

Think Smart Outreach Center, Inc.
“Reaching for Success one star at a Time”

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EXTRA.....EXTRA.....READ ALL ABOUT TSOC
21st Century Community Learning Center

**October is
Breast Cancer
Awareness
Month**

In Honor of the Month, we will be going
PINK!

Let's Work Together to Find a Cure!!



One in eight women or 12.6% of all
women will get breast cancer in her
lifetime.

Breast cancer risk increases with age
and **every** woman is at risk.

Every **13** minutes a woman dies of
breast cancer.

Seventy-seven percent of women with
breast cancer are over 50.

Approximately 1400 cases of breast
cancer will be diagnosed in men in 2000
and 400 of those men will die.

More than 1.7 million women who have
had breast cancer are still alive in the

United States.

Breast cancer is the leading cause of
cancer death in women between the **ages
of 15 and 54**, and the second cause of
cancer death in women 55 to 74.

Seventy-one percent of black women
diagnosed with breast cancer experience
a five-year survival rate, while eighty-
six percent of white women experience
five-year survival.

The first sign of breast cancer usually
shows up on a woman's mammogram
before it can be felt or any other
symptoms are present.

Risks for breast cancer include a family
history, atypical hyperplasia, delaying
pregnancy until after age 30 or never
becoming pregnant, early menstruation
(before age 12), late menopause (after
age 55), current use or use in the last ten
years of oral contraceptives, and daily
consumption of alcohol.

Early detection of breast cancer,
through monthly breast self-exam and
particularly yearly mammography after
age 40, offers the best chance for
survival.

Ninety-six percent of women who find
and **treat breast cancer early will be
cancer-free** after five years.

Over eighty percent of breast lumps are
not cancerous, but benign such as
fibrocystic breast disease.

Oral contraceptives may cause a slight increase in breast cancer risk; however 10 years after discontinuing use of oral contraceptives the risk is the same as for women who never used the pill.

Estrogen replacement therapy for over 5 years slightly increases breast cancer risk; however the increased risk appears to disappear 5-10 years after discontinuing the use of estrogen replacement therapy.

Breast Cancer is the second leading cause of death amongst black women

An estimated 19,540 black women will be diagnosed with breast cancer and more than 6,000 will die in 2009.

You are never too young to develop breast cancer! Breast Self-Exam should begin by the age of twenty.

Early Detection is the KEY!

-Do Monthly Breast Exams

-Get your Annual Examination

-Get a Mammogram starting at age 40

-It is suggested that Black Women start getting Mammograms at age 35

-If you feel a lump (any size) go to your doctor IMMEDIATELY (please do NOT wait)

The children and staff of Think Smart will be selling Breast Cancer Awareness Decals for \$5.00. Please order them in the office. You must pay at the time you place the order. All money raised will go to the Susan Koeman Foundation.

Resources:

American Cancer Society
National Cancer Institute
Komen Foundation

www.blackwomenshealth.org

From the After school Corner:

Mrs. Anitra-Site Director

Ms. Norma-Enrichment Counselor

Tatyana-Part-time Office Assistant



Mrs. Anitra would like the parents/guardians to know that Homework and Tutoring Time is being used wisely. Those students that do not have homework assigned to them by their day time teacher are given educational worksheets by the After School staff that coincide with what they are learning during the day.

Students have been learning Spelling, Reading and Math through various educational/academic games and they are gradually getting stronger in the areas. Great Job!!

In November, she will start conducting school visits.

The Book Club is coming soon!

Thanks to all parents/guardians for your continued support!

“Remember Education is the KEY to Success”

From the Kinder Prep Corner
Ms. Anitra-Site Director
Ms. Chona-Lead Childcare Specialist
Ms. Shontavia-Asst. Childcare Specialist
Mrs. Brenda-Asst. Childcare Specialist



During the month of October students in the Kinder Prep Program worked on spelling their names, did a class discussion in reference to the Fall Season and then made fall trees with their hand prints. Harnett County Library Storyteller came out to read a story with the class with her special “visitor” Ms. Kitty.

The students started a Reading Log and their goal is to read 100 books by December 25, 2009. If they reach this goal, they will win a Pizza Party for the entire class.

They would like to take the time to thank the parents/family members for all of their support. They are asking that you continue to work with your child at home in order for them to advance educationally.

Please adhere to the information that is sent out on a regular basis in reference to Family Events held by our organization and please make plans to attend!

Parent Advisory Board Members
WANTED



“When the best and the brightest comes together, the possibilities are endless”

We are in the process of starting our 2nd Parent Advisory Board for the 2009-2010 Term. The Parent Advisory Board will be an advocate for the families. The Board will come together to see how it can assist the mission and the goals of Think Smart. The PAB will also host a fund raiser and the proceeds will go towards the program. If you would like to serve on the PAB and make a difference in your child's educational and social needs, please see Ms. Debra Cameron (PAB President or Ms. Pam, Ms. Nell, or Ms. Anitra). Remember “It Takes a Village to Raise a Child”!

From the Pre-Collegiate Corner



Pre-Collegiate Director-Ms. Pam
Pre-Collegiate Assistant Director-
Ms. Nell

On October 10, 2009, our program hosted our 1st Pre-Collegiate Workshop for the 2009-2010 Term. The students had a great time and the workshop was extremely informative and the students had a chance to “network” which was the title of the workshop.

Ms. Pam has also started one-on-one College Advisement with the students and her schedule is getting full quickly!

Students will participate in their First College Campus Tour on October 23 (Teacher Workday). Students will visit North Carolina Central University and Saint Augustine's College. We will have one of our very own (a graduate of our program) helping us with the St. Aug visit!

From the HCPAL Corner
Ms. Nell-PAL Director
Mr. Walter-Athletic Director



Our Boy's Basketball Team (ages 14 to 18 years old) will have Basketball Tryouts in November. For additional information, please contact our office at 910-814-8762 or visit our website.



We would like to take this opportunity and welcome Mr. Eric Bethea to the Think Smart Family! Mr. Eric will be our Public/Community Relations Coordinator.

He currently owns Eric's Car Wash in Erwin, NC. He came to us to see how he can help the youth of Harnett County. He has been in various Volunteer Capacities working with youth and he wanted to give it “one more go around” before he hung up his hat. He said he didn't know why he kept running into our program and felt that was God's way of intervening.

He is very knowledgeable and has over 12 years experience in the Marketing/Recruitment Field. He will help our program by marketing our organization and assisting us with the sustainability of our program so that your great-great-great-grandchildren will be able to walk through the doors of Think Smart Outreach Center, Inc. and receive the wonderful services that we offer!

He will start October 26, 2009! When you see Mr. Eric, please greet him with a smile and welcome him to this wonderful place of smiling faces!



Think Smart's October Events:

TSOC Booth at Schools	10/1-2
Early Release Day	10/5
Manners Book (KP)	10/5
TSOC Radio Station Orientation	10/7
Think Smart Presents at HC Board of Education	10/8
Think Smart Presents at Department of Social Services	10/9
Think Smart Presents at Central Carolina Community College	10/10
Pre-Collegiate Workshop	10/10
Modeling Club Interest Meeting	10/15
Fire Safety Week	10/12-10/16
Shoe Plants (KP & AS) (students made shoe plants in which the seed they are growing are carrots). The Shoe Plants are displayed around the deck at the center.	10/12
Students Made Halloween Bats (KP)	10/15
Hot Oatmeal Day (KP&AS) (students made Oatmeal for a class project)	10/16
Special Sessions Ends (AS)	10/16

(Students will host a Special Session Affair in which they will show “off” their talents to their families).

Family Reading Night (KP&AS)
10/20

After School Trip to State Fair 10/22

Teacher's Workday 10/23

High School College Tour 10/23

Breast Cancer Awareness (KP&AS)
(students will make pink ribbons)
10/23 and 10/26

Tour of the Bunnlevel Fire Department
(KP & AS) 10/27

Think Smart Presents at the 21st CCLC Regional Meeting in Asheville NC
10/27

Internet Safety Day Activity (AS) 10/28

Pink Day all Students will wear something pink 10/28

Hayride at the Center (KP&AS) 10/29

Costume Party (KP & AS) 10/30
(children and staff are encouraged to dress up—trophy to best costume)



Think Smart has a Radio Station!!



Think Smart Outreach Center, Inc. 21st CCLC now has a Radio Station. The station is called Think Smart Underground. The station is run by high school students discussing today and yesterday's issues. Also, music from underground and new artists. TUNE IN! The purpose of the show is to give those that are interested in Broadcasting or just love music some hands on experience! The World Premiere will air on October 24, 2009, at 12:00 am right after Harnett Central High School Homecoming. Tune in to www.blogtalkradio.com/thnk-smrt-undrgrnd. You can call 646-381-4846 during the time to be on air or answer some trivia questions! Prizes will be given out!

Where our aim is "Reaching for Success one star at a Time"



Newsletter Prepared by Ms. Pam

Chief Executive Director-Ms. Pam
Chief Financial Director-Ms. Nell
Chief Executive Assistant/Site Director-Mrs. Anitra

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We were established on April 24, 2001.
Eight Years and Still Growing Strong!!

We would like to say a Special Thank You to our Wonderful Staff and our Volunteers. You complete the puzzle at Think Smart Outreach Center, Inc. 21st Century Community Learning Center!!