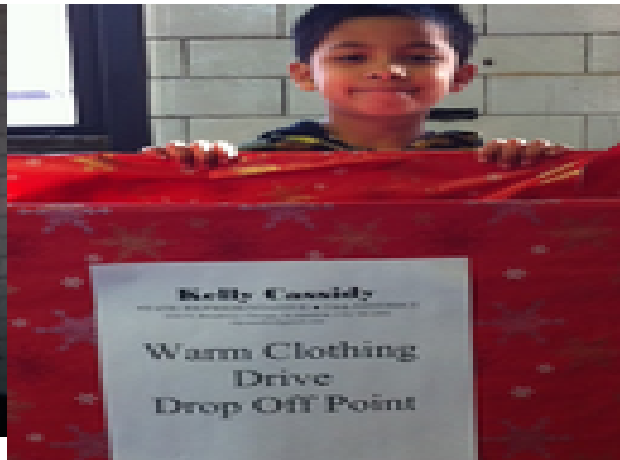


Warm Clothing Drive

Representative Kelly Cassidy sponsored a Warm Clothing Drive to encourage area residents to come together and help community members who need assistance this winter. Four warm clothing drop-off bins were placed around the 14th district. Community members worked together and provided warmth for those in need. The results were moving. On January 5, 2012 Kelly Cassidy and her team paired up with ECAC to distribute the donations in a “free market” held here at ECAC. Coats, hats, scarves, and gloves as well as 25 hygiene kits donated by Decatur Classical School’s 4th grade class were distributed to over 60 refugee men, women, and children. It was a great event that brought smiles to the faces of many in need. We would like to thank Kelly Cassidy, her team, and all those who donated for their kindness and generosity in this cold season. We look forward to working together again in 2012 to provide more donations for those in need!



ECAC Christmas Party

The Youth program had its annual Christmas party on December 17, 2011 from 2:00pm-6:30pm. Attending the party were After-School program students and their parents, Ethiopia-American Kids Community (Adopted group), and other community children in the area. We had about two hundred people attend the event. Lots of food, music, and gifts were provided for each child. Guests were able to bring cultural dish and other kinds of food to the event. We also would like to thank the Toys for Tots Chicago for donating over 250 toys. They have been giving us toys for more than 20 years. The toys are not only given to the Ethiopian children, but also, for our Refugee kids that gets services from our community.

This event is very important for the Ethiopian Children. They are given the chance to meet and have a good time with other Ethiopian adopted children in the Illinois area. This event is not only important for the children, but also for their parents. It gives them a sense of a cultural gathering and they able to meet new friends and families in the community.



Workshop on Breast Cancer

On December 10, 2011 workshop on Breast cancer was given at ECAC by Dr. Ermias Tilahun, a prominent doctor, who is well known for his job in internal medicine. The workshop was organized to bring awareness to the community and what they should do for prevention. The presentation was given to about 40 participants. Breast cancer is now killing young women

ages 23 and above. Women, who died from breast cancer, did not know about the disease until it was too late. Therefore, ECAC thought that it would be appropriate to educate the community about this deadly disease through a workshop and invited the community to attend. The education focused on self-exam: **Breast lump** or lump in the armpit that is hard, has uneven edges, and usually does not hurt; **Change in the size, shape, or feel of the breast or nipple** -- for example, you may have redness, dimpling, or puckering that looks like the skin of an orange **Fluid coming from the nipple** -- may be bloody, clear to yellow, or green. Mammograms should be performed once a year or as needed. There are many myths and facts about breast cancer and these were explained through a written test during the presentation.

Causes

Over the course of a lifetime, 1 in 8 women will be diagnosed with breast cancer.

Risk factors you cannot change:

Age and gender -- The risk of developing breast cancer increases as we get older. The majority of advanced breast cancer cases are found in women over age 50.

Family history of breast cancer -- You may also have a higher risk for breast cancer if you have a close relative who has had one of the following: breast, uterine, ovarian, or colon cancer. About 20 - 30% of women with breast cancer have a family history of the disease.

Genes -- Some people have genes that make them more prone to developing breast cancer.

Menstrual cycle -- Women who get their periods early (before age 12) or went through menopause late (after age 55) have an increased risk for breast cancer.

Other risk factors include:

Alcohol use -- Drinking more than 1 - 2 glasses of alcohol a day may increase your risk for breast cancer.

Childbirth -- Women who have never had children or who had them only after age 30 have an increased risk for breast cancer.

Hormone replacement therapy (HRT) -- You have a higher risk for breast cancer if you have received hormone replacement therapy for several years or more.

Obesity -- Obesity has been linked to breast cancer, although this link is controversial. The theory is that obese women produce more estrogen, which can fuel the development of breast cancer.

Radiation -- If you received radiation therapy as a child or young adult to treat cancer of the chest area, you have a significantly higher risk for developing breast cancer.

21st Human Tragedy: Refugees face organ theft in the Sinai

CNN's Freedom Project special "Death in the Desert" clipping aired on November 3, 2011 states Bedouin smugglers involved in people trafficking are also believed to be stealing organs from refugees who are unable to pay their demands for large amounts of cash to take them into

Israel. The New Generation Foundation for Human Rights and Everyone Group, from Italy, have presented evidence that the bodies of African refugees have been found in the Sinai desert with organs missing. Activist says organs are taken from refugees while they're still alive. Corneas, livers and kidneys are reportedly among the most sought-after organs.

The CNN clippings below show the dreadful nature of the organ theft and human trafficking. Because of its graphic nature of the clippings viewers discretionary is advised.

<http://www.cnn.com/2011/11/03/world/meast/pleitgen-sinai-organ-smugglers/index.html>

http://www.youtube.com/watch?feature=player_embedded&v=C7DjLPKZgTs

According to rights groups, refugees -- from places like Ethiopia, Eritrea or Sudan are victims of such gruesome actions. Bedouin tribes are accused of enslaving, torturing refugees who can't pay extortion money. Hamdy Al-Azazy, head of New Generation Foundation says the organs are taken from refugees while they are still alive. "The organs are not useful if they're dead. They drug them first and remove their organs, then leave them to die and dump them in a deep dry well along with hundreds of bodies."

It is believed that corrupt Egyptian doctors are working with the Bedouins, coming to Sinai with mobile hospital units to perform the operations. "Mobile clinics using advanced technology come from a private hospital in Cairo to an area in the deserts of Mid-Sinai and conduct physicals on the Africans before they choose those suitable, then they conduct the operation," Al-Azazy said.

This gruesome act and horrifying behavior has to stop by the collective will and action of humanity. If this does not move humanity, then what?