



HAITIAN STAR



Published by the Haitian Cultural Club

No. 1

L'union fait la force

September, 2010

Welcome Back !

The Haitian Cultural Club (HCC) welcomes you back to another exciting academic year of events and activities. During the summer, our executive board (eboard) and committee chairs and coordinators have been gearing up for what we hope will be a semester full of opportunities to learn more about Haiti and Haitian culture, as well as a host of other topics; exposure others to Haitian culture and history; be of service to others locally and in Haiti; help raise money to support HCC's operation and to assist the people of Haiti; socialize with others interested in Haiti, and have fun. In addition to our weekly general body meetings (GBMs), we are planning a number of fundraisers, and - last but not least - our exciting annual HCC Week.

HCC had a summer full of exciting events and activities. Our GBMs featured such themes as "Battle of the Sexes", a competition on knowledge of Haiti, current events, and academic subjects; "Women Lie, Men Lie: The Truth About Relationships", a discussion about relationships; "Tallahassee 101", featuring tips on how to make the most of your college experience and life in Tallahassee; and "Haiti's Got Talent", which showcased the talents of Haitian celebrities and the future celebrities in such fields as music, art, and comedy that are right here in HCC. In addition to the GBMs, HCC was involved in a number of exciting and important special events. On May 18, HCC held its annual Haitian Flag Day Celebration, featuring an informational talk about the Haitian flag, music, food, games, and door prizes. For three days in June, more than 25 HCC members traveled to Bainbridge Georgia to participate in the annual Kreyol-English translation project. To raise money for our organization and those we serve, HCC held one of its always-popular food sales. A number of members traveled to Miami to attend and participate in the eagerly-awaited United Haitian Students of Florida (UHSF)/Haitian American Leadership Organization (HALO) convention. The summer has not all hard work and seriousness, though. During the summer, HCC held a game night, featuring video games, dominoes, cards, and refreshments; a fun day at beautiful Wakulla Springs State Park; and co-sponsored the Summer Bash at Episodes. We met many new friends, including freshmen participating in the FSU C.A.R.E. Summer Bridge Program and said an official (he will still be in Tallahassee) farewell to Jovany Felix, HCC's FSU advisor, who left to pursue new professional opportunities at Flagler College.

Be on the lookout for the many exciting events and activities in store for HCC members and friends. Be sure to friend us on Facebook (Haitian CC), join the Facebook group Haitian Cultural Club of Tallahassee, and follow us on Twitter (HaitianCC1988) for the latest news. follow us on Twitter (HaitianCC1988) for the latest news.

From the Editor

I am delighted to assist in producing this semester's first issue of the Haitian Star newsletter. We hope to make this a publication that you will find informative and entertaining. This is *your* newsletter and we welcome your input and contributions. We look forward to your news, art, poetry, recipes, opinion pieces, and other contributions; your assistance in producing the newsletter; and your input as to what you would like it to include. We also invite you to join the Facebook group HCC Newsletter Committee.

If you have any contributions, questions, or comments, please email them to cwc.hcc@gmail.com or post them to the Newsletter Committee Facebook group.

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HCC NEWS & INFO



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HCC Dues

A reminder from your HCC
EBoard:

Are you a dues-paying
member?

Only \$20 for Fall, Spring &
Summer Semesters

FREE "Goodies", "Swag",
Discounts, and More!

Contact
haitiance@gmail.com
for more info !

Thank You !

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

Dr. Antoine Spacagna
Jean Dornevil

Lawrence Gonzalez

Kedna Tanis-Estimphil

**Your talents and
hard work are very
much
appreciated.**



*Congratulations
all Summer 2010
graduates of
FAMU, FSU,
and FCC*

HCC Birthdays

May

21 - Ecclesiast Guerrier

24 - Anne L Pierre

28 - Naama Jasmin

June

29 - Ruth Cadeau

July

11 - Lichtens Blanc

20 - Widline Ciceron

August

12 - Bilton Estimphil

20 - Valerie Bernard

September

05 - Nadine Aley

26 - Jean-Francois

Chedelle

26 - Peterson

Monestime

27 - Eraine Ambo



The Haitian Star is YOUR newsletter. Submit your contributions to cwc.hec@gmail.com or post them to the HCC Newsletter Committee Facebook group



HCC NEWS & INFO



About the Haitian Cultural Club

From the HCC Website Archives

Our Mission

The mission of the Haitian Cultural Club is to unify the Haitian population in the Tallahassee community in order to:

- ✧ Create a channel of community between the Haitian students, the universities, and the community.
- ✧ Act as an identifying and collective body for all Haitian students .
- ✧ Foster the enrichment of the students experiences by providing a broad spectrum of entertainment and activities.

In addition, promote the Haitian culture and serve as a medium of support to all interested students.

Our History

In 1988, the Haitian Cultural Club of Tallahassee was born. The product of the idea of a dedicated FAMU student, Louis Marcelus, who wanted to see unity among the Haitians living in this community. He invited students from FAMU, FSU, and T.C.C., and some members of the Haitian community to his apartment for a meeting, and there we laid the foundation for this club. First meetings were held in members' apartments or houses before the club was officially recognized by FSU and assigned a room for our traditional Friday meetings.

1988 was a year of severe hardship for Haitians when electoral debacles and subsequent actions by President Leslie F. Manigat resulted in Haiti returning to direct military government for the first time since 1956. Human-rights abuses increased as the army did little to discourage the violent backlash of Duvalierist groups. When times were at their hardest, we proved that we can stand together and overcome. Haiti has stood for over two hundred years and still continues...

The Haitian Cultural Club's main goal continues to be unity. At each meeting we come together to discuss, analyze, and share issues affecting the Haiti. To allow our members who were born in the USA, or emigrated from Haiti at a young age to know more about our country. We focus on ways to positively promote the social and cultural aspects of Haiti. Currently our membership count is more than one hundred people, all of different ethnic and racial backgrounds.

Portions of the above originally contributed by Dr. Jean Beaudoin



Translation Project Information furnished by Kedna Tanis-Estimphil

Twenty seven new and returning members and friends of the Haitian Cultural Club (HCC) generously contributed their time and talents to travel to Bainbridge, Georgia and serve as Kreyol-English translators for Haitian migrant farm workers. The translators set aside time from their busy school and work schedules to put in long days in the hot South Georgia sun, returning to Tallahassee after midnight knowing that class or work was only a few hours away. The participants, who made one or more trips to Bainbridge between June 12 and 16, translated for the farm workers and the doctors, nurses, and other health care workers who had visited to provide what was for many workers, one of the very few opportunities they have had or will have to receive professional medical care. Without the services of the translators, appropriate medical care would not have been possible. The participants returned with a new or reinforced awareness and appreciation of the many challenges that the farm workers face, appreciation for their own circumstances, and dedication to Haitians and Haitian-Americans in need.

From Two Participants:

“Since my first time doing the translation project in 2007, it has become an event I look forward to doing every year. This experience not only gave me a sense of fulfillment because I’ve helped my fellow Haitians, but it has made me appreciate what I have even more. It taught me not to take life, health, and health resources for granted. The translation project is an event that has taken its place in my life, meaning that even if I’m not in Tallahassee, I will make sure I take time to attend and render my services.”

Vanessa “Vavouna” Pierre-Louis

“I had a chance to go to the camp grounds where the migrant workers are housed. In true honesty, the conditions are deplorable and backwards. Some are housing their children and not getting paid much. Being former military, we’ve lived in the rough, but we keep it cleanly at all times. Without that uniformity, it was walking into a garbage ghetto. ‘You are what you chose to be, and if you don’t respect your own area, how can you demand from others’”.

Lawrence Gonzalez

Editors Note: A special thanks to Kedna Tanis-Estimphil, who dedicated a great deal of time, energy, and talent to coordinate the project and provide information and quotes for this article.



Upcoming Events

General Body Meetings (GBMs) Fridays at 7:00 PM

September – All Meetings at FAMU
September 10, 17 & 24

October – All Meetings at FSU
October 1, 8, 15 & 22
(no meeting on October 29)

November – All Meetings at FAMU
November 5 & 12
(no meeting on November 19 or 26)

HCC Week – November 14-21

Sunday, November 14
Church Service
Potluck Lunch

Monday, November 15
Community Service

Tuesday, November 16
Health Seminar

Wednesday, November 17
Bouillon Night - Talent Show

Thursday, November 18
Fun Day/Night

Friday, November 19
Fashion Show
After Party

Saturday, November 20
Gala/Banquet

Sunday, November 21
Field Day/Cookout

MEDIA NEWS

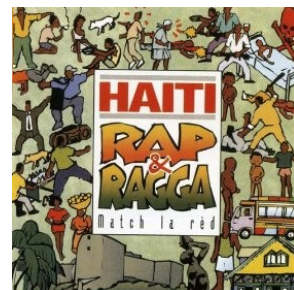
Audio

Haiti Rap & Ragga Match la Red

2009. Kreyol Music Inc.

1. Manmzel - Master Dji & Supa Denot
2. Neges Lakay - Elyrac
3. Religion - Franzy & Vency
4. Conscience noire - Supa Denot & T. Bird
5. Vanite - Tresor
6. Tet Chaje - Master Dji
7. Match la Red - Rap Kreyol S.A.
8. Sa Fe Mal - Frantzy
9. Manmzel - Dub Version
10. Religion - Dub Version
11. Neges Lakay - Dub Version

Available From:
Amazon.com
iTunes Store
Sakapfet.com





MEDIA NEWS



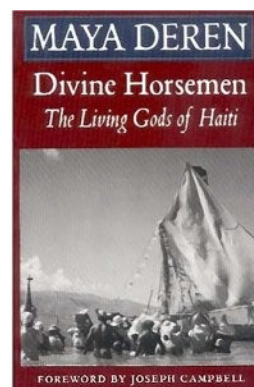
VIDEO

Divine Horsemen: The living Gods of Haiti from www.eduniverse.com

Copyright 1985
55 Minutes
Black and White
Not Rated

A journey into the fascinating world of the Voudou religion of Haiti filmed by Maya Deren during 1947-1951, and edited posthumously by Teji and Cheral Ito. The viewer attends the rituals of Rada, Petro and Congo cults, whose devotees commune with the cosmic powers through invocations - ritual offerings, song and dance. The Voudou pantheon of deities, or Loa, are introduced as living gods, actually taking possession of their devotees. During the entire period of the filming, Deren lived in Haiti among followers of the Voudou religion. She became an initiate herself after experiencing the possession of the Voudou "living gods," giving her an unparalleled position from which to observe the rituals and dances practiced in the culture. Deren's respectful camera offers an unsensationalized view of the Rada, Petra, and Congo sects, as well as Mardi Gras celebrations and animal sacrifices. Deren was unfortunately unable to edit her footage during her lifetime, and the film was posthumously assembled by Teiji Ito and Cheral Ito. A book by the same name on the same subject, written by Deren, is also available.

Both the DVD and the book are available for purchase at Amazon.com. The DVD is also available for purchase at CDUniverse.com. The film is available for DVD loan or online streaming at Netflix.com and the iTunes Store and for online streaming at Blockbuster.com.





KREYOL LANGUAGE TOOLS



Microsoft Mobile and Internet Translation Tools for Haitian Creole

Microsoft Translator for Mobile Phones

microsofttranslator.com/m/

Type or paste any text and select 'source' and 'target' languages. It will display translated text for the selected target language.

Bing Translator

www.microsofttranslator.com/

Now you can translate between English and Haitian Creole (and other languages) using Microsoft (Bing) Translator. Go to and select "Haitian Creole" as the source or destination language, as appropriate. You can paste or manually enter text or webpage URLs and translate to or from any of the available languages.

Tbot Windows Live Messenger Translation Bot








www.microsofttranslator.com/user/bot/

Microsoft has a translation bot for Windows Live Messenger! This Messenger bot does translations for you. Just add mtbot@hotmail.com to your contacts and start chatting. You can have one-on-one conversations with the bot, or you can invite a friend and chat in different languages with the bot translating for you. As usual, remember that machine translation isn't perfect - slang especially will give the engine trouble.

Instructions:

Simply add mtbot@hotmail.com to your Messenger contacts. That's all! You are ready to start chatting with Tbot. Open a conversation window with the bot and send a message to get started. You will be able to set the language in which you would like interact with the bot, as well as the languages that you would like to translate between.

Available Commands:

-  Tbot lang - Show the current language pair
-  Tbot change - Select translation languages
-  Tbot stop - Stop translations
-  Tbot start - Start translations again
-  Tbot set - Set your preferred language
-  Tbot detect - Detect the language of the text
-  Tbot ? - Show this list of commands

On the Go Translations:

You can also access Windows Live Messenger on your smartphone to use the bot to translate simple sentences





France Responds to the Tragedy in Haiti (Excerpts) **From "News from France"** **Submitted and Excerpts Selected by Dr. Antoine Spacagna**

As countries around the world united to demonstrate their solidarity for Haiti, France, which enjoys long-standing cultural ties with the island nation, is playing a particularly active role in supporting the relief efforts. France pledged millions of Euros toward relief efforts in Haiti, including 30 million for immediate urgent aid, 100 million for post-crisis funding, and 200 million for reconstructing the nation's infrastructure through 2013. Authorities also confirmed a supplementary 92 million Euros to U.N. assistance, including an emergency two million Euros for the World Food Programme. In an effort to alleviate the financial burden on the devastated nation, France has annulled approximately 54 million Euros of Haiti's debt.

France is acting in close coordination with the United Nations and other countries present on the ground. Since the onset of the disaster, France has been collaborating with the international community, particularly the U.S., to streamline the President Sarkozy and President Obama discussed the common effort during a phone conversation on January 14, two days after the tragedy. The French president lauded "the mobilization in support of Haitians are playing on the ground," satisfaction with the cooperation and, beyond that, the continuous crisis centers of the Ministry of Foreign and European Affairs and US Department of State."



Since the earthquake struck, there has been an outpouring of civilian aid, much of which has been made possible through the fundraising efforts of various NGOs. *Medecins Sans Frontieres* (MSF), also known as Doctors Without Borders, is an international humanitarian medical aid group established by a group of French doctors and was co-founded by French Foreign Minister Kouchner. An international organization with projects in over 70 countries, MSF has been a leader in providing emergency medical assistance in Haiti's disaster-stricken region. Erecting an inflatable hospital, which houses 100 hospital beds, two operating theatres, an emergency room, and an intensive care unit, MSF volunteers in Haiti have been working together with other international teams, the Red Cross and representatives from the French Ministry of Health. In an effort to keep hospitals open to the continuing influx of wounded persons, MSF has also created post-operative "villages" where patients can recover from their operations.



HCC NEWS & INFO



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Dance Troupe
Tracey Saint-Hilaire & Cindy Fertil

College Liaisons
Rodeline Felix & Melodie Colas

E-Board Profile

Jean Dornevil - President

I am Jean-Daniel Dornevil. I am a Junior attending Florida Agricultural and Mechanical University. My major is Allied Health Science - Pre-Physical Therapy. My long term academic goal is to become a doctor in physical therapy, and one day have my own practice.

I was born in Petite Riviere de l'Artibonite in Haiti. I spent most of my childhood in Port-Au-Prince. My home town is Naples Florida and I graduated from Naples High School. Interesting things about me... "I am one of the most traditional Haitians alive. I love my country more than anyone can, and I carry it with me everywhere I go". I am probably the only Haitian who doesn't wish he could lose his accent.lol.

My hobbies include but are not limited to: soccer (I love this game to death), painting (If you have never been to Haiti, if you only know what the media has been showing about Haiti and would like to know about the Haiti they never show on the news, you definitely NEED to get one of my paintings), and last but not least, I just started playing the guitar, but trust me, I play good enough to not mess up your taste of music.lol.

I joined HCC because I wanted to help bringing it back to what it used to be. I am a big promoter of the Haitian culture and I understand that there is just so much I can do as an individual, so I joined HCC so I can promote it as a team. After all, this is our MOTTO: "L'union Fait La Force" "With Unity there is Strength".

Follow me on Facebook and/or email me at dany0201@yahoo.com. You can also find some of my paintings on Facebook as well as at jonathan-greenstudios.com. Thanks for your time and I hope to hear from you...and better yet...hope to see you at our events.



HCC Contact and Social Networking Information

Email: haitiancc@gmail.com
Facebook: Add "Haitian CC" as a Facebook friend
Facebook: Join the Group "Haitian Cultural Club of Tallahassee (GLOBAL)"
Twitter: Follow "HaitianCC1988"
Phone/Text Message: 239-672-0174
Website: hcctallahassee.org



Bourgeois: the Unsung Heroes **By Lawrence Gonzalez**

“Today I met a man who is destined to die... causes: hypertension, diabetes, and no money. Guess we all are destined to die someday, but in his case; I had to interpret how dire his circumstances was. An easy nod, and a carefree smile, and a needed double \$20 every 3 month for the rest of his life prescription; I’ll probably never see him again.”

Bourgeois

This is for my unsung heroes.
Distant memories gone but never forgotten,
Arthritis hands still picking fruits.
Skin wrinkles with time - ripened by the sun,

they are my unsung heroes,
who work a full 12 hour shift at \$0.30 per crate.
contracted for a job that you would never do,
but she pleaded with the doctor, “this is the only thing she knows how to do”,
her lungs hurt from breathing in the fumes of toxins,
it cramps her heart and holds on the gas that kills her,
as the sweat pour over her like oil set ablaze by the horrid 110 degrees of Georgia heat.
So it ain’t just peaches... out here,

she picks corn, husked them unto the car by the ton,
her 63, and 5 foot 2 frame can’t take the pain,
but if she can’t do it,
they’ll find someone that will,
so she pleads to the doctor,
“medication for the pain
cause it getting late...”

even though the consultation is free,
her clock rewinds at 3 AM and its now 12 am,
so she bares the barrage of questions just a little longer,
tells the doctor of the cervical surgery that flares up,
every time she works,
and all she needs is the medication so she could sleep at night.

and when she looks at me,
she fancies me as some sort of giant.
English straight, confident Haitian-American kid who haven’t forgotten,
but *DAMN*, I’m about one of the few that haven’t forgotten,
like the molecules, we evaporate and take on new shape,
but yet still poisonous as the gas that grips her lungs,

(Continued on Facing Page)



POETRY PAGES



Bourgeois: the Unsung Heroes (Continued from facing Page)

packing the bus to travel for free consultation
for all she hopes this is a war in which we are heavily outnumbered,
for each one of me, there's about 50 that ain't doing SHIT about it,
and that's blunt honesty.

But i can't tell her the truth,
so I lie,
tell her that there are more students doing great things that couldn't be there,
as she waited for 4 hours for an interpreter,
standing on the same feet now swollen after a 12 hr shift.
so I lie,
to keep any level of her dreams alive, or better yet fantasies...

truth is,
they'd skip work for a party,
fuck their responsibilities,
pay beaucoup bucks to feast at banquets
and for what?
truth is,
we are not king, queens or nobles,
and this castle of pride that we build is made of paperweight glass
that shatters and gives way to earthquakes that rattles
with middle class values, elitist bullshit, and peasant religious dogma
and for what?

Our kids can't seem to graduate high school - let alone college,
more failed chiefs than diligent Indians...
and our old are just that too old to carry on.....

So... "NO!"
I've never been one to be bourgeois,
nor did i ever fancy the word as familiar as a friend,
et mon ami, no amount of speaking French would make you a better Haitian...
my English is as good as I learned it from TV,
the only lightness to my skin made it dark,
and I still don't have a lot of money,
but neither do my heroes,
Those unsung, working the field to give you something to eat,
just food for an uncommon thought,

My heroes are people too.

Tidbit: you don't have to go to Haiti to resolve problems for Haitians... problems are right in our front yard.



HEALTH CORNER



Sickle Cell Disease

from www.sicklecelldisease.org and www.sicklecellfoundation.org

September is National Sickle Cell Month

Sickle cell disease is an inherited blood disorder that affects red blood cells. People with sickle cell disease have red blood cells that contain mostly hemoglobin* S, an abnormal type of hemoglobin. Sometimes these red blood cells become sickle-shaped (crescent shaped) and have difficulty passing through small blood vessels. When sickle-shaped cells block small blood vessels, less blood can reach that part of the body. Tissue that does not receive a normal blood flow eventually becomes damaged. This is what causes the complications of sickle cell disease. There is currently no universal cure for sickle cell disease.

Hemoglobin is the main substance of the red blood cell. It helps red blood cells carry oxygen from the air in our lungs to all parts of the body. Normal red blood cells contain hemoglobin A. Hemoglobin S and hemoglobin C are abnormal types of hemoglobin. Normal red blood cells are soft and round and can squeeze through tiny blood tubes (vessels). Normally, red blood cells live for about 120 days before new ones replace them.

People with sickle cell conditions make a different form of hemoglobin A called hemoglobin S (S stands for sickle). Red blood cells containing mostly hemoglobin S do not live as long as normal red blood cells (normally about 16 days). They also become stiff, distorted in shape and have difficulty passing through the body's small blood vessels. When sickle-shaped cells block small blood vessels, less blood can reach that part of the body. Tissue that does not receive a normal blood flow eventually becomes damaged. This is what causes the complications of sickle cell disease.

Types of Sickle Cell Disease

There are several types of sickle cell disease. The most common are: Sickle Cell Anemia (SS), Sickle-Hemoglobin C Disease (SC), Sickle Beta-Plus Thalassemia, and Sickle Beta-Zero Thalassemia.

Sickle Cell Trait

Sickle Cell trait (AS) is an inherited condition in which both hemoglobin A and S are produced in the red blood cells, always more A than S. Sickle cell trait is not a type of sickle cell disease. People with sickle cell trait are generally healthy.

Who is affected by sickle cell disease?

Sickle cell disease primarily affects those of African descent and Hispanics of Caribbean ancestry, but the trait has also been found in those with Middle Eastern, Indian, Latin American, Native American, and Mediterranean heritage. It has been estimated that over 72,000 people in the US are affected by the disease. Millions worldwide suffer complications from sickle cell disease. It is present in one in every 500 African-American births. Two million African-Americans, or one in 12, have the sickle cell trait.

Inheritance

Sickle cell conditions are inherited from parents in much the same way as blood type, hair color and texture, eye color and other physical traits. The types of hemoglobin a person makes in the red blood cells depend upon what hemoglobin genes the person inherits from his or her parents. Like most genes, hemoglobin genes are inherited in two sets...one from each parent.

(Continued on Facing Page)



HEALTH CORNER



Sickle Cell Disease (Continued from facing Page)

Examples:

- ⌘ If one parent has Sickle Cell Anemia and the other is Normal, all of the children will have sickle cell trait.
- ⌘ If one parent has Sickle Cell Anemia and the other has Sickle Cell Trait, there is a 50% chance (or 1 out of 2) of having a baby with either sickle cell disease or sickle cell trait with each pregnancy.
- ⌘ When both parents have Sickle Cell Trait, they have a 25% chance (1 of 4) of having a baby with sickle cell disease with each pregnancy.

How will I know if I have the Trait?

A simple painless blood test followed by a laboratory technique called Hemoglobin Electrophoresis will determine the type of hemoglobin you have. When you pass an electric charge through a solution of hemoglobin, distinct hemoglobins move different distances, depending on their composition. This technique differentiates between normal hemoglobin (A), Sickle hemoglobin (S), and other different kinds of hemoglobin (such as C, D, E, etc.).

Medical Complications

Sickle cells are destroyed rapidly in the body of people with the disease causing anemia, jaundice and the formation of gallstones. The sickle cells also block the flow of blood through vessels resulting in lung tissue damage (acute chest syndrome), pain episodes (arms, legs, chest and abdomen), stroke and priapism (painful prolonged erection). It also causes damage to most organs including the spleen, kidneys and liver. Damage to the spleen makes sickle cell disease patients, especially young children, easily overwhelmed by certain bacterial infections.

Treatment

Health maintenance for patients with sickle cell disease starts with early diagnosis, preferably in the newborn period and includes penicillin prophylaxis, vaccination against pneumococcus bacteria and folic acid supplementation. Treatment of complications often includes antibiotics, pain management, intravenous fluids, blood transfusion and surgery, all backed by psychosocial support. Like all patients with chronic disease patients are best managed in a comprehensive multi-disciplinary program of care. Blood transfusions help benefit sickle cell disease patients by reducing recurrent pain crises, risk of stroke and other complications. Because red blood cells contain iron, and there is no natural way for the body to eliminate it, patients who receive repeated blood transfusions can accumulate iron in the body until it reaches toxic levels. It is important to remove excess iron from the body, because it can gather in the heart, liver, and other organs and may lead to organ damage. Treatments are available to eliminate iron overload.

Promising Treatment Developments

In search for a substance that can prevent red blood cells from sickling without causing harm to other parts of the body, Hydroxyurea was found to reduce the frequency of severe pain, acute chest syndrome and the need for blood transfusions in adult patients with sickle cell disease. Droxia, the prescription form of hydroxyurea, was approved by the FDA in 1998 and is now available for adult patients with sickle cell anemia. Studies will now be conducted to determine the proper dosage for children. Other treatment options in clinical development include new, more convenient options than current therapies to eliminate iron overload caused by repeated blood transfusions.

Local resource:

Sickle Cell Foundation of the Big Bend, Velma Pernermon Stevens, Executive Director
Phone: (850) 222-2355, Fax: (850) 224-5644, Internet: www.sicklecellfoundation.org





HAITIAN COOKING



Diri Jon Jon – Rice with Mushrooms

Ingredients:

2 cups of long grain rice
1 cup dried black mushrooms
4 cups of water
2 chopped cloves of garlic
1 small onion finely chopped
1 tablespoon of oil
salt, pepper to taste



Directions:

- ☛ Soak mushrooms in water overnight in a bowl
- ☛ Heat oil and fry onions and garlic cloves in a medium pot
- ☛ Discard mushrooms and mix the water with onions and garlic. Add rice when water comes to a boil and simmer when it has dried.

Boulette – Meatballs

Ingredients:

1 lb freshly ground beef
1 egg
2 tsp salt
1/4 tsp black pepper
1 small minced onion
1 tbsp ground spices
2 garlic cloves
2 slices bread (edges trimmed)
1/2 cup flour
1/2 cup oil



Directions:

- ☛ Mix ground beef, egg, salt, black pepper, onion, ground spices, and garlic.
- ☛ Soak bread in 1 tbsp water and mix with meat.
- ☛ Roll into golf ball size meatballs and dip in flour.
- ☛ Pan fry in oil until golden brown.
- ☛ Drain on paper towel.



HAITI'S GOT TALENT



Ronald Agéonor

Tennis player - The son of a former diplomat at the United Nations and Minister of Agriculture of Haiti, Ronald Agéonor has sustained one of the longest careers in the history of the game of tennis (19 years).

Ronald Agéonor was born in Rabat, Morocco in 1964. He is the youngest of six children and started to play tennis in Congo, Africa, and discovered competitive tennis in Bordeaux, France, at age 14. Under the wing of his brother Lionel, Ronald was able to combine intensive training and competition while attending high school. Ronald turned pro and earned his first ATP point in 1983 and was ranked #793 in the world. Since then, he has scored wins against world's greatest players such as, André Agassi, Jimmy Connors, Brad Gilbert, Mats Wilander, Yannick Noah, Thomas Muster, Peter Korda, Guillermo Vilas, and Michael Stich, to name a few.

Nicknamed “The Haitian Sensation” or “L’Haitien de Bordeaux”, Ronald won 3 ATP tour titles, was a quarter finalist at the French Open, and reached the fourth round at both the US Open and the French Open in 1988.

In 1987, he made history by playing against Yannick Noah from France, in what would be the first all black male ATP Tour tennis final in men's professional tennis history. In 1999, at 35 years of age, he became the oldest player to reach the top 100 in the world since Jimmy Connors did it in 1991.

Garcelle Beauvais

Model, actress - Born November 26, 1966, in St. Marc, the youngest of seven children, Beauvais moved with her mother and siblings to Massachusetts at the age of seven, after her parents got divorced. With French and Creole as her native languages, she learned English by watching Sesame Street on television. She also endured the culture shock that came with being the only black student in her new elementary school.

At the age of 16, she and her family moved to Miami, Florida, where she began modeling. She signed with Ford Models in New York and appeared in magazine layouts for Avon, Clairol and Mary Kay Cosmetics. She has also graced the pages of *Ebony* and *Essence* magazines and the runways for designers Calvin Klein and Isaac Mizrahi.

In the 1990s she began acting, and has starred in the Fox TV drama “Models Inc.” and “The Jamie Foxx Show”. In 1999, she appeared with Will Smith in the feature film, “Wild, Wild West”. Since 2001, as Assistant District Attorney Valerie Heywood, she has starred in the long-running ABC TV cop drama, “NYPD Blue”.



**EACH ONE.
REACH ONE**

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

Tallahassee-Haiti Medical Team from myhaititeam.com

The Tallahassee - Haiti Medical Team is a team of volunteer doctors, nurses and members of the Tallahassee community. Traveling Team 2, of which HCC member Eraine Ambo was a member, consisted of seven volunteers. They went to Haiti on May 11, 2010 to conduct a five-day intensive medical clinic in Dumay, Haiti. They returned to Tallahassee with suggestions for ways in which future teams can build a stronger, more powerful presence in the Dumay community.

Missions team planned for the near future are charged with the main mission of following up on the founding team's mission, exploring the ever-changing needs of the community and nation, and address issues such as proper nutrition and health education. The ultimate goal is to build the Dumay Regional Medical Center and provide a training ground for future medical professionals. The teams are comprised of both trained professionals laypeople, who provide an advanced and cognitive approach to the needs of the truly devastated community of Dumay.

Team 1 Leader and Director and the founder of the Tallahassee-Haiti Medical Team is Dr. Woodie Smith. He has made numerous trips to Dumay and has many established relationships. He has arranged to take up to 46,000 lbs of supplies with his teams on follow up-medical mission trips, working with agencies all over the nation. After speaking to other doctors who have visited Haiti, it is clear that there is a need for both medical supplies and food.

You do not have to travel to Haiti to be part of the team. Goodwill - Big Bend has partnered with the Tallahassee-Haiti Medical Team to serve as a collection site for donations of the items listed below. The items must be unopened in order to pass shipping inspections, and no canned foods or other food items are being collected other than those listed. Items in the largest bags or boxes available are preferred. The following items are needed: dried rice, dried packaged red or black beans, olive or vegetable oil, bottled water, hand/body soap, crutches, unopened boxes of plastic bags, and unused pill boxes.

The Tallahassee-Haiti Medical Team, Inc. meets regularly every Thursday evening at 6:30 P.M. in the New Meeting Conference Room at Capital Regional Medical Center (CRMC). For more information about the organization and to join one of its traveling teams, contact Christine Decoteau at (904) 236-8460 or at christinedecoteau@gmail.com. Check out "Tallahassee Haiti Medical Team" on Facebook.



**EACH ONE.
REACH ONE**

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

**Choose Haiti
from www.choosehaiti.com**

Choose Haiti is working to create jobs in Haiti by building demand for Haitian-made products and services. The January earthquake was met by an unprecedented outpouring of support by the international community, but 80% of Haiti remains unemployed, aid is diminishing daily, and jobs are needed now. Haiti was a reliable supplier of thousands of goods to the U.S. market before the rise of Chinese manufacturing. Today, there are many new benefits to discover regarding working with our longtime neighbor.

More than aid, Haiti needs jobs. Consumers who buy Choose Haiti generate demand for Haitian-made products and, in doing so, create jobs. Choose Haiti stands for fair pay, decent working conditions, and independence. This commitment requires responsible practices geared toward long term economic stability.

Marketable Haitian-made products can command higher prices, allow for greater margins, and lift wages. To this end, Choose Haiti is establishing showrooms for Haitian-made products and sample kits. They approach prospective buyers of all sizes, including small and medium-sized businesses, which is essential for manufacturers seeking to build redundancy and less reliance on a few large corporate clients.

Choose Haiti is currently focused on existing textile manufacturing capacity which represents an immediate potential to create thousands of jobs. They are not, however, exclusive to any industry or model for development. Their focus is on creating jobs today by bringing Haitian-made products to market quickly.

Keep checking www.choosehaiti.com/shop for items available for purchase. Currently, the following Haitian-made items are available:

- The Choose Haiti H.E.L.P. bracelet, made from bottles bought in bulk from tent camp residents, sanitized, cut and covered with newspaper paper mache.
- The Choose Haiti hand-knit baby blanket, available in a wide array of colors and machine washable and dryable.
- The Choose Haiti dark gray logo t-shirt, made from a blend of 96% cotton and 4% spandex.



Check Choose Haiti out on Facebook and at www.choosehaiti.com.



MEMBER PAGES



Advice for New and Returning Students

I love the college lifestyle and love to help others. There is a lot to learn when one gets to college. I am planning on being a Certified Nurse Midwife (CNM) and right now I am in Nursing.

Stephanie Etienne, Freshman, Nursing (Nurse Midwife), Florida A&M University

College life will be the best years of your life. Please don't let partying take over your study time. Time management is very important. Set aside a time to study. Party in your spare time when you don't have class the next morning. Don't forget your reason for coming to college in the first place.

Angie Jacques, Alumni, Social Work, Florida A&M University

Academics comes first ALWAYS ! Get your study in before you get your party on.

Valerie Bernard, Sophomore, Health Care Management, Florida A&M University

Never be afraid to stand up for what is right.

Nadine Alcy

Make the most of the college experience and all that it offers. You will remember the awesome friends and experiences that you will have much more than any nap or "retail therapy" session at the mall. Balance work and play. Learn more about your own culture and history and take advantage of the opportunity to make friends from diverse backgrounds and to learn about their cultures. Don't burn bridges with fellow students, profs, and administrators, no matter how much they annoy you. Get more letters of recommendation than you think you'll ever need.

Claire Cohen, Alumna, Special Education, Florida State University

I would recommend to have a concrete schedule for study time, television, and exercise to be successful with your health and academics. Join organizations related to your interests to get to know people to accumulate friends, and set a budget or give yourself an allowance every week that covers necessary needs and miscellaneous things.

Sibyl Jeune, Junior, Dietetics, Florida State University

All the campuses have tutorial labs – take advantage of them. Study hard and party harder. Just kidding, take time for some much needed R&R because you will be overwhelmed.

Karen Jean-Louis, Junior, Florida State University

(Continued on Facing Page)



MEMBER PAGES



Advice for New and Returning Students

(Continued from facing page)

First of all, I would advise anyone that anyone that would like to thrive academically to set a nice study schedule that works for them. Do not spend all your time in the books. When you pass a test with a high score, reward yourself by doing something you like. Also, get involved in study groups because sometimes you cannot do it by yourself.

Peterson Monestime, Junior, Pharmacy/Molecular Biology, Florida A&M University

Socialize, network, and make connections. You never know when you'll need a helping hand. Focus, don't forget why you came and do not let others stop you from reaching your goals. Surround yourself with positivity and you will be successful.

Vana Petion, Junior, Pharmacy, Florida A&M University

Study Study Study ! Use time wisely. Save money from Financial Aid.

Jasmine Simplicie, Freshman, Business/Accounting, Florida State University

Be professional at all times. Make sure you properly advertise events, remain humble, keep in contact as much as possible, be on time.

Monica St. Louis, Freshman, Elementary Education, Tallahassee Community College.



Top 10 Reasons College Students leave/Drop-Out of College

1. Too much fun at the expense of classes and grades
2. A sense of not belonging; a sense of isolation, homesickness
3. Academically unprepared; burned-out on education
4. Financial constraints; low on funds
5. Personal family issues
6. Academic climate/fit
7. Choice of wrong major; major not offered
8. Lack of advising, guidance
9. Demands from part-time or full-time employment
10. Move to a different geographic location





ADVICE FOR STUDENTS



Your First Year of College: 25 Tips to Help You Survive and Thrive Your Freshman Year and Beyond

By Randall S. Hansen, Ph.D.

Some of these 25 tips are critical during your first weeks, while the others are meant for longer-term guidance and survival. Whatever you do, be sure to be yourself and try to enjoy your college experience as much as possible. Expect to feel some stress and homesickness, but don't let these issues wear you down.

1. **Go to all orientations.** Do you really need to go on yet *another* campus tour? Yes. The faster you learn your way around campus -- and around all the red tape -- the more at ease you'll feel and the better prepared you'll be when issues arise.
2. **Get to know your roommate and others in your residence hall.** The people you live with, most of whom are going through similar experiences and emotions, are your main safety net -- not only this year, but for all your years. You may change roommates after the first semester or you may stay roommates for all four years -- just take the time to get to know your fellow first-year students.
3. **Get Organized.** In high school, the teachers tended to lead you through all the homework and due dates. In college, the professors post the assignments -- often for the entire semester -- and expect you to be prepared. Buy an organizer, a PDA, a big wall calendar -- whatever it takes for you to know when assignments are due.
4. **Find the ideal place for you to study.** It may be your dorm room or a cozy corner of the library, but find a place that works best for you to get your work done -- while avoiding as many distractions as possible.
5. **Go to class.** Obvious, right? Maybe, but sleeping in and skipping that 8 am class will be tempting at times. Avoid the temptation. Besides learning the material by attending classes, you'll also receive vital information from the professors about what to expect on tests, changes in due dates, etc.
6. **Become an expert on course requirements and due dates.** Professors spend hours and hours preparing course syllabi and calendars so that you will know exactly what is expected of you -- and when. One of the lamest excuses a student can give a professor: "I didn't know it was due today."
7. **Meet with your professors.** Speaking as a professor, I can assure you there are only upsides to getting to know your professors, especially if later in the semester you run into some snags. Professors schedule office hours for the sole purpose of meeting with students -- take advantage of that time.
8. **Get to know your academic adviser.** This is the person who will help you with course conflicts, adding or dropping courses, scheduling of classes for future semesters, deciding on majors and minors. This person is a key resource for you -- and should be the person you turn to with any academic issues or conflicts. And don't be afraid of requesting another adviser if you don't click with the one first assigned to you.
9. **Seek a balance.** College life is a mixture of social and academic happenings. Don't tip the balance too far in either direction. One of my favorite former students always used to say her motto was to "study hard so she could play hard."
10. **Get involved on campus.** A big problem for a lot of new students is a combination of homesickness and a feeling of not quite belonging. A solution? Consider joining a select group -- and be careful not to go overboard -- of student organizations, clubs, sororities or fraternities, or sports teams. You'll make new friends, learn new skills, and feel more connected to your school.
11. **Strive for good grades.** Another obvious one here, right? Remember the words of the opening paragraph; while good grades could have come naturally to you in high school, you will have to earn them in college -- and that means setting some goals for yourself and then making sure you work as hard as you can to achieve them .

(Continued on Facing Page)



ADVICE FOR STUDENTS



Your first Year of College: 25 Tips (Continued from facing Page)

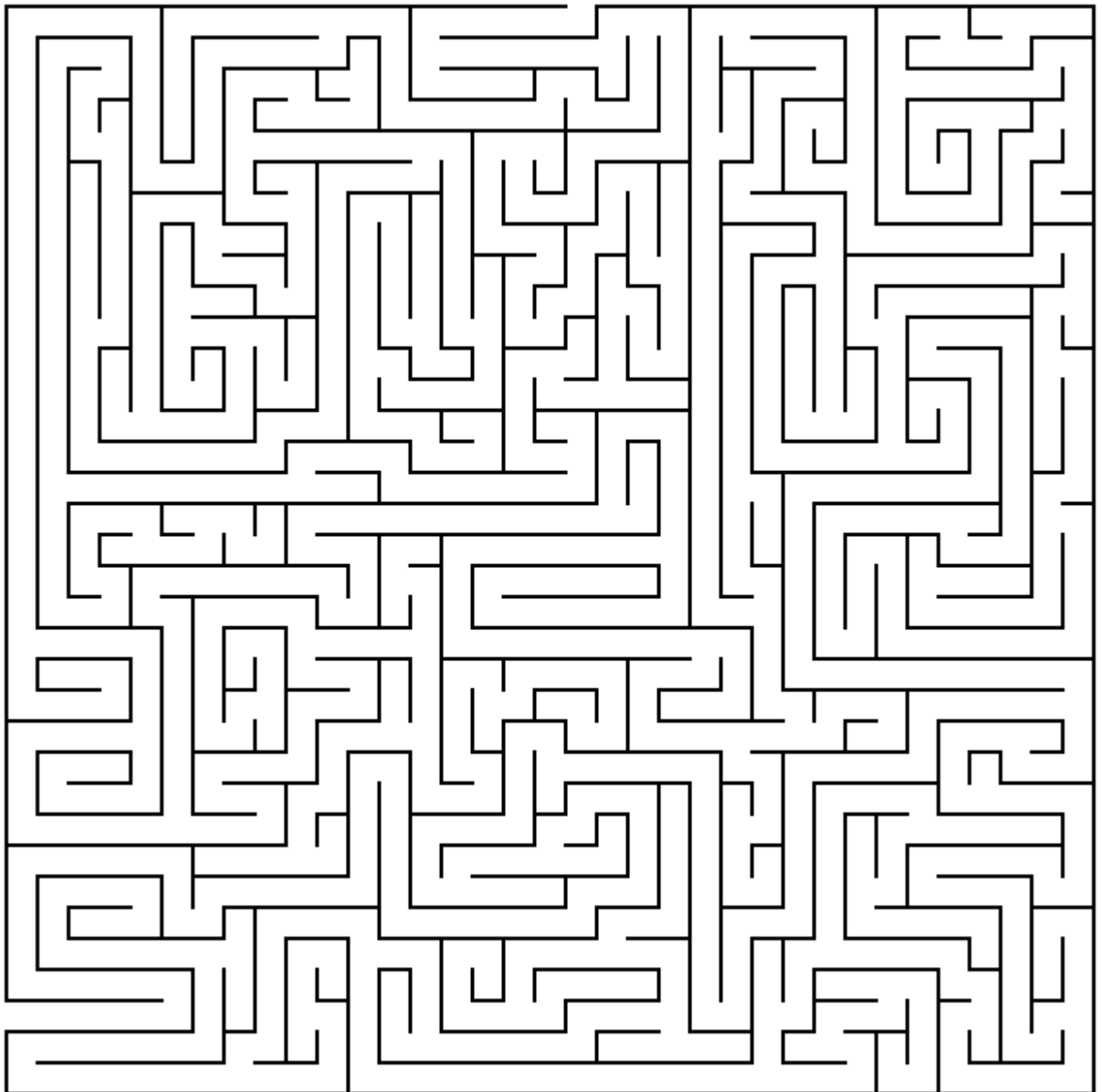
12. **Take advantage of the study resources on campus.** Just about all colleges have learning labs and tutors available. If you're having some troubles, these resources are another tool available to you. Another idea: form study groups.
13. **Make time for you.** Be sure you set aside some time and activities that help you relax and take the stress out of your day or week. Whether it's enlisting yoga techniques, watching your favorite television shows, or writing in a journal, be good to yourself.
14. **Don't feel pressured to make a hasty decision about a career or a major.** It doesn't matter if it seems as though everyone else seems to know what they're doing with their lives -- believe me, they don't -- college is the time for you to really discover who you are, what you enjoy doing, what you're good at, and what you want to be. It's not a race; take your time and enjoy exploring your options.
15. **Take responsibility for yourself and your actions.** Don't look to place the blame on others for your mistakes; own up to them and move on. Being an adult means taking responsibility for everything that happens to you.
16. **Make connections with students in your classes.** One of my best students said his technique in the first week of classes was to meet at least one new person in each of his classes. It expanded his network of friends -- and was a crucial resource at times when he had to miss a class.
17. **Find the Career Services Office.** Regardless of whether you are entering college as undeclared or have your entire future mapped out, seek out the wonderful professionals in your college's career services office and get started on planning, preparing, and acting on your future.
18. **Don't procrastinate; prioritize your life.** It may have been easy in high school to wait until the last minute to complete an assignment and still get a good grade, but that kind of stuff will not work for you in college. Give yourself deadlines -- and stick to them.
19. **Stay healthy/eat right.** Get enough sleep, take your vitamins, and eat right. Without mom or dad there to serve you a balanced meal, you may be tempted to go for those extra fries or cookies. Stay healthy and avoid the dreaded extra "Freshman 15" pounds by sticking to a balanced diet.
20. **Learn to cope with homesickness.** It's only natural that there will be times when you miss your family, even if you were one of those kids who couldn't wait to get away. Find a way to deal with those feelings, such as making a phone call or sending some email home.
21. **Stay on campus as much as possible.** Whether it's homesickness, a job, or a boyfriend or girlfriend from home, try not to leave campus too soon or too often. The more time you spend on getting to know the campus and your new friends, the more you'll feel at home at school.
22. **Seek professional help when you need it.** Most colleges have health and counseling centers. If you're sick or feeling isolated or depressed, please take advantage of the many services these offices provide students. You don't have to face these issues by yourself.
23. **Keep track of your money.** If you've never had to create a budget, now is the time to do so. Find ways to stretch your money - and as best you can, avoid all those credit card solicitations you'll soon be receiving. The average credit card debt of college grads is staggering.
24. **Don't cut corners.** College is all about learning. If you procrastinate and cram, you may still do well on tests, but you'll learn very little. Even worse, don't cheat on term papers or tests.
25. **Be prepared to feel overwhelmed.** There's a lot going in your life right now. Expect to have moments where it seems a bit too much. As one student says, be prepared to feel completely unprepared. The trick is knowing that you're not the only one feeling that way.



PUZZLE PAGE



Can you help the students find their way to school ?





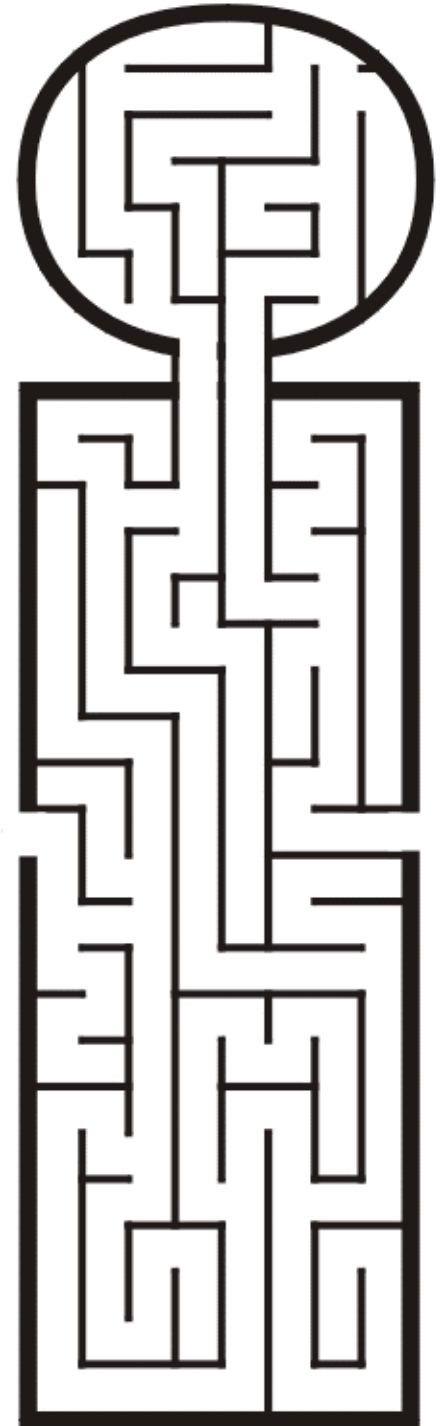
PUZZLE PAGE



School Word Unscramble

Solve the Maze

1. UGNPLODARY _____
2. OHLSCO _____
3. RHEETAC _____
4. DNERGAI _____
5. EERSBETMP _____
6. ESSREC _____
7. INNGERLA _____
8. OWRMKHEO _____
9. KPCBCKAA _____
10. TMHA _____
11. DERGSA _____
12. OOSBK _____
13. IWNTRGI _____
14. NSRFDEI _____



Solutions are on Page 23





PUZZLE PAGE



Back to School Word Search

Find the hidden words associated with getting an education.

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

- ALGEBRA
- ALPHABET
- ART
- BLACKBOARD
- CHALK
- CLASSES
- CRAYONS
- ENGLISH
- ERASER
- EXAMS
- FRENCH
- GEOGRAPHY
- GRAMMAR
- GYM
- HISTORY
- MATH
- NOTEBOOK
- PAPER
- PENCIL
- QUIZZES
- READING
- SCHOOLBAG
- SCIENCE
- SCISSORS
- STUDENT
- SPANISH
- TEACHER
- TUTOR
- WRITING



School Word Unscramble Solutions from Page 23

1. PLAYGROUND 2. SCHOOL 3. TEACHER 4. READING 5. SEPTEMBER 6. RECESS 7. LEARNING
8. HOMEWORK 9. BACKPACK 10. MATH 11. GRADES 12. BOOKS 13. WRITING 14. FRIENDS