

the Change Agent

An Adult Education Magazine for Social Justice





CELEBRATIONS

Celebrating Freedom: 1 Silent Celebration: 3 Because of Linda: 4 Graduation & Blessings: 5 **Celebrating Teen Mom: 6** Adolescent Sexual Health: 7 Celebrating Sobriety: 8 You Are Not Alone: 9 I Celebrate Myself: 10 First Kisse 11 Celebrating Navajo: 12 My Son's Journey: 14 Gelebrating 5 Pounds: 15 The Party Guest: 16 Father's Day: 18 Thank You for Food: 19 My Second Chance: 20 Losing, Finding...: 21 A Family Tradition: 22 The Day We Arrived...: 23 For Sisters & Brothers: 24 My Moroccan Wedding: 25 Mexican Thanksgiving: 26 Christmas Changed: 27 Overspending...: 28 Spending Money...: 29 Working during Holidays: 30 Where do Labor Laws ...: 31 No Tricks or Treats: 33 Taking Good with Bad: 34 Celebrating Eid: 36 Fragile Structure...: 37 My Diwali: 38 A Day to Reflect: 40 A Day to Reflect: 41 Family, Food & Fireworks: 42 It Felt like a Stampede: 44 They Forgot We are Seeds: 46 San Geronimo Day: 48 Festa Junina: 50 Walking Backward: 52 We are the Ones: 54



Celebrating Freedom on Juneteenth

Inez Sadler

Issue 41

On June 19 ("Juncteenth"), 1865, Union general Gordon Granger arrived in Galveston, Texas, and issued General Order Number 3, which read in part, "The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of personal rights and rights of property between former maters and slaves, and the connection heretoforce existing between them becomes that between employer and hired labor."

changeagent neirc.org September 2015

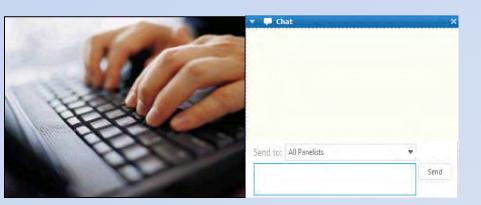
Using the "Celebrations" Issue in the Classroom



New England Literacy Resource Center



Webinar Tools



Use chat box for discussion

Adjust Screen



Write your questions in the chat box.

Please remember to please send chats to "all participants" NOT "all attendees."

Send to:	All Participants	-	
1		T	Send

Contact People

Webinar Facilitator

Cynthia Peters Editor of *The Change Agent* <u>cpeters@worlded.org</u> 617.482.9485 x3649





New England Literacy Resource Center



Webinar Host

Ben Bruno Media Specialist bbruno@worlded.org 617.482.9485 x3629



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...if you are in a state-funded program in New England. Contact me to find out how to get access. ...if you live outside New England. Visit our website to find out how to get one or multiple online subscriptions.

In this webinar, you will:

- A. Get a tour of the new issue.
- B. See a CCR-aligned lesson plan modeled.
- C. Learn about our online resources.
- D. Find out about the new Call for Articles.





Lesson Plan Celebrating Freedom on Juneteenth



Celebrating Freedom on Juneteenth

Reading Closely, Studying Further, and Learning Mechanics at Three Levels

Lesson Packet #6 – September 2015 The Change Agent <changeagent.nelrc.org>

Description: "Juneteenth" is the celebration of June 19, 1865, when slaves in Texas learned they were free – two and half years after the Emancipation Proclamation. This activity includes text (at three different grade levels) and art work. The text shares a family's oral account of being slaves in Texas in 1865 when word of the Emancipation Proclamation finally reached them, a description of Juneteenth celebrations in Texas, and the ways an artist has preserved family history with her artwork. Students also have a chance to look at and analyze two full-color paintings by Sonia Sadler. The text is available at three different levels (GLE 4, 7 and 10).

Find the Lesson Plan here: http://changeagent.nelrc.org/in-theclassroom/lesson-packets/

One Story – Three Levels

z Sadler





"Jubilee" by Sonia Lynn Sadler. Used with permission from Inez Sadler.

On June 19, 1865, a general from the north came to Texas. He told the people of Texas: The president of the United States says that all slaves are free. June 19th became a holiday called "Juneteenth."

My great-great-grandmother was Mariah Johnson. She was a slave in Texas. One day the master told the slaves to come to his house. Mariah did not want to go. She was afraid. She hid behind a tree. After a while, her mother ran to her. She was happy. She said they were free.

When I was a child in Texas in the 1940s, we celebrated Juneteenth. In our town, we celebrated Juneteenth with barbecue, ice-cream, watermelons, and red soda pop. We got new play clothes, and we were so proud of them.

Mariah Johnson was alive when my mother was a little girl. She told my mother stories about her life as a slave. Sonia Sadler, my daughter, wanted people to remember this history. Her pictures showed the end of slavery (see below) and Juneteenth celebrations (page 1). Sonia wanted everyone to understand that slavery caused pain. As a people, we have suffered. But we are strong. We have found ways to survive and celebrate.

Sources: Handbook of Texas <tshaonline.org/handbook>; "The Overstreet Family Reunion Booklet," 2012.

Inez Sadler lives in Maryland. She is the mother of artist Sonia Sadler (1958-2013). Find more of her art at <sonialynnsadlerarts.com>.

What do you think?

- Use the chat box to share some of your thoughts about how a story like this could be used to extend knowledge.
- Answer this question at any of the levels.
- How you would use the art in your teaching?



Reading Anchor 1: Read closely to determine what the text says; make logical inferences; cite specific textual evidence.

B/C (GLE 2-5.9)	D (GLE 6-8.9)	E (GLE 9-12)
Ask and answer	Cite several	Cite strong and
who, what,	pieces of textual	thorough textual
when, where,	evidence to	evidence to
why questions	support analysis	support analysis
to demonstrate	of what the text	of what the text
understanding	says explicitly as	says explicitly
of key details in	well as	as well as
text.	inferences	inferences
	drawn from text.	drawn from text.



Reading Anchor 1: Read closely to determine what the text says; make logical inferences; cite specific textual evidence.

B/C (GLE 2-5.9)	D (GLE 6-8.9)	E (GLE 9-12)
 What is Juneteenth? How do people celebrate it? Imagine you could talk to Mariah Johnson. What questions would you ask her? 	According to the author, what does Sonia Sadler celebrate with her paintings?	According to the author, what does Sonia Sadler celebrate with her paintings?

Reading Anchor 3: Analyze how and why individuals, events, and ideas develop and interact over the course of a text.

B/C (GLE 2-5.9)	D (GLE 6-8.9)	E (GLE 9-12)
Describe	Analyze how	Analyze a complex
relationship	a text makes	set of ideas or
between a series	connections	sequence of events
of historical	among and	and explain how
events. Use	distinctions	specific individuals,
language that	between	ideas, or events
pertains to time,	individuals,	interact and
sequence, and	ideas, or	develop over the
cause/effect.	events.	course of the text.



Reading Anchor 3: Analyze how and why individuals, events, and ideas develop and interact over the course of a text.

B/C (GLE 2-5.9)	D (GLE 6-8.9)	E (GLE 9-12)
In a couple of	What is Sonia	Unpack the
sentences, tell	Sadler's	paragraph that
the sequence	connection to	starts "Juneteenth
of events	slavery, freedom	was a big thing
covered in this	from slavery, and	during my
article. Use	celebrations of	childhood." What
words and	community	changes happened
phrases like	resilience (such as	in how Juneteenth
"first," "then,"	Jubilee and	was celebrated?
and "after	Juneteenth)?	Explain the
that."		sequence of events.

Writing Anchor 7: Conduct short as well as more sustained research projects...

B/C (GLE 2-5.9)	D (GLE 6-8.9)	E (GLE 9-12)
Conduct	Conduct short	Conduct research
short	research projects	projects to answer a
research	to answer a	question. Narrow or
projects	question, drawing	broaden the focus
that build	on several sources	as necessary.
knowledge	and generating	Synthesize multiple
about a	additional related,	sources and
topic. Use	focused questions	demonstrate
sources.	for further research	understanding of
	and investigation.	the subject under
		investigation.



Writing Anchor 7: Conduct short as well as more sustained research projects...

B/C (GLE 2-5.9)	D (GLE 6-8.9)	E (GLE 9-12)
What important	Read several	Read and
event	sources on the	synthesize
happened in	Emancipation	several sources
the United	Proclamation.	about the
States between	What questions	Emancipation
1861 and	does your	Proclamation. Did
1865? Share	research raise?	it free all the
what you know	What would you	slaves? Explain.
about it.	like to know more	

about?

Language Anchor 1: Demonstrate command of the conventions of standard English when writing or speaking.

D (GLE 6-8.9)	E (GLE 9-12)
Form and use	Use parallel
verbs in the	structure. Use
active and	various types of
passive voice,	phrases and
and the	clauses to convey
conditional	meaning and add
tense.	variety.
	Form and use verbs in the active and passive voice, and the conditional

found).



Language Anchor 1: Demonstrate command of the conventions of standard English when writing or speaking.

B/C (GLE 2-5.9)	D (GLE 6-8.9)	E (GLE 9-12)
Lesson includes	Students	Students evaluate
a grid listing past	identify pas-	sentence structure,
tense verbs	sive voice	vocabulary, and
used in text.	and the	use of the word
Task for student	conditional	"slave" vs.
is to create a	tense.	"enslaved person."
rule for how to		
use past tense.		



Celebrating Freedom on Juneteenth

Inez Sadler

On June 19 ("Juneteenth"), 1865, a general from the north arrived in Galveston, Texas. He told the people of Texas: The president of the United States says that all slaves are free. Former slaves and masters are now equal.

▶ My great-great-grandmother Mariah Johnson was a slave in Texas during this period. Mariah said that one day the "ole master" told the slaves to come to his house. ▶ Mariah did not want to go because she thought he wanted to whip them. She hid behind a tree. After a while, her mother came running to tell her that they were free.

Research shows that literacy and English language learners improve fluency when they have the opportunity to hear a piece read out loud while they read along.

changeagent.nelrc.org/in-the-classroom/reading-levels

TITLE	PAGE	LEVEL
Celebrating Freedom on Juneteenth	1	10
Celebrating Freedom on Juneteenth	Extras	7
Celebrating Freedom on Juneteenth	Extras	4
Silent Celebration	3	5
Because of Linda	4	6
Graduation & Blessings	4	8
Celebrating Being a Teen Mom	6	6
Adolescent Sexual Health	7	12
Celebrating Sobriety	8	7
You Are Not Alone	9	7
I Celebrate Myself	10	7
0		

TITLE

PAGE LEVEL

		•
Celebrating Freedom on Juneteenth	Extras	4
We Are the Ones	54	4
First Kiss	11	4
Celebrating 5 Pounds	15	5
My Second Chance	20	5
Silent Celebration	3	5
My Moroccan Wedding	25	5
Mexican Thanksgiving	26	5
Working during Holidays	30	5
The Day We Arrived in Africa	23	6
Walking Backward to Freedom	52	6

Write for The Change Agent

- "Call for Articles" includes engaging and relevant writing prompts. The theme of our next issue is "Race."
- Students can write for a national magazine.
- Their story will be read by peers.
- They will experience "the editorial process," including revisions, etc.
- Next writing deadline is November 6, 2015.

Download "Call for Articles" at: http://changeagent.nelrc.org/write-for-us/

Use the "Call for Articles" in Instruction

- Show copies of *The Change Agent* to students so they have a feel for the magazine that they'd be writing for.
- Allow them to peruse the magazine. Ask them to share what they notice about it, including:
 - Articles are of different lengths and targeted towards different levels.
 - Articles are written by other adult learners.
 - The content all pertains to a certain theme.
 - The magazine includes learners from the whole country.
 - What else might they notice?
- Before handing out the "Call for Articles," ask students, "What do you think would be in a magazine that chose as its theme: *Race?*"

Prepare your students to write multiple drafts; encourage peer editing.

Students whose pieces are accepted receive a \$50 stipend.

Warning! We get 100s of submissions and can only accept about 30. Respond to just one or two of the prompts.

> Speak from the heart! Write about something that matters.

Submitting Articles to The Change Agent



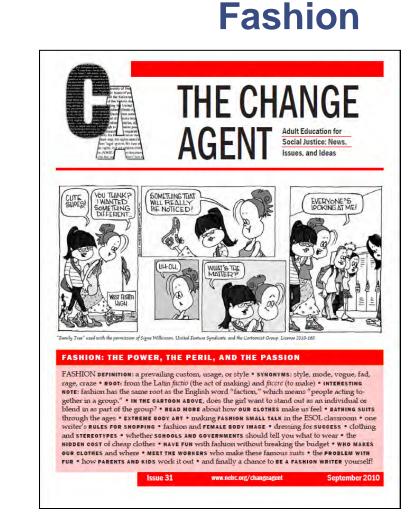
Each submission includes all relevant contact information for the student and the teacher.



Please email submissions as attachments.

Veterans





Everyday Toxins



Fighting Contamination in a Chicago Neighborhood



Elvia García

Playing in Contamination

When my children were little, they played in the alley behind our house. The alley was wet and moldy. When it rained, the dirty moldy water came into the garage and yard. Sometimes it came into the basement. The kids were playing in god-knows-what contamination.

The children got rashes. The rashes were so bad. Sometimes the children looked like they had cigarette burns on their legs. Other parents had the same problem with their children. But there was no where else to play. All the parents took their kids to the doctor. But the doctor didn't know where the rashes came from. We didn't know what to do, so we didn't do anything.



STAYING SAFE IN A TOXIC WORLD

STORIES FROM THE HOME look of baby bolfes, lead poisning, band seap, and 'real cool staff'; pp. 3-7: ORDINARY PEOPLE fails and addiche: pp. 8-9: STORIES OF PEOPLE MAKING CHANGE: pp. 27, 28, 30, 32, 33, 37: ORDINARY PEOPLE FIGHT AND WINE pp. 12-13, 16-10, 19, 49-49: MATH PRACTICE (fractions, percents, and radios); pp. 9, 14, 15, 16, 26, 32-33, 34, 45, 45, 52: PICTURING A PART PER MILLION (and waysmall math for measuring continiants); pp. 14, 15, 16, 26, 32-33, 37, 45, 45, 52: PICTURING A PART PER MILLION (and waysmall math for measuring continiants); pp. 16, 32, 34: BECIPES ; pp. 7, 27, 39; TAKING ACTION at work: pp. 36-37, 45, 53; QUIZ; p. 39; COAL MINING: pp. 40, 41; ALL ABOUT TRASH-from clicken lifter to packaging to the Guiff all spill clean-ap; pp. 42-53; CAREAGE STINKS (landing to zero waste fold in pictures); pp. 46-47; SMART MOVES for doing mather, 35: GLOSSARY; p. 54: SUB VEVI Filles wastay within of this issue: p. 55.

1048 52

2006

Remembering 9-11



Spared on 9/11, A Restaurant Worker Fights for Justice

Fekkak Mamdouh and Rinku Sen

At 8 a.m. on September 11, 2001, 40-year-old Fekkak Mamdouh was asleep. He had worked the night before at Windows on the World, the luxury restaurant on the 107th floor of the World Trade Center's North Tower.

Mamdouh's sister called. "Listen, brother, there was a plane that just crashed through the Twin Towers." Mamdouh and his wife, Fatima, turned on the TV. They were shocked by what they saw.

Without eating, Mamdouh left their house. He went to the offices of his union, Local 100 of the Hotel Employees and Restaurant Employees (HERE). He and other union members began searching for the restaurant staff that had been working that morning. They visited all the hospitals, but they did not find any restaurant workers. Mamdouh headed to the morgue on First Avenue and 30th Street, and he stayed there until 3 a.m. continued on p. 22

PEACEFUL TOMORROWS

Spared on 9/11, pp. 1 and 22-23; My Brother "Chelo," p. 3; Background on 9/11, pp. 4-6; Ripple effects of 9/11, pp. 12-13, 16, 17, 28, Ordinary Heroes, pp. 8-9, 18, 19, 20-21, 24-25; A 9/11 family member travels to Afghanistan, pp. 14-15; Memorials, pp. 26, 27; Paying Tribute through Service, p. 29; "We and They" (a poem), p. 30; Fear, p. 31; Forgiveness, pp. 32-33; U.S. government responses, p. 7, 34, 50, 51; Seeking justice via the rule of law, pp. 35-37; 49-49; Post 9/11 anti-Mussim Gisrimination, pp. 10, 11, 38-39; Rejecting retailation, pp. 40-43; USA Patriot Act, pp. 44-45; Detained and Tortured, pp. 46-47; What is Terrorism? pp. 52-53; Resources for Action and Reflection, p. 54.

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Issue 33

September 2011

Multi-Generational Classroom

Resilience



WHAT'S AGE GOT TO DO WITH IT?

Younger and older students tell their stories: pp. 1-7 Exploring the generations: pp. 8-9 Older students get their GED: pp. 10-11 A young person helps interpret Shakespeare: pp. 12-13 Students challenge, inspire, respect, and accept themselves and others: pp. 14-18 Recognizing LGBTQI students: pp. 20-23 High school drop-outs speak out: pp. 24-29 The Bigger Picture: pp. 30-31 School to Prison Pipeline: pp. 32-34 Stories from the States Vermont: p. 27 North Carolina: p. 36 Massachusetts: pp. 46-47 New Hampshire: pp. 48-49 A 37-year old freshman: pp. 38-39 College for the Right Reasons: pp. 40-42 Education, work, and paying for school: pp. 43-45 Technology and the brain: pp. 50-51

Technology and the brain: pp. 50-51 Reaching educational goals: pp. 52-53 Resources: pp. 54-55

Issue 34



Young Students Inspire Me!

Guerda Feorier

When I was young, I lived in my country, Haiti. In Haiti, I used to be in class with kids my own age. When I came to America, I started in a multi-generational adult education program. I used to feel embarrassed to be with classmates the same age as my daughters. I felt like I was too old to be with them. As time passed, I realized that I was wrong because it's never too late to continue your education. contd. or p. 15

March 2012

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Broken But Not Defeated: 10-11 Hard-Wired to Bounce Back: 12-13 Started Out Feeling Defeated: 14 My Brother Believed in Me: 15 It's Not the What. It's the How: 16-17 What I Learned from My Challenges: 18 During a Storm, Vermonters Learn: 19 **Creating Resilience Circles: 20-21** Listen! 22-23 We Are Change: 24-25 Participatory Budgeting: 26 Downsized After 22 Years: 27 The Long Road to Success: 28 Battle Against Myself: 29 The Kids Are Watching: 30-31 Living with HIV: 32-33 We Don't Ouit: 34-35 Doing Time: 36-37 Drawing Inspiration from Art: 38-39 Love Never Fails: 40-41 Heroes Among Us: 42-43 **Resilience Means Bounce Back: 44** Dare to Do What You Fear: 45 The Earthquake in Haiti: 46 **Two Stories of Surviving Fire: 47** Robbers and Cops: 48 "Be as Big as You Dream": 49 Such a Heavy Load: 50-51 Learning to Read at Age 59: 52-53 Resources: 54-55



Taywana "Mother Earth" James. Read her full story on p. 22.

// I didn't have the opportunity to read a book, so I had to read the environment. No one watched me, so I had to watch everything else. I didn't have the tools I needed to make a life for myself, but that motivated me to find the tools. //

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September 2012

Good Jobs, Not Just Any Jobs!



GOOD JOBS, NOT JUST ANY JOBS!

Humans, Not Machines: 3 My Work as a Beautician: 4 A Tale of Two Jobs: 5 A Job is a Job is a Job ... Right?: 6 Soaring Skyward with Heavy Lifts: B Hell in a Steel Mill: 9 Greasy, Wet, and Stinky Work: 10 Should My Fingers be Faster: 11 The Best Job | Ever Had: 12 Sweet Scents, Customer Satisfaction: 14 Mister Larry, The Daycare Chef: 16 Taking Care of People Gives Me Joy: 17 My Fulfilling Job as a Social Worker: 18 What People Like and Don't Like: 19 "I Must Say": 20 Inspired to Become an Architect: 22 My Ideal Job: Mexican Dance: 23 From Dishwasher to Chef: 24 "Daniel of All Trades": 25 "We Can Fix It" and "We Can Do It": 26 If You Want It, Go For It: 28 Have a Criminal Record? 30 Things are Forever Changing: 32 I Help Myself...I Volunteer: 34 Things | Have Done: 35 Advocate for What You Want: 36 Car Wash Workers Organize: 37 **Raising Children is Work: 38** Women: Like Men, Only Cheaper: 39 Putting a Stop to Discrimination: 40 Legislating Wages: 42 **Fighting for Economic Protections: 44** Nobody Makes it on their Own: 46 Organizing for Our Fair Share: 48 You Are Not Alone: 52 Visions for the Future: 54

Paid Today, Broke Tomorrow

Mariama Diallo

A good job should allow you to pay your bills, to eat, to get clothes according to the weather, and to get medical treatment when needed. Not only that, a good job should pay you enough so that you can have time to live and enjoy a little of life.

I've been at my job for almost 11 years but I have never gotten a raise even though the price of everything has gone up. We receive only minimum wages. We work hard for a paycheck that doesn't allow us to survive. Who wants a job where you get paid today and you're broke tomorrow? It makes you feel like things are falling apart around you because you know that you are not going to be able to pay your bills.

Nowadays, many adults realize that it's time to make a change for a better life. We don't want to accept any job in order not to be unemployed. But how can we

get good jobs—jobs that allow us not only to survive but to enjoy life too?

Mariama Diallo is a student at the Adult Learning Oenter Mid-Manhattan: 15 in New York City. Mariama came from Senegal over 11 years ago. She is delighted to show her work to her 10-year old daughter, Fatoumata, who is an excellent fiftin grade student. Fatoumata has been selected to participate in the school's math bee.



Issue 36

www.nelrc.org/changeagent March 2013

Technology



TECHNOLOGY

You Are the Product: 1 Expensive Technology: 3 Where Would I Be without MyPhone: 4 I * IPad: 5 Technology Mania: 6

Telephone Technology: 7 "You Made It; You Deal with It": 8 How "Green" Is the Internet: 10 Disconnection by Internet: 12 RealFeelings in RealTime: 13 Notes from an Internet Addict: 14 Technology is My Lifeline : 16 Technology Connects & Disonnects: 17 Is Technology Changing Your Brain: 18 Driving with High-Tech Tools: 20 Bled to Death: 21 Finding Felix: 22 It Hurt, I was Furious:24 Social Media: 25 DigitalFootprints: 26 The Computer is My Family's Tool: 28 Using Technology for Education: 29 The Flipped Classroom: 30 Sawy Consumers: Beware of Free: 31 Films that Start Conversations: 32 Education on the Go atTV411.org: 33 Using Technology to Solve Problems: 34 Dragon Naturally Speaking: 36 How Times Have Changed: 37 Technology in the Care of Others: 38 Restaurants and Technology: 39

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Using Technology to Make Music: 42

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A World of Conflict in Your Phone: 50

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Latest Technology: 54

You Are the Product! Google Sells You to the Highest

Bidder: Is It Worth the Price?

Romenique dos Santos

Google knows more about you than your own mother does. Somebody said it years ago, and today we know it's true. Google knows most of our likes and interests, and they sell this intormation to the highest bidder. What do we get in exchange? We get lots of great applications, developed by them, totally for free. So the question is: si it worth it?

Can't Eat These Cookies

Google uses a technology known as cookies to learn about what you do and

what you search for on their Web pages. (Cookies are small programs placed in your computer that collect information about you and give it to Google) For example, when you use Google to search for something like "syms," Google knows you are interested in working out and probably other healthy things.

Moreover, Google doesn't use cookes just on their Web pages. They also use it on several thousands of other Web pages. Consequently, they know much more about you than you could imagine. Every day they get complete reports of the Web pages you wisited, purchases you made, content you read and shared, music you listened to, videos you watched, and ads you clicked on.

Continued on p. 44

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Immigration

Food



A three of Print Jack Park 11 interest and provide the later of for famous history at Concession No. New York, 18 Alter Sect. 7 finders a literation of the West Prairie and Public Strengt and 47 (19) Plantance (Play attack into a 11) Number of Street Street, and Street, and Street, and Street, S and differentiate to the Reported 11 Mir ber Hart Constants, St. manufacture for a little of the Manfred or Plant Dissections, 2011 A 10 IN CONTRACT OF A DISCOMPANY OF Report Vice Std. 181 Distance in Academic State Strength & 197 Number of Street, or other Design Associational Advant. All Street St. apprenties in the Constanting St. Ministry (Star Tax Star Story 1981 A Post all the International State Advanting from Surrough and St. Association Desires of Challengers 7. (c) Stating By Renimially 20. Address of the local division of the Court the flow part from the 17 We down Drug Streets 1981 Star Wants PT thing a lit inform insurantee with Industry for these rails for these 12. Contractions of all Difficult Systems 7-42 A March & Lower and When the state in the little of the B) Division from Disa AM Consequences. All Read Town of a Plant Surger of L Revised had been been thereby and All Name Stational, New York, Print, Streement, Scill. U.S. Andrew Spatial Manager Department, 53 Number And State State 199 Augustic an American Str.

A Story of Push and Pull



The Common Department of Components and Social products for department of Common and a Component systems, in Second properties, again the Common Programmer Planned in CPRC of galaxies' feedback are started to the Common Article Interference (Plannet The Approximation Section Plannet Section and Department (Plannet The Approximation Section Plannet Section 2014) interference (Plannet The Approximation Section 2014) and the Section 2014 (Section 2014) interference (Plannet The Approximation Section 2014) and the Section 2014 (Section 2014) interference (Plannet The Approximation 2014) interference (Plannet The Approximation 2014) and the Section 2014 (Section 2014) interference (Plannet The Approximation 2014) interference (Plannet The Approximation

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THE CHANGE AGENT Adult Education for Social Justice: News, Issues, and Ideas

ALL ABOUT FOOD

Dinner Night with Dad: 1 Making Ends Meet: 3 Tasty Memories: 4 Togetherness around Mansaf: 5 Soul Food on Sundays: 6 Mom's No-Bake Cookies: 7 Food Feeds Us in Many Ways: 8 Thanksgiving and Christmas ...: 9 Fatty Meat in the Pocket: 10 Why I Hate to Eat Chicken: 11 A Healthy Idea: 12 Eat Everything on Your Plate: 14 I Was a Picky Fater: 15 Meat of the Matter: 16 The End of the Road: 18 Mugwort Dim Sum: 19 Of Food, Love, and Death: 20 Communicating about Food: 22 Addicted to Food: 23 Small Steps to Healthy Habits: 24 No More Frying: 25 So What Should We Eat?: 26 Factory Farming & the Meat We Eat: 27 Fast Food: Bad for Your Health: 28 Fast Food: Bad for Workers Too: 29 Junk Food Easy to Find: 30 **Bees Essential to Food Production: 31** Restaurant Reality / Min. Wage Math: 32 Growing Up with Not Enough: 34 Hunger is Painful: 35 Everyone Needs Help Sometimes: 36 Who Should Feed the Children ?: 37 To Address Hunger, Address Poverty: 38 We Live in a Food System: 39 Massachusetts Limits Food Waste: 40 Who Owns that Life Form?: 42 How Do We Know Our Food is Safe?: 44 Growing Roots Through My Hands: 46 What you Plant Now...: 48 Backyard Chicken Coop: 50 Farmworkers Fight for Justice: 52

Dinner Night with Dad

One day, my dad asked, "How would you feel about having a night out, just the two of us?"

Amanda Shumaker Bower

That was a day I will never forget. I remember I got so excited! I rubbed it in my brother's face all week; I was the special one. This would be the first time my dad and I had ever done anything together alone.

So, it was a date. He wouldn't

tell me where he was taking me. All I knew was we were going to dinner. "It is a surprise," he said. I can remember the anticipation I felt when we crossed the river towards downtown. We never went downtown! When we pulled up to the restaurant, the smell was amazing. I ordered steak, shrimp, and a soda. We never got to order anything this good when we went out with the whole family. The food was the best I had ever had.

That night is the best memory I have about food. I felt so special when my dad wanted to do something just with me. To this day, I take my kids out one at a time, so they can have that same feeling I had when I was a kid. I have taken all my kids to the same place my dad took me. The food is delicious, but

what matters even more is who you eat it with.

Amanda Shumaker Bower is a 35-year-old, happily married mother of three. She is a student at North Kansas Gty Schools Aduk Basio Education in Kansas Gty, Mo. She plans on furthering her career in the medical field after completing her high school equivalency.

READ ANOTHER STORY about a father and child: "His Garden" by Tommy DeBairos. Available on our website.

Issue 39



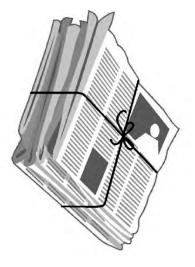
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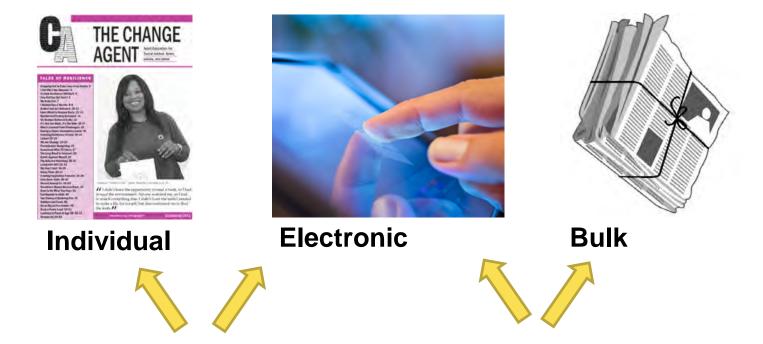


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Finally...

A recording of this webinar will be available at <u>changeagent.nelrc.org</u>

Please feel free to contact Cynthia Peters <u>cpeters@worlded.org</u> with any questions or comments.

Thank you for participating!



Resource Center

