



## ED'S WORLD INK

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*Empowering youth & young adults through knowledge, resources & positive interactions*

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### Special Points of Interest

- Ghana Connection-Taking Kaba Orders*
- Strategies for Bad Habits*
- Join Us on Twitter*

### "Celebrating the Life"



"Living the Legacy"

### From the Board President's Pen:



### Mediocre, Average, Good or Great!!

Most people do not want to be associated with the term **mediocre** (I hope). The reality, however, is that too many people in our society are just that. The effort they put forth at school, at work, with their children, with their spouses- is merely mediocre. It may work out, I may pass, I may meet the deadline well if I don't.

Some people are **average**. They do just what is required. They meet the minimum standard. They don't want to do more than the next person, they don't want to miss the party, they don't want to stay up late, they don't want to say I'm sorry, they don't want to say "I will do it". So potential is not reached.

Fortunately though we have some people who exemplify characteristics that put them in the category of **good**. These are the people who do it because it needs to be done. They set high goals and then work hard to reach them. They are available to help others reach their goals also. They have morals and standards and values. They move the world.

Then there is **great**. I recently began reading the book "**Good to Great**" by Jim Collins. I was distressed to find out that despite my own classification I have not reached the category of great. In some ways that's okay because I am willing to work to get there. So what, you ask, categorizes great. Glad you asked. The book "**Good to Great**" opens with the first sentence stating "*good is the enemy of great*". "*Few people attain great lives, in large part because it is just so easy to settle for a good life*".

Some of the major points made in the book are: Money is not the key driver to greatness; great people focus on what to do and what not to do; technology can help you move to greatness but it does not create greatness; becoming great usually goes unnoticed while the process is occurring; and greatness is not a function of circumstance but a matter of conscious choice.

To me, Steve Jobs exemplified what going from "good to great" looks like. Not because of the money he amassed but because he did what he truly loved, he positively impacted the world, he surrounded himself with others who did the same, and he willingly shared what he learned along the way. **RIP- Mr. Jobs- we are eternally "grateful" for your "greatness"**.

*Humbly submitted,  
Queen Martin, DrPH*



**Youth Making a Difference!**

**West Philly Teens Build Hybrid Car**



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**As you give thanks  
for your blessings,  
remember those  
who are less fortunate  
and that it  
could always be  
worse.**

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Become an Ed's World  
Supporter by mailing in  
your check or using  
PayPal on our website.

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***Wise Men Still  
Seek Him***



***Have a Safe and  
Joyous Holiday  
Season!!***

## **STIR UP YOUR GIFT**

Maryellen Martin

*"I am here on earth for just a little while" Psalm 119:19*

Life on this earth is a gift from God to all of us, He designed us so that There would be no duplication , no one has the same exact set of factors And no one will be able to use the gifts that He planned for you.

The abilities and gifts that we are born with are uniquely ours to share with others, make the choice to " stir up your gift " by touching the lives of others.

We should be there for each other. Let your legacy be one of service and reaching out to edify, bless, and encourage those who you come in contact with.

**PREACH OFTEN WITH YOUR ACTIONS,  
USE WORDS ONLY WHEN NECESSARY**

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## **Parents-What is STAAR ????**

Beginning in spring 2012, the State of Texas Assessments of Academic Readiness (STAAR™) will replace the Texas Assessment of Knowledge and Skills (TAKS). The STAAR program at grades 3–8 will assess the same subjects and grades that are currently assessed on TAKS. At high school, however, grade-specific assessments will be replaced with 12 end-of-course (EOC) assessments: Algebra I, geometry, Algebra II, biology, chemistry, physics, English I, English II, English III, world geography, world history, and U.S. history.

The resources on this website provide information and sample test questions to familiarize Texas educators and the public with the design and format of the STAAR assessments. The information is intended to help educators understand how the new STAAR program measures the Texas Essential Knowledge and Skills (TEKS) curriculum standards. These resources are intended to support, not narrow or replace, the teaching of the TEKS curriculum.

**For more information visit the website:**

**<http://www.tea.state.tx.us/>**

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**Ed's Bookshelf**

**Recommended Reading**

Improve your mind , your vocabulary, your writing ability and your speaking ability by reading. The *Classics* are a great place to start. Some books that are considered Classics are:

**The Scarlet Letter**

1850 by Nathaniel Hawthorne

**Silas Marner**

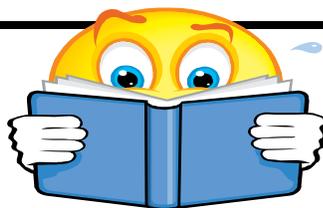
1861 by George Eliot

**Robinson Crusoe**

1719 by Daniel Defoe

**Wuthering Heights**

1847 by Emily Bronte



**Uncle Tom's Cabin**

1852 by Harriet Beecher Stowe

**A Tale of Two Cities**

1859 by Charles Dickens

**The Adventures of Huckleberry**

**Finn**

1884 by Mark Twain

**Brave New World**

1932 by Aldous Huxley

**Go Tell It On the Mountain**

1953 by James Baldwin

**Invisible Man**

1945 by Ralph Ellison

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**WRITE THE VISION**

*And the Lord answered me, and said, Write the vision, and make it plain upon the tables, that he may run that readeth it.*



*For the vision is yet for an appointed time, but at the end it shall speak, and not lie; though it tarry, wait for it; because it will surely come....*

**Habakkuk 2:2-3 KJV**

**8th Anniversary December 9th**



It's been a year already. Once again Ed's World's Board and volunteers are ready to celebrate the accomplishments of the past year. 2011 has been an exciting year for us as we initiated new programs and acquired new partners. We are requesting your presence at our anniversary event as we show appreciation to those who have helped us get to this point in the journey. Look for more information soon. **Save the date!!**

**Twitter**

Now you can "tweet" about things that matter to youth and young adults on Ed's World's Twitter site. Start an interesting tweet; gain a following.  
<https://twitter.com/#!/EdsWorldInc>

**Kaba** *(pictured at right)*

We are starting a project to import clothing made by our Ghana partners. Order forms will be available from volunteers and board members. Remember Kwanzaa and Black History Month are coming soon!! Be attired in well-crafted, authentic African garments in a variety of patterns and colors.



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*Empowering Youth and Young Adults through Positive Interactions*



## **STRATEGIES (cont.)**

1. **Develop Awareness**
2. **Develop a Desire to Get Rid of the Behavior-change it or let go**
3. **Know and Understand Your Bad Habit(s)-why do you do this**
4. **Have an Attitude of Diligence, Consistency, Commitment and Perseverance**
5. **Choose an Accountability Partner to support you through this**
6. **Replace Your Bad Habit-fill the void**
7. **Schedule Your Bad Habit-take control of it**
8. **Grieve Your Bad Habit-how it hurts you and others**

## **Strategies for Breaking Bad Habits**

Nancy T. Whitaker,  
Licensed Psychotherapist  
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Habits, we're not born with them; in most cases we unwittingly acquire or learn them over time. The only good thing about a bad habit is that they can be broken,

Most of us at one time or another has engaged in behaviors or practices that sooner or later became a "thorn in the side." Whether it's food or drink, gossiping, rudeness, choosing the wrong person to love, or money, any of these behaviors or practices have the potential to become a bad habit if repeated often enough.

Not all habits are bad; indeed there are the good ones, like eating healthy, managing money, getting a good night's sleep or practicing gratitude.

I don't know of anyone who sets out to develop a bad habit. We usually engage in certain behaviors or practices to fulfill some need in our life - the need to avoid an unpleasant or uncomfortable situation. So when we discover a behavior or action that alleviates or distracts us from upset-ness or distress, we're likely to repeat the behavior again and again. It is this repetition that gives rise to habits. What started out as a remedy for distress has now become a problem. All we were looking for was a way to release stress or to feel better; but in the end, we're left with a bad habit that dominates or controls our life. (continued below)

## **2011 DONORS!!**

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