



# *Unity First*

*April Woodard*

Volume 16    Number 8    September 2010

SHAWN "JAY-Z" CARTER WILL SMITH & JADA PINKETT SMITH PRESENT

# "RADIATES JOY"

ENTERTAINMENT WEEKLY

# FELA!

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Photo © Carlo Dalla Chiesa

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# Educating the next generation

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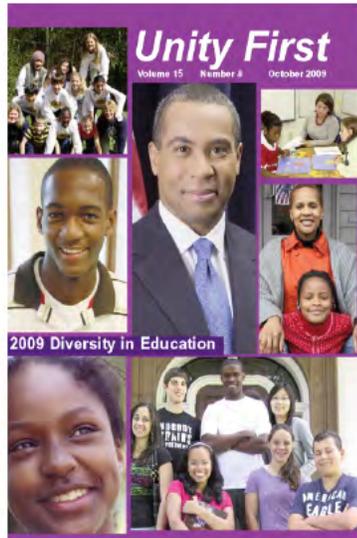
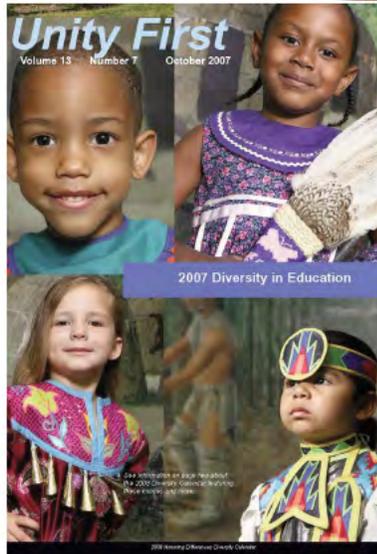


October Issue

**Deadline:**September 27, 2010  
--Independent School Guide

November/December Issue:

**Deadline:**October 20, 2010  
--College Overview



For more information, call (413) 221-7931 or send email to: [info@unityfirst.com](mailto:info@unityfirst.com).



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4th Annual Next Level Development Conference for Women of Color

# Living Your Destiny Think.Plan.Do!



*I am so very excited. I have been to every one of the conferences and I truly get so much out of it. They really seem to be on point where I am in my life at the time and what it is I am focusing on.*

- Conference Attendee, 2007, 2008 & 2009

*I brought a few friends along because of how I felt after leaving the conference last year. The conference is motivational and inspiring to me: women of color as women of power. I've enjoyed this conference every year."*

- Conference Attendee, 2007, 2008 & 2009

*"... thank you on behalf of the Faith Based Health Alliance Advocates for introducing us to and allowing us to attend the Next Level Women's Conference... I really believe that we have gone to the 'next level', (what a difference a day makes)... Tears have been shed and covenants have been made."*

- Conference Attendee, 2008

Saturday, October 2, 2010

8 AM - 5 PM

Springfield Sheraton ♦ Springfield, Massachusetts

8:00 AM

Registration & Breakfast

8:45 AM

Welcome Remarks

Inspiration featuring Women of Faith Ensemble

9:15 AM

Motivational Speaker

Reverend Dr. Barbara Headley

9:45 AM

Panel Discussion - "A View from The Top"

11:00 AM

Breakout Sessions

12:30 PM

Plenary Lunch - "Giving it the Best You Got!"

Valley

2:00 PM

Breakout Sessions

3:30 PM

Making it Stick - Change through Goal Setting

5:00 PM

Close

**VENDORS & EXHIBITORS ALL DAY**

## BREAKOUT SESSIONS INCLUDE...

Efficacy for Women of Color

Building Your Personal Brand

I'm a Poet and I Didn't Know It!  
Poetry & Creative Writing as an Outlet

Combating Micro-aggression at Work

Staying Healthy - Mind, Body and Soul

The Power of an Organized Home

LinkedIn and Facebook and Twitter - Oh My!  
Why Care About Social Media

Making it Stick -  
Change through Goal Setting

**INFORMATION & REGISTRATION @  
WWW.URNEXTLEVEL.COM  
EXHIBITOR OPPORTUNITIES AVAILABLE!**

# on the COVER

*BET's April Woodard, a graduate of The MacDuffie School, returns to Springfield for the School's 120th Anniversary Celebration on October 22*

Black Entertainment Television (BET) host April Woodard, a graduate of The MacDuffie School, returns to Springfield for the School's 120th anniversary celebration on October 22. The event will be held at the Lyman & Merrie Wood Museum of Springfield History in downtown Springfield.

The MacDuffie School, located at One Ames Hill Drive in Springfield, is a rigorous, co-educational college preparatory school whose mission is to foster in all students intellectual habits of mind, high ethical standards and respect for diversity required for becoming morally responsible and effective individuals in their personal lives, careers and in their communities and beyond.

April uses her MacDuffie education well as she pursues a career in broadcasting.

Woodard is a highly sought after a pop culture and lifestyle expert and appears frequently on HLN's Showbiz Tonight, The Joy Behar Show, Jane Velez-Mitchell and Fox Network shows such as Geraldo At Large, The A List, and The Mike and Juliet Show.

Woodard's trademark is gripping reports on a variety of topics ranging from children battling disfiguring diseases to red carpet interviews with such stars as Michael Vick, Tom Cruise, Madonna, Mo'Nique, President Bill Clinton, and First Lady Michelle Obama. Woodard has no fear of personally tackling tough topics; She risked her own life reporting on the 9/11 World Trade Center Bombings, covered Hurricane Katrina as it headed toward New Orleans, plus she surrendered her cell phone, jewelry, wallet, and went undercover living 48 hours as a homeless woman on the streets of New York City.

In the aftermath of the Haiti Earthquake Disaster, this award-winning journalist co-hosted the post show for George Clooney's, Hope for Haiti Now Telethon and reported on BET'S SOS: Help for Haiti Telethon in Miami, Florida.

Woodard broke the story of Michael Jackson's death to a national radio audience while filling in on the syndicated, The Wendy William's Experience and subsequently hosted the King of Pop's Memorial Service Live from Los Angeles on BET'S Forever



April Woodard

the King: A Memorial to Michael Jackson.

During the historic 2008 election, she went on the road with both Republican and Democratic campaigns for the syndicated newsmagazine, Inside Edition for which she worked for 10 years and anchored BET'S coverage of President Barack Obama's nomination speech for The Truth. She followed up the campaign with extensive coverage on the Inauguration Day and red carpet reporting of the Inaugural Balls later that evening.

Through her production company, FAVOR Multimedia, she is behind the scenes, producing a documentary on Black colleges and universities an issue close to the heart for this daughter of a former HBCU president.

Beyond television, Woodard has written a series of children's books with her writing partner and best friend of

20 years, Dr. Davida White, they are currently authoring a manual on life lessons. Woodard contributed to the book, Bill Clinton and Black America, by Dewayne Wickham and continues to contribute to national publications and on line magazines.

Living by her mantra, "No Man is an Island" Woodard is committed to giving back to the community, she serves on the Board of The YWCA, and has donated her time to various organizations including, The Coalition for the Homeless, The Trumpet Foundation, The HBCU Alumni Hall of Fame, and The Miss Black USA and Miss Virginia Pageants. April Woodard is a member of The National Association of Journalists, and Delta Sigma Theta Sorority, Incorporated.

For tickets to the 120th anniversary celebration, go to [www.MacDuffie.org](http://www.MacDuffie.org).



## Patti LaBelle joins cast of award-winning Broadway musical, FELA!



Patti LaBelle

Producers Shawn “Jay-Z” Carter, Will & Jada Pinkett Smith, Ruth & Stephen Hendel and Roy Gabay are pleased to announce that Grammy Award-winning, multi-platinum recording artist Patti LaBelle will join the cast of the hit Award-winning Broadway musical FELA! on Tuesday, September 14, when she takes over the role of Fela’s mother (Funmilayo Anikulapo-Kuti) through Sunday, January 2, 2011, when the show will play its final scheduled performance. Tony Award-winner Lillias White (who received a 2010 Tony Nomination for her performance in this production) played her final performance on September 12. FELA! received three 2010 Tony Awards,

including Best Choreography, Best Costume Design and Best Sound Design. It is currently playing at Broadway’s Eugene O’Neill Theatre (230 West 49th Street) where it opened to rave reviews.

“I am both thrilled and honored to be joining the cast of FELA! on Broadway. After seeing the show, I was struck by the choreography and work of Bill T. Jones, and the passion and joy that overflows from the stage. Fela’s mother, Funmilayo, was a strong, truly inspiring woman and I am so privileged to be able to pay tribute to her on the Broadway stage.” —Patti LaBelle

while the Broadway production of FELA! continues its history-making, record-breaking run at the Eugene O’Neill Theatre, The Royal National Theatre in London will simultaneously present a limited run of the show—in repertory with Hamlet—beginning November 6. This marks the first time ever that the National Theatre has produced a show that is simultaneously running on Broadway. An international tour of FELA! is currently being booked by Margaret Selby of CAMI Spectrum and Gary McAvay of CAMI Theatricals.

*Continue on next page*

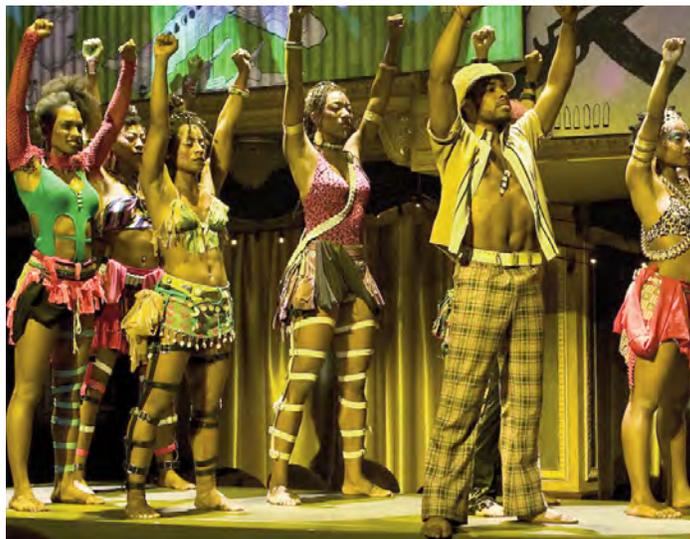
As previously announced,

FELA! is directed and choreographed by Tony Award-winner Bill T. Jones, with a book by Jim Lewis and Bill T. Jones. Sahr Ngaujah (2010 Tony Award-nominee for Best Actor in a Musical) and Kevin Mambo play the title character at alternate performances, while the world renowned Antibalas and other members of the NYC Afrobeat community, under the direction of Aaron Johnson, perform Kuti's rousing music live onstage.

Fela!, the true story of the legendary Nigerian musician Fela Kuti whose soulful Afrobeat rhythms ignited a generation, is a triumphant tale of courage, passion and love, featuring Kuti's captivating music and the visionary direction and choreography of Tony Award-winner Bill T. Jones. Inspired by his mother, a civil rights champion, Kuti defied a corrupt and oppressive military government and devoted his life and music to the struggle for freedom and human dignity.

Fela Ransome Kuti was born in Abeokuta, Nigeria, north of Lagos in 1938. His father was a Christian schoolmaster, minister and master pianist and his mother was a world-recognized feminist leader, who was very active in the anti-colonial Nigerian women's movement during the struggle for independence. Fela was educated in Nigeria amongst the indigenous elite. Ironically, many of his classmates in his Nigerian school would become the very military leaders he so vociferously opposed.

With medical aspirations for their offspring (Fela's older brother, Koye, was to become a Deputy Director of the World Health Organization and his younger brother, Beko, President of the Nigerian Medical Association) in 1958



Fela's parents sent him to London for a medical education. Instead, he registered at Trinity College's school of music where he studied composition and chose the trumpet as his instrument. Quickly tiring of European composers, Fela, struck by Miles Davis and Frank Sinatra, formed the Koola Lobitos in 1961, and his band became a fixture in London's club scene. Two years later, Fela returned to Nigeria, restarted the Koola Lobitos, and became influenced by James Brown. Trying to find an authentic musical voice, he added elements of traditional Yoruba, high life and jazz, and "Afrobeat" was born. In 1969, Fela's Koola Lobitos traveled to Los Angeles to tour and record. During his eight months in the US, with LA as a home base, Fela befriended Sandra Isidore, who introduced him to the writings and politics of Malcolm X, Eldridge Cleaver and other proponents of Black nationalism and Afrocentrism.

With this new politically explicit and critical worldview, Fela reformed the Koola

Lobitos as Nigeria 70 and returned to Lagos. He founded a commune/recording studio called the Kalakuta Republic, complete with his own private nightclub, The Shrine, and Fela dropped his given middle name "Ransome," and replaced it with a Yoruba name "Anikulapo" (meaning "he who carries death in his pouch"). Playing constantly and recording at a ferocious pace, Fela and band (who were now called Africa 70) became huge stars in West Africa and beyond. His music served as a rallying cry for the disenfranchised, critiquing the military government, and made Fela not only a pop star but thrust him into political life. People took to the streets singing his songs and the military responded by viciously harassing Fela, jailing him and nearly killing him on several occasions.

In 1977, during a government-sanctioned attack on his Kalakuta Republic commune, Fela and other members of his commune were arrested; Fela himself suffered a fractured skull as well as other broken

bones; a number of women living at Kalakuta were beaten and raped; and his 82-year-old mother was thrown from an upstairs window, inflicting injuries that would later prove fatal. The soldiers set fire to the compound and prevented fire fighters from reaching the area. Fela's recording studio, all his master tapes and musical instruments and the only known copy of his self-financed film *Black President* were destroyed.

After the Kalakuta tragedy, Fela briefly lived in exile in Ghana, returning to Nigeria in 1978. A year later, he formed his own political party, MOP (Movement of the People) and ran for president in two elections, although his campaigning was consistently blocked by the military. As the '80s ended, Fela recorded blistering attacks against Nigeria's corrupt military government.

Fela Anikulapo-Kuti was arrested more than two hundred times in his life, and charged with almost every conceivable crime, although only serving one eighteen month sentence in jail for a currency violation. Despite this constant harassment he continued to live in Nigeria even though, as an icon in the international world of rock and roll, soul, jazz and hip-hop, he could have at any point abandoned Nigeria and led the life of an international music superstar. His death on August 3, 1997 of complications from AIDS deeply affected musicians and fans internationally, as a unique and ineffable musical and sociopolitical voice was lost. In Nigeria one million people attended his funeral. His incredible body of work, almost 70 albums, is now available, through public demand, all over the world.

## See the show....

Tickets can be purchased online at [www.Telecharge.com](http://www.Telecharge.com), by phone (212) 239-6200 or in-person at The Eugene O'Neill Box Office, located at 230 West 49th Street in New York City. For more information about FELA! visit [www.FelaOnBroadway.com](http://www.FelaOnBroadway.com).

# New Business

## Women Business Owners Alliance of Pioneer Valley launch fall workshop series in honor of Women's Small Business Month (October)

Workshops begin September 29 ( 6 pm) at Western New England College Law and Business Center

The Women Business Owners Alliance of Pioneer Valley (WBOA) launches its fall entrepreneurial workshop series on September 29 in honor on National Women's Small Business Month. As part of the series, WBOA members are offering free advice to women who are considering and recognizing the benefits of business ownership and an entrepreneurial spirit during this month dedicated to recognizing the achievements of female entrepreneurs and their small business ventures.

The first workshop, to be held on September 29 at Western New England College's Law and Business Center (1215 Wilbraham Road, Springfield, MA 01119), will be opened by the newly installed board members of WBOA, including: Suzanne Larocque, Susan Kelley, Gina Barry, Michelle Murray, Janine Fondon, Freda Brown, Eileen Jerome, Lynne Goodhue, Jennifer van Beckum, Allison Biggs, Becky Castro and Michelle Begley.

"The WBOA looks forward to encouraging women in the Pioneer Valley to start and grow business, especially in honor of Women's Small Business Month," says Suzanne Larocque, President WBOA, Pioneer Valley.



Suzanne Larocque, President of Women Business Owners Alliance (WBOA)



Janine Fondon, Founder UnityFirst.com

"Women entrepreneurs represent the present future success of this region."

The seminar series will feature six members of the WBOA who will share their stories about finding success through entrepreneurial ventures and growing their businesses. The workshops will be held at Western New England College Law and Business Center on Wednesdays, September 29 , October 6 and October 13 are



The Women Business Owners Alliance of the Pioneer Valley (WBOA) will hold their September monthly breakfast networking meeting on Wednesday, September 15th (7:45am) at The Holiday Inn at Ingleside (Holyoke, MA). This month's guest speaker is Becky Castro of ILoveMondayMornings.com, who will encourage attendees with the following keynote topic, "Tweak Your Sales Process so it Flows." Castro asks: Do you have enough clients?"

as follows:

### Week 1: Building a Brand & Getting it in Front of People

Wednesday, September 29

- 6 - 8 PM

Speakers: Allison Biggs, Ingrid Bredenberg

### Week 2: Finding Balance & Creating Time-Saving Systems

Wednesday, October 6th 6 pm - 8 pm

Speakers: Lynne Goodhue, Christine Burns

### Week 3: Setting Yourself up for Success

Wednesday, October 13th

6 pm - 8 pm

Speakers: Freda Brown, Susan Kelley

The Women Business Owners Alliance of Pioneer Valley (WBOA) is a volunteer-run, non-profit organization dedicated to supporting current and aspiring women business owners and professionals in developing and growing their companies. This organization provides monthly programs, networking opportunities, educational and charity-focused events, and inspiration & support for women all over the Pioneer Valley.

For more information on the seminars, contact Janine Fondon at 413-221-7931 or [jfondon@unityfirst.com](mailto:jfondon@unityfirst.com).

# Education Back to School



*Unity First welcomes you to the second of three upcoming education sections focusing on Diversity and Education. We hope that you will take a look at the articles, identify resources and find opportunities.*

*We need to engage our youth, excite our parents and enlist people across our communities to get the right resources to the students who need them.*

*We believe that all students deserve the best educational opportunities that communities can offer. This includes, public and private institutions ranging from elementary to high school, as well as college and graduate school.*

*Let's find the best fit for each child and enable our youth to be the future our country needs, today and tomorrow.*

*For more information on these sections, call (413) 221-7931.*



**Governor Deval Patrick**

Governor Deval Patrick highlighted recent education victories for Massachusetts students and teachers.

"In Massachusetts, education is both the reason for our great success and the reason we will emerge from these challenging economic times even stronger," said Governor Patrick. "That is why we are making historic investments in public schools and implementing reforms that will lift all students up."

"In Massachusetts, our students and our schools continue to prove that high standards and high expectations for all students, combined with the right resources creates a win-

ning formula for success," said Lieutenant Governor Timothy Murray. "I am pleased to join Governor Patrick in wishing the students in Natick and across the Commonwealth another successful school year."

Massachusetts also recently earned the top score in the national Race to the Top competition and secured \$250 million in funding to help implement the next generation of education reform in Massachusetts. The funding will be utilized to build a statewide data system to better track student performance, inform instructional practices and provide a new measure of teacher and principal effectiveness as well as to build a more professional teacher development and support system.

Additionally, Governor Patrick allocated \$204 million from the federal Education Jobs Fund to school districts across the Commonwealth, bringing state support for public schools to its highest level in history. A combination of state and federal dollars totaling \$4.07 billion will ensure all school districts receive more state aid - at least \$25 per student - than they did last year.

"The Commonwealth has a singular commitment to educa-

tion, and we are seeing results. This is great news for the students of Massachusetts, who will be poised to succeed in the 21st century economy," said Senator Karen Spilka.

"Education take place in the classroom so we have a responsibility as state leaders to make every decision based on what is going to work best for students," said Education Secretary Paul Reville who joined the Governor on the visit. "The Governor has demonstrated that leadership with his vision for an improved education system and his efforts to set the right goals and providing the necessary support to help all students succeed."



**Lieutenant Governor Timothy P. Murray**

# Closing the gaps

## GOVERNOR PATRICK ANNOUNCES STRONG MCAS IMPROVEMENT

Governor Deval Patrick recently announced that the number of tenth graders who scored Proficient or Higher on the English Language Arts (ELA) and Math MCAS exams has nearly doubled since the first year the state's graduation requirement was enforced. In addition, MCAS results showed that for the first time ever, more than half of all seventh and eighth graders statewide scored Proficient or Higher in Math.

According to 2010 MCAS results, more than 48,200 students in the class of 2012 scored Proficient or Higher on their first try, nearly twice the number of tenth graders who did so in 2001, when the state's Competency Determination requirement was first implemented for the class of 2003. Additionally, the percentage of third graders reading and doing math proficiently increased by six points in ELA and five points in math.

"I am very proud of the hard work and achievement of our students and teachers," said Governor Patrick. "The gains exhibited at all grades demonstrate that when we focus efforts on early literacy and providing schools with the tools they need, all students will improve and progress will be made in closing achievement gaps."

"Our students and our schools continue to prove that high standards and high expectations combined with the right resources for all students creates a winning formula for success," said Lieutenant Governor Timothy Murray. "Congratulations to students, educators and parents for their hard work and persistence."

Since last year, African American students have narrowed the achievement gap with white students slightly in ELA at grades 3, 5 and 7, and in Math at grades 3, 7, 8 and 10. Hispanic/Latino students have narrowed the gap with white students in ELA at grades 3, 5, 6, 7 and 10, and in Math at grades 3, 4, 6, 7, 8 and 10.

Statewide, the percent of third grade students scoring Proficient or Higher increased by six percentage points in Reading (from 57 percent in 2009 to 63 percent in 2010) and by five percentage points in Math (from 60 percent to 65 percent). Highlighting that progress were seven point gains made by African American students in both subjects, and a six point gain by Hispanic/Latino students in ELA and a seven point gain in Math.

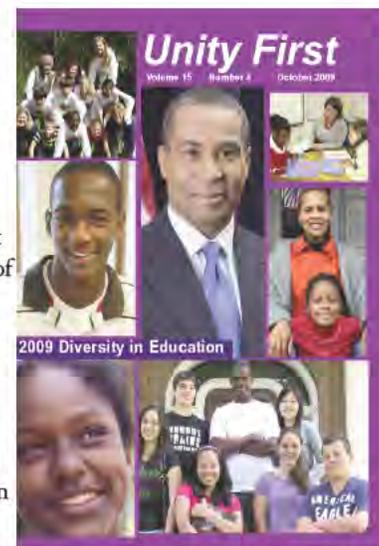
The class of 2012 is the third required to pass the Science, Technology and Engineering (STE) exam in addition to ELA and math to meet the state's graduation requirement. Eighty-six percent of students

in the class of 2012 met the testing requirement in all three subjects on their first attempt, higher than the first attempt rates for the classes of 2010 (80 percent) and 2011 (83 percent).

"Our students and their teachers continue to rise to the challenge and achieve at higher levels," said Education Secretary Paul Reville. "We will continue to increase our expectations for student performance and our support for teachers to ensure all students access high quality instruction."

"I am pleased to see that our students, particularly at grade 3 and in middle school, continue to make strong improvements in ELA and Math," said Education Commissioner Mitchell Chester. "But our work is not finished, and closing gaps in achievement remains a top priority. We are committed to providing schools with the resources and supports they need to ensure that every child receives a world-class education and that every classroom is led by a highly skilled, effective teacher."

Students at grades 6 and 7 made two- to four-point gains in both subjects, while eighth graders improved by three points in Math. Statewide, 53 percent of grade 7 students scored Proficient or Higher in Math in 2010, up from 49 percent last year. At grade 8, 51 percent of students scored



Proficient or Higher in Math, up from 48 percent.

Ninety-three percent of this year's senior class (class of 2011) have met the minimum testing requirement by scoring Needs Improvement or Higher in ELA, Math and STE by the end of eleventh grade. Of this total, achievement gaps persist among student groups: just 54 percent of limited English proficient students and 73 percent of special education students in this year's senior class have scored Needs Improvement or Higher on all three tests.

Students from most subgroups in the class of 2012 made gains in the percent who earned a passing score of 220 or higher on all three grade 10 tests (ELA, Math, STE) after their first attempt: 70 percent of African American students, up from 66 percent; 66 percent of Hispanic/Latino students, up from 62 percent; 91 percent of white students, up from 90 percent; 58 percent of students with disabilities, up from 55 percent; 37 percent of limited English proficient students, up from 35 percent; and 72 percent of low income students, up from 68 percent.

## Apply to Independent Schools by SSAT.org

The following timetable is designed to help you become more familiar with the general order of tasks you will complete when applying for independent secondary school admission. Timetables vary by region and by individual school, and day school timetables may differ from boarding school timetables. Contact those schools that interest you for exact deadlines, but keep in mind that you will most likely follow the schedule below.

Please note that some independent schools announce admission decisions on a 'common' decision date (e.g., March 10). Others notify students as decisions are made and continue notifications throughout the summer.

### Fall

- Research schools.
- Contact two to six schools for more information and applications.
- Register for the SSAT or other required admission tests.

**Visit school OPEN HOUSES**  
See several listed on this page and the next.

### Winter

- Submit your school applications and request financial aid forms (if applicable).
- Verify that teacher evaluations, other letters of recommendation, and current school transcripts have been sent to the school(s) to which you are applying.
  - Visit each school for a tour and an interview.
- Check to make sure that schools have received all necessary information.

### Spring

- Schools notify parents of admission decision.
- Schools notify parents of financial aid decision (where applicable).
- Parents reply to schools regarding matriculation.

### Park Street School | Park Street Kids



Come visit both of our schools during our fall Open House

- October 14, 9:00 – 11:00 a.m.
- October 15, 9:00 – 11:00 a.m.
- October 18, 6:00 – 7:30 p.m.

Together, Park Street Kids and Park Street School offer children a continuous, integrated educational experience from two years old through sixth grade. For more information or to schedule a tour, please call 617-523-7577, or visit our website at [parkstreetschool.org](http://parkstreetschool.org).

IN THE HEART OF BEACON HILL

Park Street School | Park Street Kids  
Administrative Offices: 67 Brimmer Street, Boston, MA 02108

When her dyslexic son Tyler was 7, Sasha went to our Open House.

*Both of their lives changed that day.*



THE CARROLL SCHOOL OPEN HOUSE  
SUNDAY, NOVEMBER 7 AND SUNDAY, JANUARY 30

*For 40 years, The Carroll School has helped children with language-based learning difficulties like dyslexia become proficient readers and confident, lifelong learners. The educational experience kids have here transforms their lives – not to mention their parents' lives. Visit an Open House to discover more about a Carroll education.*



**THE CARROLL SCHOOL**

Lincoln and Waltham, MA | 781-259-8342 | [www.carrollschool.org](http://www.carrollschool.org)

# Open House Calendar

## Boston, MA

Park Street School  
October 14, 15, 18  
[www.parkstreetschool.org](http://www.parkstreetschool.org)

## Lincoln/Waltham, MA

The Carroll School  
November 7  
January 30  
[www.CarrollSchool.org](http://www.CarrollSchool.org)

## Cambridge, MA

Cambridge Friends School  
November 6  
[www.cfsmass.org](http://www.cfsmass.org)

## Springfield, MA

The MacDuffie School  
November 7  
[www.macduffie.org](http://www.macduffie.org)

# Cambridge Friends School

Educating independent thinkers for over 50 years, grades PK-8

## Open House Saturday November 6, 2010 from 1-3 pm

### We provide:

- A rich, challenging, and nurturing academic program
- An experienced and dedicated faculty
- A workshop-model of teaching and learning with individual attention
- Safe, friendly, and diverse classrooms
- A thoughtful, intellectual community of parents, educators, and students
- An education guided by Quaker principles, promoting equity and justice



### Cambridge Friends School

5 Cadbury Road, Cambridge, MA 02140  
[www.cfsmass.org](http://www.cfsmass.org) 617.354.3880

# The MacDuffie School

Celebrating 120 years of academic excellence

Coed  
Grades  
6 - 12

Limited space  
available for  
September  
enrollment.



100% of graduates attend  
four year colleges  
Average class size 11  
Student/teacher ratio 8/1  
Supportive faculty  
Respectful community  
Advanced Placement  
Dance, Music, Theater  
and Visual Arts  
Competitive Athletics

[www.macduffie.org](http://www.macduffie.org) One Ames Hill Drive, Springfield, MA 01105  
Contact Admissions for more information. [admissions@macduffie.org](mailto:admissions@macduffie.org) 413-734-4971

# Parent to Parent

## Parent to Parent Empowering parents to help prevent their children from drugs or substance misuse.

Where did the summer go? It is that time of year again for many parents to get their children off to school. Parents are rushing around trying to make sure their children have everything they need for school such as clothes, and school supplies. There is another area that parents need to pay close attention to, and that is your children education.

Parents please make sure your children know that you are interested in their education by making time to visit their school to find out what is taking place. If at all possible, attend and take part in the Parents and Teachers Association (PTA) meetings in the school where your children attend. Meet with the teachers to find out about your children's progress so that you may know what area your help is needed most.

I often reflect back to when I was in school and how I felt when my mother and father came to visit my school. I felt so proud and wanted to really excel in my learning. My parents taught their three children that Education was a Must. Dropping out of school was not an option. My parents' involvement in my schooling was directly responsible for my enjoying school. I did not like school after my first day, but their involvement caused me to believe that school was a fun place to be. Besides, I did not have a choice

Remember and be aware that



children who are not interested in school and tend to hang around other children who smoke and/or use drugs, are more likely to do the same.

Remember to let your children know that you do not approve of such behavior and why. Do not let your children associate with friends who practice behaviors that you do not approve of. Set house rules and guidelines for your children to abide by and stand firm in your course of action.

Parents make time to talk with your children and please take time to listen to what your children has to say. Children who have a good relationship and communicate well with their parents are more likely to come to their parents for advice rather than turn to their peers.

Remember that we all can learn from each other regardless of the differences in age. Education and how we apply what we have learned is the KEY to being successful!!

**Mable Lene Sharif**



## STCC -- engaging the next generation of engineers

"When I was in engineering school, there was no one there who looked like me - black and female," said A drienne Y. Smith, Dean of the School of Engineering Technologies at Springfield Technical Community College. "So when I came to STCC, I was determined to create opportunities for area children, especially minority and female, to be exposed to engineering fields." The school has been offering week-long summer camps for three years now, including three camps this summer, which have reached more than 60 local middle-school children.

During the first week of August, twelve children in grades six through nine learned "How Stuff Works." The Electrical Engineering Technology/Robotics area in building 20 at STCC was the location, and lab tech Helen Lalone directed the daily activities. She said, "The children built their own PCs, constructed solar-powered vehicles, wired up a working alarm, made a flashing LED sign, and then used their computers to program robots. The focus is IT and its interaction across technology."

In the second week of August, a camp called ArtBotics was held in the Electrical Engineering Technology/Robotics department for another group of children, also in grades 6-9 locally. Lalone said, "An area art teacher came in to help the children create their own 3-D works of art. Then the children added technology to make their pieces of art come alive - the pieces moved, the eyes lit up."

## Building a Better Lunchbox with Chef Kirk

**Q:** My son's a picky eater and he only wants peanut butter and marshmallow spread on white bread. How do I get him to eat healthy food?

**A:** I would encourage you to have your son come to the supermarket with you. Show him the healthy food you have in mind, and listen to what foods he would like to have in his lunchbox. You can compromise over what he wants. If your child is a big fan of peanut butter and marshmallow spread then you can include a form of peanut butter, or even a no-trans-fat sunflower-seed spread with a no-sugar fruit preserve. Put this on a healthier form of bread, like whole wheat. Then add fruit and cold skim milk.

**Q:** Should I hold out against marshmallow spread?

**A:** That's something you and your child have to agree on: marshmallow spread is nothing but sugar so if you can come up with a low-sugar jelly or fruit preserve that would definitely provide him with a healthier sandwich.

**Q:** Is honey out?

**A:** Honey is a good form of natural sugar. However, we're trying to steer away from sugars, and trying to get more proteins and vitamins into the lunchbox. If you have to sacrifice a little on the sandwich, then introduce cut-up or segmented whole fruits, skim milk, and no treat after it.

**Q:** What are good sandwich ideas for kids other than peanut butter?

**A:** Start with whole wheat or whole grain bread. They have increased fiber, increased calcium, and other nutrients. Younger kids tend to want the kind that's soft and squishy. Then, talk about the ingredients with your child. It is critical that you build a better lunch box together. You need to gain buy-in. If your kid doesn't like what you put in it, then it will not be eaten. Go with the low-fat, low-sodium deli meats. There are versions of low-sodium turkey, low-sodium ham, and lighter fat cheeses available. Look for nitrate-free items as well. When you have left-over oven roasted chicken or turkey at home, use that. Here's another tip: pack the lettuce and tomato separately so that they don't make the sandwich soggy.

**Q:** What about bologna?

**A:** They do have a turkey bologna, low-fat bologna, but this meat tends to be high in fat and sodium. Educate your child about the healthier options.

**Q:** My daughter brings home her sandwich with only one bite taken out of it, should I worry?

**A:** I've had the exact same experience as this - that awful moment when you look in the lunchbox and the cookies and chips are gone and the sandwich is still there. So I sat down with my daughters and said this is what I want you to



*Through his tenure with Project Bread - The Walk for Hunger, Chef Kirk Conrad has worked to change the food culture and eating habits of elementary, middle, and high school students in the City of Boston. Project Bread's Chef Kirk, as he is known to the students he serves, is shown here preparing healthy food at the Umana Middle School Academy in East Boston, where he has worked for the past four years.*

eat first and this is what I want you to eat second and here is why: I love you and I want the most nutritious food in your body so you can grow and be better learners. If you do not eat this first, then there will be no extra treats - that is, there will be just this sandwich in the lunchbox from now on. That is an approach I've taken. I have to rely upon them to tell me the truth; it's part of our working together.

**Q:** What can you say about the kid who just doesn't eat much? My daughter comes home with not much eaten at all - even her snacks are left untouched.

**A:** I would start by thinking outside the box. With this child, you have to get creative. Maybe she doesn't like sandwiches: offer yogurt, vegetables with dip, even last night's leftovers.

Some children just don't need to eat that much. Take your cue from how your child is growing. You do want to introduce your child to as many new foods as possible. These early years lay the foundation for their growth and their life-long eating habits.

**Q:** What would you suggest besides sandwiches?

**A:** Try to get the protein in there; yogurt is good, vegetables and a dip are good, salad with a container with dressing on the side, cottage cheese. Whatever you and your child would think would be a good alternative. Remember to include a healthy treat: a fresh peach is sweet, has fiber, and smells delicious!



# Focus on College

## Global exposure at Boston University

### African Presidential Archives and Research Center (APARC) at Boston University convenes International Forum on African Land Reform

Eight former African heads of state, in conjunction with The African Presidential Archives and Research Center (APARC) at Boston University, convened an international forum focusing on Leadership Solutions to Land Reform in Africa, from August 30 - 31, 2010, at Karimjee Hall in Dar es Salaam, Tanzania.

Participants included public and private sector leaders as well as student leaders and faculty from Africa and

America. The former African Presidents that attended were: President John Kufour of Ghana, President Kenneth Kaunda of Zambia, President Antonio Monteiro of Cape Verde, President Karl Offmann of Mauritius, President Benjamin Mkapa of Tanzania, President Ali Hassan Mwinyi of Tanzania, Prime Minister Frederick Sumaye of Tanzania, and Prime Minister Luisa Diogo of Mozambique.

More than 70 students and faculty representing ten colleges and universities in the United States and Africa participated as official observers of the African Presidential Roundtable 2010. The students were sponsored through the United State Agency for International Development's support of APARC's American African Universities (AAU) Collaborative and joined the former African heads of state



as they deliberated with policy makers, international diplomats and dignitaries, and leaders from the public and private sector to tackle the issues of land reform and property rights in Africa.

Ambassador Charles Süth, APARC Director and former U.S. Ambassador to Tanzania said, "The participation of college and university students from the United States and Africa in the African Presidential Roundtable provides an opportunity for the next generation of leadership to engage Africa's contemporary leaders around African development issues. What we are doing is a complement to President Obama's recent meeting at the White House with young African leaders."

Ambassador Alfonso Lenhardt, U.S. Ambassador to Tanzania, said to delegates,

"We are rooting for your success, and we want you to achieve that success, but ultimately success rests in your hands."

The African Presidential Archives and Research Center (APARC) at Boston University was established to chronicle trends and developments related to democratization and free-market reform in Africa. In addition to providing a forum for discussing Africa's global relationships, APARC hosts former democratically elected African presidents through its African President-in-Residence program and annually publishes the African Leaders State of Africa Report. The African Presidential Roundtable 2010 is sponsored by USAID and Chevron.

# Focus on College

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## It's Your Time at Bay Path College Saturday program encourages adult women to pursue degree

Nationally recognized for its innovative academic programs, Bay Path College provides adult women with the opportunity to pursue a college education through its One-Day-A-Week Saturday Program. With the accelerated Saturday Program, you can earn your bachelor's degree in just 1 to 3 ½ years, while learning with other women who want to succeed.

Designed for hard-working women just like you, the One-Day-A-Week Saturday Program offers a carefully planned sequence of courses for career-minded women. It's your time to join the hundreds of women who are enrolled in the Saturday Program and the hundreds more who have graduated to advance their professional and personal dreams.

It's your time to earn your bachelor's degree in business, criminal justice, psychology, or liberal studies with a concentration in early childhood or elementary education. You can also pursue a bachelor's degree in legal studies, an associate's degree in paralegal, or a certificate in advanced paralegal studies by enrolling in Bay Path's American Bar Association-approved programs.

Saturday students who



qualify may receive scholarships, grants, low-interest loans, and additional financial assistance from Bay Path book funds, which provide aid to purchase college textbooks.

One of the most successful adult degree programs in the Northeast, Bay Path offers the One-Day-A-Week Saturday Program at three convenient locations in Massachusetts—Longmeadow, Sturbridge/Charlton, and Burlington.



Bay Path College

Call the Admissions Office at 800.782.PATH (7284) ext. 1273 to speak with your personal admissions counselor, who will guide you through the entire process from admissions and financial aid to registering for your first classes.

Visit [www.baypath.edu](http://www.baypath.edu) for more information.

## It's About Time!

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# Focus on College



## Cambridge College leads New England in granting Master's Degrees to African-Americans

Cambridge College, a private non-profit college serving working adults, was named one of America's Top 100 Graduate Degree Producers by *Diverse Issues in Higher Education Magazine*. Nationally, the college ranked 15th in awarding the most master's degrees to African American students, higher than any other school in New England. It also ranked 34th nationally in awarding master's degrees to all minorities.

"We're pleased to receive this distinction because it reflects the college's commitment to providing educational opportunities for hard-working adults across all walks of life," said college President Tito Guerrero, III. "We specialize in providing an avenue for adult students to reach their educational goals and the diversity of our student body creates a rich and inclusive classroom environment."

Last year, the college enrolled more than 8,100 students in professional education and degree programs. In addition to receiving distinction at the college-wide level, each of Cambridge College's graduate schools individually ranked nationally on the diversity Top 100 list, including: 6th in minorities receiving master's degrees in Education; 22nd in minorities in Psychology; and 41st in African Americans in Business.

A full list of Cambridge College's rankings in the Top 100 follows:

### Master's Degrees in All Disciplines

- 15th to African Americans
- 47th to Hispanics
- 34th to Minorities

### Master's Degrees in Education

- 5th to African Americans
- 18th to Hispanics
- 46th to Native Americans
- 6th to Minorities

### Master's Degrees in Psychology

- 26th to African Americans
- 14th to Hispanics
- 44th to Asian Americans
- 22nd to Minorities

### Master's Degrees in Business/Management

- 41st to African Americans

Cambridge College, ([www.cambridgecollege.edu](http://www.cambridgecollege.edu)), is dedicated to providing academically excellent, time-efficient, and cost-effective higher education for a diverse population of working adults for whom those opportunities may have been limited or denied. Founded in 1971, Cambridge College is a private non-profit institution of higher education accredited by the New England Association of Schools and Colleges Commission on Institutions of Higher Education, (NEASC CIHE).

## African Americans and the college debt crises

*FYI -- According to a recent study, two-thirds of African-Americans dropping out of college cite finances as the reason for the decision.*

*• African-American students who did not enroll in college are likely to report that the need to work was important in their decision. Almost half of African-American students stated that the need to work was "extremely" or "very" important, compared with their peers (Institute for Higher Education Policy, 2010)*

*• About 46 percent of all African-American undergraduate students receive federal Pell Grant awards, accounting for approximately one-quarter of all recipients (Institute for Higher Education Policy, 2010)*

*• Only 41 percent of Black students complete a bachelor's degree within six years (National Center for Public Policy and Higher Education, 2008)*

*• About 27 percent of all black students graduated with at least \$30,500 in student loan debt, while the percentage range of students of other races who graduated with a comparable debt level is 9 percent to 16 percent (College Board Advocacy & Policy Center, 2010)*

# 2010

events guide for entertainment and 'edutainment'

## UMASS FINE ARTS CENTER ANNOUNCES 2010-11 SEASON

The UMASS Fine Arts Center has been connecting international artists to Valley audiences for 35 years. This year, audiences can choose from a range of over thirty stellar performances, from appearances by titans of the performing arts to intimate shows by emerging artists whose talents have marked them for illustrious careers. In addition, there are a variety of value-added events including pre-performance talks and cultural festivals, post-performance talk backs, workshops, forums, escorted bus trips, and much more. In an effort to make the experience of the arts more affordable for all in this sluggish economy, the FAC is maintaining its ticket prices and youth and student tickets have been reduced to \$10 from \$15.

*Hugh Masekela*

*Continued on next page*



# 2010

events guide for entertainment, and 'edutainment'

*Continued from previous page*

Hugh Masekela, a truly legendary performer on the world music scene and a defining force in the struggle for human rights, will perform in the intimate venue of Bowker Auditorium with a top ticket price of \$30.

There's plenty for jazz and dance lovers with ten jazz acts to choose from (including jazz greats Chucho Valdés, Randy Weston and Jimmy Cobb to name a few) and seven dance events (including the Lar Lubovitch Dance Co., Pilobolus, and Philadanco among others). World music is represented by the countries of Africa (Acoustic Africa), South Africa (Hugh Masekela), Ireland (Mary Black), Mexico (Mariachis los Camperos), Iran (Divahn with Galeet Dardashti) and India (Red



*Hugh Masekela*

Baraat). Theater comes to Bowker Auditorium with a theatrical account of the book *Three Cups of Tea* and the timeless classic *Waiting for Godot* that takes place in post-hurricane Katrina New Orleans.

For classical music lovers renowned violinist Robert McDuffie performs Vivaldi's and Glass' "Seasons" with the Venice Baroque Chamber Orchestra; Cantus brings some healing holiday balm with *All is Calm* and the St. Louis Symphony Orchestra makes a much anticipated stop in March. There's plenty for families with two acrobatic troupes (Shangri-La Chinese Acrobats and Cirque Mechanics) plus dance and music events that can hold and thrill the attention span of those from 5 to 95.

There's much more in addition to these highlights. A listing of all the performances can be had by calling the box office for a brochure or by visiting the Fine Arts Center's website at [www.fineartscenter.com](http://www.fineartscenter.com). As always, the University Club will be serving up "Global Gourmet" culturally-themed dinners before selected events, and the FAC's successful "Arts Give Back" campaign returns this year asking patrons to bring selected items to events that will be donated to local non-profits.

Six specially packaged series are available at the discounted rate of 25% off the regular ticket price and

includes Dance, Jazz, Classical, Family, World Music, and Theater. Subscribers who order tickets to six or more events will be considered "VIP Patrons," and will receive complimentary tickets to select events throughout the season.

Tickets for youth 17 and under and for students of the Five Colleges, Greenfield Community College, and Springfield Technical

Community College are only \$10 or less for all FAC performances.

The series packages, as well as single-event tickets are on sale now. Call 545-2511 or 800-999-UMAS to receive a free brochure or to order tickets. For more detailed information about the 2010-11 season and to order tickets online at our secure website, visit [www.fineartscenter.com](http://www.fineartscenter.com).



*Lionel Loueke*

Go to [UnityFirst.com](http://UnityFirst.com) for all job postings.

To post a job, call (413) 221-7931 or send email to: [info@unityfirst.com](mailto:info@unityfirst.com).

**Director of the George Eastman Circle, University Advancement University of Rochester Rochester, NY**

--- The University of Rochester is one of the nation's leading private universities, with a personal scale that creates exceptional opportunities for interdisciplinary study and close work with faculty. The Director of the George Eastman Circle will supervise and motivate George Eastman Circle (GEC) officers with the critical role of identifying leadership annual giving prospects and ultimately laying the foundation for major gift prospects in the current and future capital campaigns. To apply or refer candidates, please contact Lisa Abair, Search Director, Lois L. Lindauer Searches, [lmabair@lllsearches.com](mailto:lmabair@lllsearches.com) "The University of Rochester is an Equal Opportunity Employer."

**Regional Director of Major Gifts, University Advancement University of Rochester Rochester, NY**

The University of Rochester is one of the nation's leading private universities, with a personal scale that creates exceptional opportunities for interdisciplinary study and close work with faculty. Extensive travel is required. Regional Directors will work collegially with the School /Unit MG officers and will each carry a portfolio of approximately 150 qualified prospects, making 175 face-to-face visits per year. To apply or refer candidates, please contact Lisa Abair, Search Director, Lois L. Lindauer Searches, [lmabair@lllsearches.com](mailto:lmabair@lllsearches.com) "The University of Rochester is an Equal Opportunity Employer."

**Advancement Systems and Technologies Director Development Office, Smith College, Northhampton, MA**

Smith College is accepting applications for an Advancement Systems & Technologies Director. This position is responsible for developing, implementing, maintaining, and enhancing all systems and technologies related to fundraising and general outreach to external constituencies connected with fundraising. For more info., please go to [Unityfirst.com](http://Unityfirst.com)

**Assistant to the Associate Vice Chancellor - Financial Services, Lowell MA**

--The University of Massachusetts Lowell is a comprehensive university with a national reputation in science, engineering and technology, and committed to educating students for lifelong success in a diverse world and conducting research and outreach activities that sustain the economic, environmental and social health of the region. For more info., please go to [UnityFirst.com](http://UnityFirst.com).

**Advisor to the President/Director of the Office of Institutional Diversity and Equity--**

**Smith College, Northhampton, MA ---**

*Reporting to the President of Smith College, the Director of the Office of Institutional Diversity and Equity (OIDE) initiates and implements the College's expansive diversity goals and provides leadership in efforts to achieve an enhanced climate of understanding, an appreciation of difference, engagement and acceptance of diversity at the College. At Smith, we believe that diversity, in all aspects of the educational environment, is necessary for achieving the highest level of academic excellence. Smith seeks a dynamic and committed leader to head the OIDE, who will collaborate with others to sustain a college environment that provides a welcoming and supportive community for a diverse range of students, faculty and staff. Extensive knowledge and experience in the field of diversity and a keen understanding of the legal and social aspects of diversity, access and disability required. Bachelor's degree required, advanced degree preferred. Review of applications will begin immediately.*

To view job description and to be considered for this position, go to [www.UnityFirst.com](http://www.UnityFirst.com).

# Get On Board



Connecting our diverse community with local businesses and non-profit organizations

## *You're invited...*

- To meet Pioneer Valley non-profit, for-profit and area government agencies seeking diverse candidates for their boards of directors and committees.
- To match your skills and interests with the challenges and rewards of voluntary service to the community.
- To mark your calendar for this unique event where our "speed-dating format" combines the best of a job fair for volunteers with a premier networking opportunity.

Date: October 28, 2010

Time: 5:00pm-8:00pm

Place: Naismith Memorial Basketball  
Hall of Fame Center Court

*Appetizers served and full cash bar available*

## **Community Sponsors**

Irene E. & George A. Davis Foundation

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For more information, visit [diversityonboard.org](http://diversityonboard.org)

## **Key Sponsors**

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It's the United Way

## September is National Cholesterol Education Month Do you know your numbers?

High blood cholesterol is one of the major risk factors for heart disease, the number one killer of men and women in the United States. National Cholesterol Education Month in September serves as an important reminder for all adults to have their cholesterol measured, to know their cholesterol numbers and their risk for heart disease, and to follow a heart-healthy lifestyle to lower their risk and keep it down.

According to Dr. Marc Schweiger, director, cardiac cath lab and research at Baystate Medical Center, lowering your bad cholesterol (LDL) is an important factor in helping to prevent heart disease.

"At one time doctors simply measured total cholesterol levels for management, but we've known for a while now that the break down of its components including low density lipoprotein cholesterol, high density lipoprotein cholesterol and triglycerides is very important," said Dr. Schweiger.

"It's now equally important to know the levels of good (hdl) and bad (ldl) cholesterol. The levels of each of these can greatly impact on the risk for heart disease," he added.

When blood contains too much cholesterol, it builds up in the walls of arteries. Over time, this buildup causes the arteries to harden and become narrowed, resulting in slower

blood flow to the heart or even a complete blockage.

Blood carries oxygen to the heart, and when insufficient amounts of blood and oxygen reach the heart, chest pain may occur. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack. High blood cholesterol does not have any symptoms, so most people are unaware of high cholesterol levels. Lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of a heart attack or dying of heart disease.

While this is true for all patients, it is particularly true for patients with known coronary artery disease, all patients with diabetes, and patients with peripheral vascular disease, including patients who have had strokes.

Dr. Schweiger offers the following simple steps to help reduce your risk:

- Get a fasting lipoprotein profile to find out what your total cholesterol, LDL cholesterol, HDL cholesterol, and triglyceride numbers are. Adults over 20 years of age should obtain this test a minimum of every five years. Patients with known coronary artery disease, diabetes or peripheral vascular disease will need to have their lipid profile obtained more often. Patients on treatment for lipid abnormalities will need to have their lipids checked at least yearly and frequently more often.

- Discuss with your physician ways to reduce your risk factors for heart disease.

- Learn how to read a food

label and choose foods that are low in saturated fat, trans fat, and cholesterol.

- Participate in physical activity of moderate intensity - like brisk walking - for at least 30 minutes on most, or preferably all, days of the week. If you don't have the time, break the 30 minutes into three, 10-minute segments during the day.

- Don't smoke. If you do, contact your physician to discuss ways to quit.

Reducing saturated fat and cholesterol helps lower blood cholesterol levels. People who are overweight are at high risk for heart disease. They also tend to have increased cholesterol levels and diabetes. Many patients through a combination of exercise, weight control and healthy eating, combined with the use of prescription medications called the Statins, are able to successfully lower their cholesterol today.

"Remember, lowering your cholesterol should be approached as a team effort between you and your physician who together can determine what your target values should be and plan a strategy to achieve them," said Dr. Schweiger.

If you are interested in additional guided help in making the right lifestyle changes to lower your cholesterol, Baystate Medical Center offers a Lipid Management Program staffed by an experienced and supportive team of cardiologists, endocrinologists, a nurse practitioner, and a registered dietitian, who specialize in evaluating and treating people with high cholesterol.

Participants are tested for their lipid levels and receive counseling from a team on lifestyle

changes and medicine that can lower their levels to a heart-healthy range. Patients must obtain a referral for the program from their primary care physician.

"Our goal is to help people get motivated to make positive lifestyle changes. We identify problem areas that are preventing patients from making changes and counsel them on ways to overcome obstacles and achieve success with exercise, healthy eating and weight loss goals," said Lori Anne Lyne ACNP, a nurse practitioner in the Lipid Management Program.

And, to further encourage her patients, Lyne said she reminds them their hard work is not just about lowering their cholesterol.

"I tell patients that they are making a lifestyle change which is going to improve their overall health and well-being," she said.

For more information on Baystate Medical Center's Lipid Management Program, call 413-794-0849. Or, for more information on the hospital's Heart and Vascular Program, visit [baystatehealth.org/heart](http://baystatehealth.org/heart).

[www.UnityFirst.com](http://www.UnityFirst.com)

(413) 221-7931

[info@unityfirst.com](mailto:info@unityfirst.com)