

COMMUNITY BULLETIN

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OCTOBER 2002

AFGHAN COMMUNICATOR JOINS IN 9/11 VIGIL

On September 11th, Afghan Communicator joined various other community organizations in a candlelight vigil held to remember the thousands of lives lost one year ago. The vigil was held in Brooklyn Heights and began with a multi-faith prayer assembly on the steps of the courthouse. Religious leaders of the Muslim, Sikh, Hindu, Jewish and Christian faiths each led prayers.

Many of the groups participating in the vigil had felt doubly impacted by September 11th, both in the initial terrorist attacks and the subsequent backlash against Muslim and South Asian populations in the US. Many in the crowd felt it especially important to voice their condemnation of violence on the

anniversary of the attacks. Reports mingled with the crowd and covered the vigil for their respective publications or broadcasts.

Following the prayers, participants walked down

able. In a subtle gesture of remembrance, candles, flowers and notes were left in a make-shift memorial at the Promenade while the gatherers quietly reflected on the events of the past year.

The vigil was organized by the Arab American Family Support Center with the cooperation of several other area Muslim, South Asian and Arab communities of New York. including

Afghan Communicator was honored to have participated in organizing the vigil and proud to have represented the Afghan community at such an important event.



CHECK OUT THE:

- *Free Health Screenings this month in NYC! See back page.*
- *Job opportunities in Classified Section.*
- *Dari classes with AC! See back page.*
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جشن افغانی در نیویورک

برای اولین بار، امسال (اگست ۲۰۰۲)، جوانان افغان بر گذاری جشن را در نیویورک به عده داشتند. موسسه افغان کمیونیکیتور (Afghan Communicator) و یک عده از جوانان مقیم نیویورک بعد از چندین ماه زحمت این محفل را بپا نمودند. انجمن صلح افغانستان که هر سال این جشن را بر گزار میکند، مشعل بپاگزارای جشن را بپا سپردند. ما این وظیفه را با کمال میل بدوش گرفتیم و با مشوره از همدیگر نام آنرا به جشن کلتوری تغیر دادیم، تا بدین وسیله بتوانیم صورت همبستگی افغانها را اعلان و تجلیل کرد.

INSIDE THIS ISSUE:

BREAST CANCER	2
AHD, 2002	3
AHD, 2002 DARI	3
FREE ENGLISH CLASSES	4
CLASSIFIEDS	4

October is Breast Cancer Awareness Month



Second only to skin cancer, breast cancer is the leading type of cancer among women in the United States. According to the National Cancer Institute, each year 180,000 women are diagnosed with breast cancer. It is a disease that can affect both women and men, although women account for the vast majority of the cases.

What is cancer?

Cancer is a disease that occurs when cells in the body begin to multiply at an abnormally increased rate. These extra cells can develop into a mass, or a *tumor*. Tumors are then classified as *benign* (harmless) or *malignant* (cancerous). Malignant tumors can damage nearby organs or structures and can also *metastasize*, or spread, to other parts of the body.

How do you know if you're at risk for breast cancer?

The risk for breast cancer increases with **age**. Most occurrences are in women over the age of 50. Also, White women are more at risk than women of African-American or Asian descent, although it is important to remember that women of all ages and ethnicities are affected. Other risk factors include:

Personal history – a woman who has had breast cancer in the past has a higher chance of having breast cancer again.

Family history – Breast cancer often runs in families. Women whose mothers, aunts, sisters, etc. have had breast cancer are at a higher risk.

Certain Breast Changes –

at a higher risk.

Certain Breast Changes – Having had a diagnosis of another breast condition may pre-dispose women to breast cancer.

Genetic Alterations – Certain changes in a woman's DNA indicate a higher chance of developing breast cancer.

Estrogen Exposure – Women who began menstruating early (before age 12), experienced late menopause (after age 55), have never had children or who took Hormone Replacement Therapy may be at increased risk for breast cancer.

How do you detect breast cancer?

Women are first encouraged to perform monthly breast self examinations. Also, women should receive a clinical breast examination (performed by a health professional) as part of their regular check-ups. Most doctors recommend that women over the age of 40 have a *mammogram*, a special type of x-ray, done once a year. Mammograms are also used if a suspicious mass is found during a clinical or self examination. If something identified on the mammogram needs to be further evaluated, a *biopsy* may be performed. This means that a small sample of the mass will be taken and analyzed to determine whether or not it is cancerous.

Much debate has recently been stirred by a study on Chinese women that concluded that breast self examinations are not effective in detecting a cancerous growth early enough to save lives. Many doctors, however, are still encouraging their patients to perform self examinations, along with clinical examinations. It is important to keep in mind that breast changes are normal and

to perform self examinations, along with clinical examinations. It is important to keep in mind that breast changes are normal and occur with age, pregnancy, the menstrual cycle, or birth control pills. It is common for breasts to feel lumpy or uneven or become swollen and tender with menstruation. Women over the age of 40 should not feel that the breast self examination is a substitute for regular clinical examinations and mammograms.

What are the symptoms?

Early breast cancer does not usually cause pain so women need to be watchful for any of the following changes:

A lump or thickening in the breast or underarm area

A change in the size or shape of the breast

Any discharge or tenderness in the nipple

Changes in the skin of the breast

Women who have experienced any of the above symptoms should see a health professional to rule out the possibility of cancer.

It is important to know that early detection can prevent the spread of cancer and many women who treat their breast cancer in its early stages go on to live cancer-free lives. Being informed is a woman's first line of defense, and women are encouraged to share information with their mothers, sisters, aunts, daughters, etc.

Adapted from the National Cancer Institute

www.cancer.gov

AFGHAN HERITAGE DAY, 2002

On August 18th, 2002, thousands of Afghans braved the scorching temperatures to celebrate Afghan Heritage Day in Flushing Meadows Park. Hosted, for the first time, by Afghan Communicator (AC), the ceremonies began around 11:00 am with a welcome and Quranic recitations. Representa-

victims of 9/11 and those of the bombing campaign in Afghanistan, a representative from the NYC Fire Department thanked AC for honoring the courage of the NYC Fire, Police and EMS Departments.

Throughout the day, Afghans from the tri-state area shopped for melons,

children in attendance.

Without a doubt, the fashion show was one of the day's biggest hits, drawing a large crowd out from the shelter of the shade. The traditional portion boasted colorful clothing from various regions of Afghanistan while the modern segment showed off a fusion of east and west, with participants strutting to contemporary music.

Sear and Fahim Azizi performed live music for the final two hours of Afghan Heritage Day. Their upbeat sounds helped bring an energizing close to the day's organized festivities. Some minor scuffles late in the afternoon did attract negative attention, but we hope that in the future, attendees will keep the spirit of community events in mind so that we can continue to have them. Based on the overall success of this year's event, AC is already looking forward to Afghan Heritage Day, 2003.



tives from several non-profit organizations spoke on their efforts both in Afghanistan and in the United States. Representatives from the Queensborough Public Library were also on hand to accept a donation of books on Afghanistan and Islam presented by AC. Following a moment of silence to remember the

carpets, fabric, grilled fish and jzala, a welcomed cold treat on such a hot day. The festival area of Flushing Meadows Corona Park was transformed into an Afghan market place, with its familiar sights and sounds. Events included Attan competitions, fashion shows and a variety of games and prizes for the



"THE FESTIVAL AREA OF FLUSHING MEADOWS CORONA PARK WAS TRANSFORMED INTO AN AFGHAN MARKET PLACE, WITH ITS FAMILIAR SIGHTS AND SOUNDS."

جشن افغانی در نیویورک

زیاد تر از ۷۰۰۰ افغان مقیم NY, NJ, CT, MA, PA, MD, VA و کانادا اشتراک این جشن بودند. اقسام انواع زیورات، لباسها، خوراکه افغانی و غیره موجود بود. همچنان برای اولین بار فیشن شو، مسابقه اطن، مشوره قانونی مجانی برای مهاجرین، ثبت نام برای رای دادن و غیره سرویس ها برای بهبودی وضع افغانها در جامعه نیویورک میباشد مهیا بود.

افغان کمیونیکیتور پنجمین سالگرد خود را جشن گرفت و برای هموطنان عزیز اعلان میدارد که از کمکهای جامعی مانند ترجمه اسناد به انگلیسی و یا دری و پشتو موجود است. لطفا آدرس انترنت ما را دیدار نماید:

www.AfghanCommunicator.com



AFGHAN COMMUNICATOR
SERVING THE AFGHAN COMMUNITY

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CLASSIFIEDS

AC is looking for qualified individuals to translate documents. Interested individuals must have a college degree and must be fluent in both English and either Dari or Pashtu. Work will be compensated.

AC is seeking a responsible part-time assistant for our office. Anyone interested must have experience with computers and basic office skills. Hours may be flexible. Please call AC at 718-445-6438.

Register now for this fall's Dari classes, taught by a qualified and experienced instructor. For more information call the AC office at 718-445-6438.

Free Medical Screenings at Public NY Hospitals

Call 888-NYB-WELL (Health Hospital Corp.) or go to www.nyc.gov/health for more information on locations and times of FREE screenings.

Cancer screening van offers free breast and prostate cancer screening and education. Sponsored by the American-Italian Cancer Foundation. Call Enny Rodriguez, (212) 628-9090. If you are over 40 and would like to receive a free mammogram, call 1-800-564-6868.

VISIT US AT

WWW.AFGHANCOMMUNICATOR.COM

Free English Training at Flushing Public Library

The Adult Learner Program offers classes in English for Speakers of Other Languages (ESOL), placing it among the largest ESOL programs in the borough of Queens.

Each year, nearly three thousand students are enrolled, representing more than eighty countries and speaking almost fifty languages.

Within a single classroom, a teacher may encounter speakers of as many as fifteen languages, including Dari from Afghanistan, Telugu and Malayalam from Southern India and Amharic from Ethiopia.

There are two terms per year, one in the Spring, and the other in the fall. Each class runs four months, with two sessions a week, amounting to twenty-eight sessions per

term. In the classrooms, vocabulary and grammar are conveyed through lessons, about everyday situations such as going to the doctor, or the supermarket, or renting an apartment. Emphasis is placed on learning how to speak and understand. All students receive a full introduction to the library and its services and are taken on a tour of the library. As well, they receive library cards and are encouraged to return and take advantage of all other library services.

The Adult Learner Program also offers ESOL Literacy classes designed to meet the needs of non-English speakers who have less than four years of schooling in their own language. These students would have difficulty entering the standard Beginning Level

ESOL class because of their lack of basic literacy skills necessary to succeed academically in the standard series of ESOL courses.

For additional information on ESOL classes offered by the Queens Library, call the ESOL Coordinator at **718-480-4235**.



41-17 Main Street,
Flushing NY, 11355
(718) 661-1200

UPCOMING PROGRAM AT THE INTERNATIONAL RESOURCE CENTER

**SATURDAY, NOVEMBER 9,
2:00 P.M.**
(ROOMS A&B, LOWER LEVEL)

EXCHANGE-TRADED FUNDS (ETFs) IN THE GLOBAL MARKET

EXCHANGE-TRADED FUNDS ARE A NEW PRODUCT IN THE GLOBAL MARKET. FIND OUT WHAT THEY ARE, WHAT THEIR FUTURE IN THE MARKET WILL BE, AND WHETHER YOU WANT TO BE A PART OF IT, AS SHELDON GAO, DIRECTOR OF GLOBAL RESEARCH FOR DOW-JONES INDEXES, HELPS YOU EXPLORE THIS NEW WORLD OF INVESTMENT.