of San Domingo.

The Black Jacobins also focuses on Toussaint L'Ouverture as the revolutionary spearhead and organizational leader. L'Ouverture's life and his leadership of the revolution are examined as well as the revolution itself. He is credited with uniting the revolutionary forces, as well as leading many of the most important battles. His influence, as well as that of the French Revolution, is a main propellant of the book. He spearheads the revolution nearly to the end when he is captured, and then some of his most powerful generals, Moise and Dessalines, complete the revolution.





Over the course of the text, L'Ouverture comes to act almost as a tragic hero, and this is where the fine line between accurate history and historical literature is blurred, because although *The Black Jacobins* is probably the best account of the revolution that exists, it can seem idealistic at times. This idealism might be one reason it has become such an influential book. It has become a touch stone for thinking about the decolonization struggle.

Details

Paperback: 448 pages
Publisher: Vintage; 2 edition
(October 23, 1989)
Language: English
ISBN-10: 0679724672
ISBN-13: 978-0679724674
BINC: 379510



Local library Holdings

-  Leon County Public Library - Northeast Branch
Call Number 972.9403 JAM
-  FAMU Coleman Library - African-Amer. Collection
Call Number F1923.T85
-  FSU Strozier Library
Call Number F1923.T85 (French version is on order)
-  Tallahassee Community College
Call Number F1923.T85



MEDIA NEWS



SMART PHONE APPLICATIONS





Tradui Translation Phone App from traduiapp.com and intridea.com

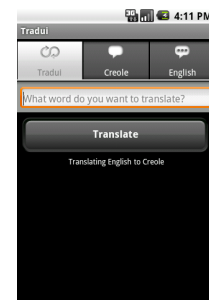
Project Overview

Tradui is a Kreyòl to English, English to Kreyòl translation for the iPhone and Android. Tradui, Kreyòl for “translate”, is an application for translating from Kreyòl to English and English to Kreyòl. The data for this application was extracted with permission from the HaitiSurf Kreyòl to English Dictionary. All of the translation capabilities of Tradui are available offline. Tradui was built by Intridea (<http://intridea.com>) for Crisis Commons (<http://crisiscommons.org>) as part of Crisis Camp DC. Additional work was done by members of CrisisCamp Haiti in Washington DC, Boston, and Boulder. Crisis Commons is an international volunteer network of professionals drawn together by a call to service. We create technological tools and resources for responders to use in mitigating disasters and crises around the world. The app is primarily intended for use by on-the-ground aid workers during the Haiti crisis, but is made freely available for anyone to use.

Links to the iPhone and Android apps can be found at traduiapp.com

Development Goals

-  Pictographs - Since 50% of Haitians are not literate, provide simple images that can be used in emergencies, such as First Aid, Water, Hospital, Bandage, etc.
-  Phrases that will be useful for aid workers on the ground, along with translations
-  Audio Phrasebook - provide audio recordings of some of these phrases to help on-the-ground workers communicate
-  Ability to sync dictionary/phrasebook/pictographs with web-based repository. This will allow us to push out new phrases, better translations, new pictographs to the app without having to release an entire new app each time.





MEDIA NEWS



HAITIAN HISTORY TIMELINE

1492: December 5, Columbus lands on a large island he names Isla Española (Spanish Island), later changed to Hispaniola. It is inhabited by Taino and Arawak Indians.

1503: First Africans brought to Hispaniola for labor after pleas from a Spanish priest who wants to save the Indians from extinction.

1592: Spanish governor executes Queen Anacaona, the last Taino chief.

1659: First official settlement on Tortuga (off the coast of Haiti) by French buccaneers who hunt wild cattle and by pirates who attack ships sailing from South America to Europe.

1664: French West India Co. takes control of western third of the island and names it Saint-Domingue.

1670: First French settlement on the main island, named Cap Francois, later Cap-Français and now Cap-Haitien, the second largest city in Haiti. Settlers grow cacao, coffee, tobacco and indigo and begin importing slaves as labor.

1685: Louis XIV enacts the Code Noir, which regulates the treatment of slaves and sets obligations for owners. Corporal punishment is allowed, sanctioning brutal treatment.

1697: Spain formally cedes the western third of the island to France via the Treaty of Ryswick.

1749: Port-au-Prince is founded.

1758: Rebel leader Mackandal, born in Guinea, is captured and burned alive in Cap-Francois after seven years leading an insurrection.

1777: French officers lead a regiment of 750 free blacks from Saint-Domingue to help the fledgling U.S. fight British troops at Savannah, Ga. The unit includes several future leaders of Haiti.

1780: Saint-Domingue is France's richest colony, producing 40 percent of all sugar and 60 percent of all coffee consumed in Europe.

1789: When the French Revolution starts, the colony has 500,000 slaves, 32,000 whites and 25,000 people of color (mixed race), many of whom have inherited wealth and slaves from their white fathers.

1791: August 22, slave revolt begins. Tradition says it starts with a voodoo ceremony led by Dutty Boukman. He is captured and executed, but revolt spreads and plantations are torched.

1794: February 4, French Assembly abolishes slavery in all its colonies, ratifying what is already reality in Saint-Domingue.

1801: Toussaint L'Ouverture defeats British and Spanish troops that invaded Santo Domingo and controls the entire island.

1802: Napoleon sends 40,000 troops under his brother-in-law, Gen. Charles Leclerc, to re-establish slavery in the colonies. Leclerc deceives and captures Toussaint and ships him to France, where he dies in prison.

1804: January 1, after defeating the French forces, Jean-Jacques Dessalines declares Haiti an independent nation, taking an Arawak name meaning country of mountains.

1806: Dessalines is assassinated and Haiti splits into two states, a northern state led by an emperor, Henri Christophe, and a southern republic led by president Alexandre Pétion.

1820: After the deaths of Pétion and Christophe, Jean-Pierre Boyer unifies Haiti into one nation and takes control of Santo Domingo as well.

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MEDIA NEWS



HAITIAN HISTORY TIMELINE

(Continued from facing Page)

1825: France's King Charles X recognizes Haiti's independence but demands 150 million francs in indemnity, backing his conditions with a fleet of warships.

1844: Dominican Republic declares its independence from Haiti.

1863: U.S. President Abraham Lincoln recognizes Haiti and allows trade for the first time.

1904: Haiti celebrates 100 years of independence.

1915: U.S. forces occupy Haiti; they will stay until 1934.

1930: First full democratic elections in Haiti; Stenio Vincent elected.

1937: Dominican dictator Rafael Trujillo orders the expulsion of Haitians working in his country. Between 17,000 and 35,000 are killed.

1957: Francois Duvalier, a doctor, is elected president. "Papa Doc" establishes one of the most brutal dictatorships in Haitian history. His rule is enforced by a militia commonly known as Tonton Macoutes.

1971: Duvalier dies; his son takes power and is proclaimed president for life, like his father.

1974: The Haitian national soccer team participates in the World Cup.

1986: Unrest leads the military to oust "Baby Doc" and his supporters.

1990: Jean-Bertrand Aristide, a former Catholic priest, is elected with 67 percent of the vote.

1991: Aristide is ousted in a coup that many Haitians believe was financed by the business elite.

1994: Backed by a U.N. resolution, the Clinton administration restores Aristide to power.

1996: René Préval is elected president; he is seen as a stand-in for Aristide.

2000: Aristide elected president again after much-disputed parliamentary elections.

2004: Aristide leaves under pressure of an armed rebellion; he claims that the U.S. kidnapped him and shipped him out.

2006: Préval is elected again. A U.N. peacekeeping force in Haiti since 2003 grows to 9,000 troops.

2008: Unrest erupts as Haitians riot against high food prices.

2010: January 12, an earthquake with a magnitude of 7.0 devastates Port-au-Prince and damages much of Haiti.

2010: March 25, President Obama asks Congress for a \$2.8 billion special appropriation to pay for rescue costs and to help rebuild Haiti.

2010: November 28, Haiti holds general elections to select a new president, 10 senators and 99 lower-house deputies. The process is immediately challenged as fraudulent, setting off violence and widespread protests.

2011: January 12, one year after the earthquake, Haiti continues to recover from the devastation of the earthquake and cholera and is eagerly anticipating the outcome of the runoff elections.



HAITIAN COOKING



Banan Peze (Fried Plantains)

from www.squidoo.com/haiti-recipes

Ingredients

- 1/2 cup vegetable oil or corn oil
- 2 medium sized green plantains, peeled
- 1 tablespoon seasoning salt
- 1 tablespoon vinegar
- 1/2 cup water



Directions

- In a 12" skillet, heat oil over moderate heat until light haze forms.
- Slice the plantains crosswise into 1/2" thick slices. (About 5 pieces each).
- In a small bowl, add remaining ingredients and set aside.
- Add as many slices as you can, without crowding and brown about 2 minutes on each side.
- As they crown, transfer them to paper towels to drain.
- On a chopping board, using a broad solid (not slotted) spatula or you can use your palm with paper towels or buy a tostonera (a plantain smasher); press each slice into a flat round about 1/4" thick and 2" wide in diameter.
- Soak flattened plantains in water mixture and place in oil on medium heat.
- Heat the oil and fry the rounds again for about 1 minute on each side, until crispy and golden brown.
- Drain on paper towels.
- Season with salt and serve.

Serves: 4



HAITIAN COOKING



Haitian Patties from www.islandflave.com

Ingredients

- 🕒 1 cup cold water
- 🕒 1 tsp salt
- 🕒 3 cups all-purpose flour
- 🕒 1 cup vegetable shortening and 1/4 cup butter mixed together
- 🕒 1 egg yolk, beaten
- 🕒 2 tsp of parsley
- 🕒 2 chopped shallots
- 🕒 1 chopped garlic clove
- 🕒 1 lbs pound ground beef, seasoned
- 🕒 1 tbsp of beef or broth
- 🕒 Hot pepper to taste



Directions

- 🕒 Pound to paste the parsley, pepper, shallot, and garlic. Add seasoning paste and broth to cooked beef and mix well.
- 🕒 Cook covered on medium heat for 10 minutes. Stir constantly.
- 🕒 Uncover until liquids are absorbed. Now filling is ready. Place flour in a large mixing bowl and make a whole in the center. Pour in water and salt. Mix lightly with a spoon without kneading. Place dough in refrigerator 30 minutes.
- 🕒 Roll the dough into a rectangle 1/4 inch thick. Spread half the shortening mix on the dough. Fold one side over the middle and spread this section with the remaining shortening. Fold over the remaining section and again roll out to 1/4 inch thickness. Fold again into thirds and roll out. Repeat this rolling process a third time. Refrigerate dough overnight.
- 🕒 Roll the dough to about 1/2 inch thickness. Cut the dough into 2 1/2 inch rounds.
- 🕒 Place a tablespoonful of beef on one side of the dough rounds. Fold and lightly press ends together. Place the patties on a baking sheet. Brush the . Cover with remaining rounds, pressing the edges down. Brush the tops and edges of the patties with egg yolk before placing in the oven. Place a pan of water on the bottom rack of the oven.
- 🕒 Bake at 400 F 30 minutes, then turn the oven control to 300 F and bake 20 minutes, or until golden brown.



**EACH ONE.
REACH ONE**

**Ways to help others
here and in Haiti**

Solidarite Enfantine Palmiste

Information furnished by Jean Dornevil

Solidarite Enfantine Palmiste is a school founded in October, 1988 by Jean Rene Dornevil/Unite Jeunesse Palmiste to provide educational assistance to children who cannot afford to attend other schools. Mr. Dornevil is the father of Jean Dornevil, the President of the Haitian Cultural Club of Tallahassee (HCC). While a Pre-K through 12 education is completely free in the United States unless someone attends a private school, it is different in Haiti. There are far too few schools and classrooms and far too little money to pay teachers and cover the expenses of school fees and uniforms. The school was founded for the purpose of providing educational opportunities for students who would not otherwise have the financial means to attend schools. Those who can afford to do so pay a small fee and the fees are waived completely for the remaining students. It currently serves approximately 100 students. Teachers are paid very nominal monthly salaries by the school's founders and supporters if and when money is available. If money for salaries is not immediately available, the teachers must wait months to be paid. As jobs are extremely scarce, the teachers have few opportunities to supplement their incomes or earn money to tide them over until they can be paid.

The school does not have a building. Bridges in the area were built by Jean Rene Dornevil for the people of the neighborhood to replace the inadequate wooden bridges that previously existed. The elder Mr. Dornevil went to the government, obtained a grant, and built the concrete bridges, thus the beginning of his organization. He is no longer able to continue his very dedicated and valuable work. Jean Dornevil of HCC, refusing to deprive the students of an education, is taking over his father's work.

Anyone interested in assisting Solidarite Enfantine Palmiste can do so by contacting Jean Dornevil by voice or text at 239-672-0174 or emailing him at dany0201@yahoo.com. A donation of approximately \$20 per month can fund a teacher's salary or a student's fee and help make Haiti's future a bright one.





**EACH ONE.
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**Ways to help others
here and in Haiti**

Tallahassee-leon Community Animal Service Center (TLC)

from www.tal.gov.com/animals/volunteer.cfm

Do you have any spare time? Good volunteers are always needed at Tallahassee-Leon Community Animal Service Center, and you could be one of them!

How to become a volunteer

Volunteers are very important people at TLC Animal Service Center. In a year's time, we receive over 10,000 lost, unwanted and abused pets. Won't you consider helping us make a difference in their lives?

To become a regular volunteer you must be:

- At least 16 years old
- Willing to commit to approximately 2 hours per week, 8 hours per month.

If you would like to volunteer, please provide a completed volunteer application. You may request one by calling 850-891-2970 or download the Volunteer Application at <http://www.tal.gov.com/animals/pdf/volapp.pdf>. Simply fill out the information and either bring it with you to the shelter, or feel free to fax it to 850-891-2977.

If your availability and interests coincide with available volunteer positions, we will schedule you for a volunteer orientation session and a dog-handling class. Each session lasts approximately two hours, and is offered several times during the month. Following the orientation, and completion of the dog handling class, volunteers will interview one-on-one with the Volunteer Coordinator to determine the most suitable assignment and work schedule.

Why Volunteer?

- 🐾 Develop new skills while exploring the field of animal care
- 🐾 Meet new people with similar interests
- 🐾 Acquire work experience
- 🐾 Help out your community
- 🐾 Most importantly, volunteering will make the day brighter for the pets in our care.

Volunteer Duties

Animal Care Associate

- 🐾 Involves working in the kennel area.
- 🐾 Assist the public in meeting our animals. Escort animal to walk area for customer animal socialization. Retrieve animal from walk area and insure that animal is returned to correct kennel.
- 🐾 Assist the public by answering questions.
- 🐾 Walk dogs, socialize cats.
- 🐾 Contact staff to answer difficult questions or to help customer in activities of a sensitive nature.
- 🐾 Fill water bowls as needed.
- 🐾 Spot clean kennels as needed.
- 🐾 Bathe animals as needed.

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**EACH ONE.
REACH ONE**

**Ways to help others
here and in Haiti**

Tallahassee-leon Community Animal Service Center (TLC)

(Continued from Previous Page)

Volunteer Duties (Continued)

Shelter Administrative Associate

- 🐾 Assist the front office staff with filing, word processing, and contacting customers.
- 🐾 File spay/neuter applications.
- 🐾 Review present animals and check animal wish book for any potential matches.
- 🐾 File lost/found reports and look for any potential matches.
- 🐾 Aid in other areas of operation as needed.

Greeter/Information Assistant

- 👋 Welcome the public into the shelter and answer general information questions.
- 👋 Welcome guests as they enter the adoption lobby.
- 👋 Direct guests to the kennels and/or appropriate staff.
- 👋 Monitor the animals leaving the shelter (preventing theft).

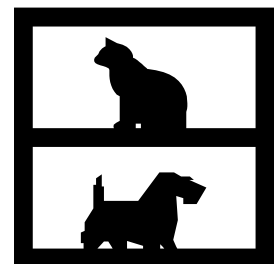
Animal Photographer

- 🐾 Identify adoptable animals that need their photographs taken for use on our online kennel
- 🐾 Take animal photos with a digital camera (preferably your own)
- 🐾 Work with our database to assign photos to the correct animals
- 🐾 Outreach volunteer and special event volunteer

Participate in Adoption Outreach Booths

- 👋 Participate in special event and fund-raising activities such as the following:
- 👋 Adopt-A-Thons
- 👋 “Tails and Trails” - 5k, 10k, and 1 mile fun runs (annually)
- 👋 “Bark & Wine: Art for Animals” (quarterly art exhibits)
- 👋 “Cash For Critters” Pack-a-Thons (monthly)

Volunteering doesn't have to involve a large commitment, though the Animal Service Center asks that you work a similar time slot every week. An hour or two on a Saturday afternoon isn't a big chunk out of your week, but it will mean the world to the shelter staff and the animals.





POETRY PAGES



O What You Do to Me By Jean-Rodney Alcide

Your voice came to me
On the wings of a smooth morning breeze
Like pollen it floated in the air, strolling like notes on a musical [piece] and
Like the melody of a sonnet it soothes my eardrums
Slowing down my heartbeat
Calming my spirit
As it spreads its genuine relaxing
Sensational chills throughout my whole body
Uhhh..your voice sounds so good

I have heard sounds that I could almost feel
But unlike the rest I could already see the colors that your voice paint to my mind
I could savor its tastes in my tongue
O.. the sweet sound of your voice touches the core my being
It revives my essence and it flows through me like a crystal clear river
With silver fishes in it
The blessings of your love are like petals of beautiful flower
Falling free from their branches, migrating toward the vast lake of your caresses within which I bathe in the
company of your dreams of flying fishes, talking flowers, singing rubies and gemstones, and ever glowing
moons of Jades and emerald stars and fairies.

Your touch sends a light sensation to my spine
A shocking single chill that ignites my heart
Creating a weightless feeling throughout my whole body
O baby..You make me believe I can fly.
You have the elegance of a stallion
The smile of innocence
The eyes of a seductress
The kiss of a succubus
O you whisper weakness into my body
And your walk inspire strength to the center pole of the south border.
Your gentle strokes unleash the living spring within me.

Breathe love into me with your every touch
Model care for me with every word you speak
For your love and kindness makes me better.

I love you.





HEALTH CORNER



College Students and Stress By Gregory Hall, Bentley College

Stress is a physical and psychological reaction to issues and events emanating from one's environment. Perceived obstacles to goal achievement, environmental change, life challenges and periods of significant transition are common stress triggers for college students. All of us experience stress on a regular basis. Most of this stress is actually positive serving to motivate us. However, like most things in excess, too much stress is negative. Excessive stress usually develops over a period of time and often goes unnoticed by the individual until a physical or emotional toll has been exacted. One can learn to manage and maintain stress at relatively healthy levels. Learning to recognize the physical and psychological warning signs of stress is the key.

Warning Signs

- ☹ Changes in sleep patterns; taking longer to fall asleep; waking up tired and not well rested
- ☹ Changes in eating patterns
- ☹ More frequent headaches than is normal for you
- ☹ Shorter temper than is normal for you
- ☹ Recurring colds and minor illness
- ☹ Frequent muscle ache and/or tightness
- ☹ More disorganized than normal for you
- ☹ Increased difficulty in task completion
- ☹ A greater sense of persistent time pressure
- ☹ Increased generalized frustration and anger



If this list seems like it describes you, seek some assistance at your campus counseling center. A counselor can assist you in reducing an unhealthy level of stress.

Proactive Stress Management

- ☺ Add a physical workout to your schedule at least every other day. One does not need to be gifted athletically to accomplish this. You can jog, power walk, use stepper, rowing or biking machines, swim or any other form of exercise. Do not see this as "recreational time" that can be blown off. Physical activity is a great way to insure that life's minor stresses do not build.
- ☺ Set both long term (this semester or this year) and short term (this day or this week) goals. Write them down. Make them part of your time management schedule.
- ☺ Manage your time. Develop a schedule that provides for academic, social and physical time. Follow the schedule! Seek the help of an advisor in developing better time management skills.
- ☺ Each day find twenty minutes of "alone time" to relax. Take a walk, write in a journal or meditate.
- ☺ Don't sweat the small stuff...always ask yourself if the issue at hand is worth getting upset about. If it isn't affecting your goal achievement, it may not be worth fretting over.
- ☺ Humor and positive thinking are important tools in stress management.

Most importantly, communicate! Talking to a person who you trust be they a friend, roommate, family member, professor, significant other or co-worker about issues of concern is helpful. We all need someone to listen.



Coping with Final Exam Stress and Test Anxiety **By Brian Kassar, Montana State University**

With finals fast approaching, stress levels and test anxiety can reach their peak. The following tips can help you in managing the stress associated with finals:

- 📖 Start NOW! Start getting organized by planning for your finals, setting study times, etc. Try to establish summer and moving plans well before finals. Begin organizing lecture notes and reviewing for those comprehensive finals.
- 📖 Maintain a normal routine. Part of the stress with finals week is that your normal routine is disrupted. Try to maintain your normal routine around sleep, meals, exercise, etc. Some semblance of normalcy will be comforting and help reduce stress.
- 📖 Practice good self-care. Keeping your body maintained and well-fueled will energize your mind and help reduce physical symptoms of stress. Get plenty of sleep, eat healthy, and avoid drugs and alcohol.

Unfortunately, many students suffer from test anxiety. Keep in mind that some nervousness or anxiety is normal and can even be helpful. Moderate levels of nervousness can help you perform by giving you an “edge.” However, too much anxiety can be debilitating. Here are some tips to help reduce test anxiety:

- 📖 Be prepared. There is no substitute for studying and preparing. Try to begin studying at least a week before your exam. Feeling well-studied and prepared can help reduce anxiety.
- 📖 Arrive early. Get to your final early so you don’t feel rushed and can give yourself plenty of time to get situated. Avoid others who may add to stress or anxiety.
- 📖 Take your time. Budget the time you have to finish the test and use it wisely. Take the time to carefully read test questions. Try to be the last one done rather than the first; this will alleviate any worry about others finishing before you.
- 📖 Don’t “catastrophize.” Avoid negative self-talk and turn the negative things you tell yourself into more positive ones, such as “I am well-prepared, I can handle this test,” etc.
- 📖 Practice relaxation before and during your test. Deep breathing, stretching, and visualization can all be done immediately before or even during your exam, and help reduce physical symptoms of stress.
- 📖 Don’t panic! If you don’t know an answer, take a moment to relax and think. If you still don’t know it, rely upon common sense and good test-taking strategies to help you come up with the right answer.

Keeping some of these ideas in mind may help get you through some tough spots during your finals. For more information on curbing test anxiety, learning relaxation, and test-taking strategies, watch for programs offered by your school.

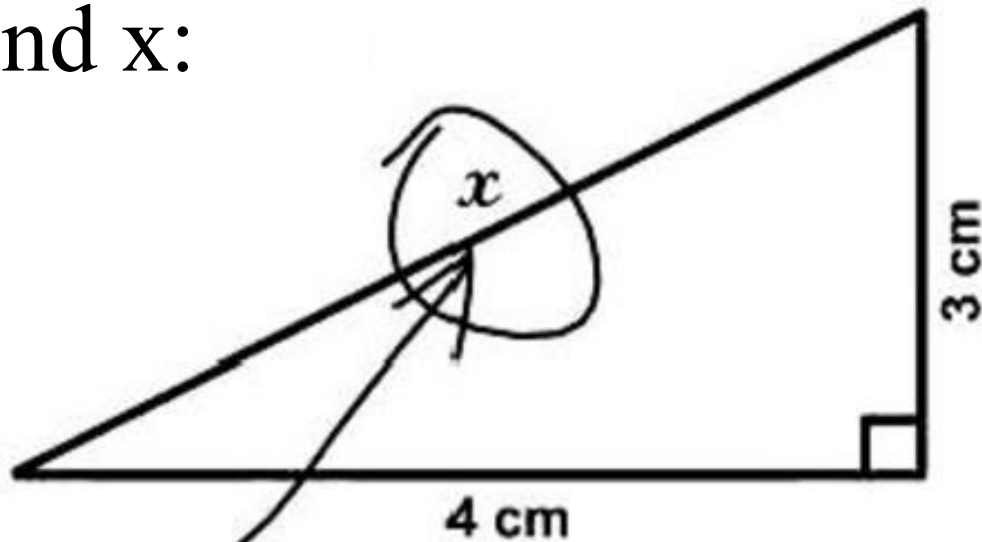




FUNNY EXAM ANSWERS



Find x:



Here it is

After explaining to a student through various lessons and examples that:

$$\lim_{x \rightarrow 8} \frac{1}{x-8} = \infty$$

I tried to check if she really understood that, so I gave her a different example.

This was the result:

$$\lim_{x \rightarrow 5} \frac{1}{x-5} = \infty$$



FUNNY EXAM ANSWERS



35. The base of a triangle is $(2x+4)m$ and the area is $(2x+5x+2)m$.
How much longer is the base than the height?

I have no idea but
here's a rainbow to
make up for it.



And a bunny...



A college class was told they had to write a short story
in as few words as possible. The instructions were:
The short story had to contain the following three things:

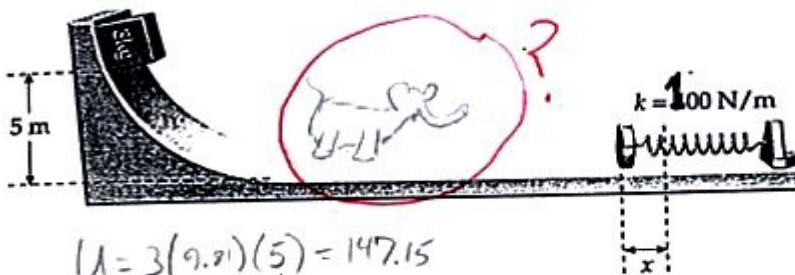
- (1) Religion
- (2) Sexuality
- (3) Mystery

Below is the only A+ short story in the entire class.

"Good God, I'm pregnant; I wonder who did it."

2. A 3-kg object is released from rest at a height of 5m on a curved
frictionless ramp. At the foot of the ramp is a spring of force
constant $k = 100 \text{ N/m}$. The object slides down the ramp and into
the spring, compressing it a distance x before coming to rest.

- 10 (a) Find x .
- 5 (b) Does the object continue to move after it comes to rest? If yes
, how high will it go up the slope before it comes to rest?



$$U = 3(9.81)(5) = 147.15$$

$$U_s = \frac{1}{2}(100)x^2 = 50x^2 \dots?$$

NO. there is an elephant in the way.





PUZZLE PAGE



Coping With Stress Word Search

Find the words in boldface in the grid below

W N D F J F N R O T H X N S G G
 E E X E R C I S E L C S U M W T
 C E T I E E L F M L L D L E A A
 N M S E P P W A G N E A E N A S
 G N I P O C B T N N N E D T G T
 G L S E S E Y R J R O W Z A L H
 H F R O I V A H E B E S F L E S
 B R E A T H E T P A O T V N S A
 A M F I I X N E P E T P X I T P
 X S I S V I R E L A X H R E S T
 R G Y R E G A M I D E D I U G S
 E R D K J C Y H C A D I U N S W
 E M O Q E X R S G N W O F S G X
 G U B F H R G A E U H O X R R E
 E V U R M L N F W Z A M R S S V
 L L E P N T A E M Y I L C K I N

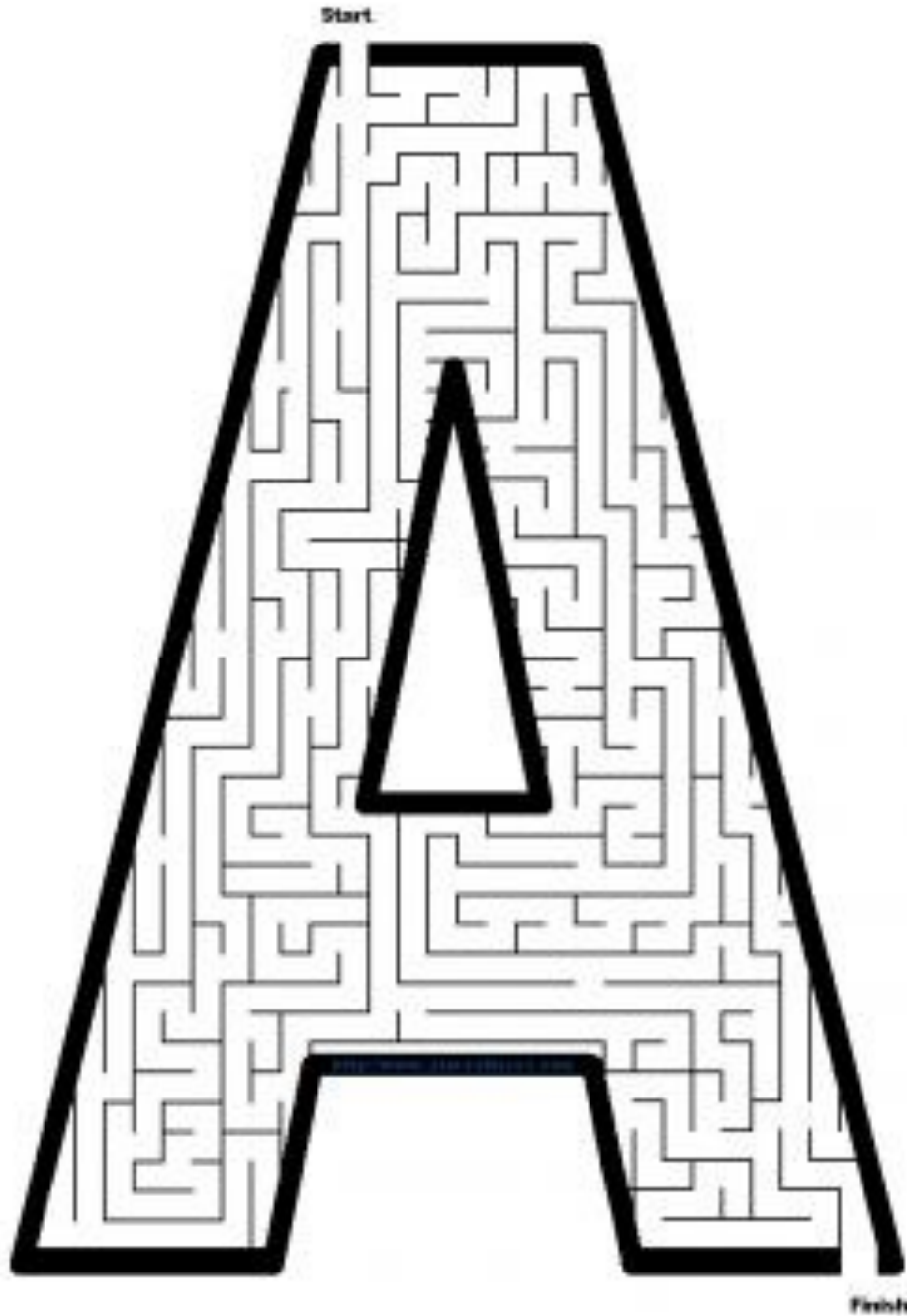
1. **Anger** comes in different forms, and is not always obvious.
2. Anger can be physical, verbal, or **behavioral**
3. Many parts of your **body** can be used in PMR.
4. **Breathe**, a few deep breaths will help you relax
5. **Coping** with stress will help you make better decisions everyday.
6. In order to do **deep breathing** you will need to pick a word or phrase to focus on.
7. **Exercise** is a healthy way to cope with stress.
8. **External** stress is outside of you.
9. Using **guided** imagery lets you imagine your own safe place to handle stress
9. Using **guided** imagery lets you imagine your own safe place to handle stress
10. **Internal** stress is inside of your head.
11. **Laugh** and think **positive** to help reduce stress
12. Feeling uneasy, bored, irritable, and anxious are **mental** signs of stress
13. Tensing and relaxing your **muscles** helps relieve stress.
14. Finding your **peaceful**, safe place can help you relax
15. Progressive muscle relaxation (**pmr**) is an effective technique in coping with stress
16. After tensing your muscles, notice how good it feels to **relax** them.
17. Get **rest** to help handle stress



PUZZLE PAGE



Be an "A" Student: Solve the Maze





PUZZLE PAGE



Here are 20 words that relate to Test Stress
Can you find them all?

A N X W Y G R D R Z A W Y I N T R
 X C I L T U M A R I T I O S T D G
 B R T X A A W B E Z E D I D A P T
 T H E A L N E R V O U S W S Y O S
 M N A A D S L E I L O Q T T T W R
 D P C U U W E A E W Z U R A E N O
 S E H N G E R T W S D E O N I W T
 S E E N G R L H X Y N S U D X Z Y
 C O R W X S V I I O N T W A N W Z
 O I N O Q U W N X P G I G R A D E
 T D U C T W G G N E S O M D R L P
 W H I O M U R W X N D N R I H W P
 N E D U T I T P A C M S N Z E D R
 X A M N O I T A N I M A X E S F E
 R S E S I W Z E W L X W A D X O P
 W H R E Y M I X N S S E L O W C A
 I O N L S T I W G R Y X E O I U R
 R R W O N I D Z W E X E R C I S E
 N U T R I T I O N S O N I M R E D

Answers
 Anxiety
 Aptitude
 Breathing
 Counselor
 Examination
 Exercise

Focus
 Grade
 Nervous
 Nutrition
 Pencil
 Prepared
 Questions

Relax
 Review
 Standardized
 Studying
 Teacher
 Tutor