

A Word from the Coach

Jennifer Glick, Executive Director



I first met Alisha (not her real name) last year in our Jeremy's Heroes After-School Program. In fifth grade, she towered over me both in size and in personality. She roared into the program with an excess of energy and little ability to control it. During the first few months, Alisha tried the patience of coaches and teachers alike. She argued with everyone including her peers, and the kids avoided her. It became a challenge to channel her energy in a positive way. One on one, Alisha understood her actions and discussed better problem solving strategies. The challenge was getting her to think before she reacted. Like many adolescents, the challenges for Alisha did not end there. As an overweight preteen, her body was far more developed than her mind. Figuring out how to move in sports class was a hardship. Unfortunately, Jeremy's Heroes relationship with Alisha abruptly ended about four months into the year. Jeremy's Heroes requires a strict disciplinary code which when broken could result in dismissal from the program. Alisha challenged that code one too many times. But, even a semester in the JH program and the expulsion experience ultimately had a positive impact.

Fast forward to this fall. Alisha is now in a middle school where Jeremy's Heroes is running our after-school program. Imagine my surprise, when at the start of the school year, Alisha once again comes roaring into the classroom. Still the same imposing character, Alisha asked to speak with me at the end of class. She started saying that she was extremely angry when she was expelled from the program last year. She said she kept hearing about the games they were playing in sports class and the different community service projects her friends were doing, and she felt excluded. She then asked me if I could forget about last year. I said it was a new year, a new program, and we would start with a clean slate.

Four months into this year's program, Alisha is still a challenge. The difference is that she loves the Jeremy's Heroes After-School Program and does not take it for granted. She has become a leader on the volleyball court. While not the most graceful, she is the most passionate. She often yells out that the team has to work together, instead of a negative barrage of words when things don't go her way, Alisha works hard to think before she speaks. She is able to



work in small groups on her community service projects. She no longer has to dominate and argue with everyone in her group.

Last week, Alisha and I walked out of school together. That day, the kids were working on launching their food drive for the Food Bank this holiday season and I mentioned to Alisha how well I thought she was doing this year in the program. Shockingly, the girl who always had a quick response to whatever I said, looked at me shyly and said nothing. We walked about a block in silence until Alisha tapped me on the shoulder and said "Thank You".

This holiday season, when so many of you are being asked to give to so many different charities, I want to pass on Alisha's thank you. It is because of you that we are able to offer our program to Alisha and so many other children. Thank you for helping to ensure a bright future in our community. **Please contact me at: (877) 654-6773 or jglick@jeremysheroes.org.**

Jennifer **jh**

Memo from the Front Office

Debbie Green, President



The holiday season inspires many of us to be generous in spirit. We are enclosing a donation form and hope you will use it. When I'm deciding which of the many deserving charities (over 1.4 million) to support, I want to know how my donation will make a difference, and thought you'd want to know too. So then, **Why Us?**

jh A donation to JH is helping promote world peace!

A lofty claim it may be, but supporting a JH kid today is an investment in the future of our community—locally and globally. Children in our program learn responsibility, leadership, and respect—all qualities that stay with them through adulthood. Children who study and practice character education, through service projects, will be more compassionate and productive citizens, colleagues, and leaders.

jh A donation to JH is creating a healthier population.

The high costs associated with treating obesity, asthma and diabetes are taxing our health care system. JH kids learn about nutrition and tools they will carry into...

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INSIDE:

- **JH Kids Help Register New Voters**
- **Atlanta Judo Program Receives JH Award**
- **Local Garage Sale Benefits JH...**

and more!

JH Kids Put Civics Lesson Into Action

New Voters Registered As a Result of Students' Community Service Project



Jeremy's Heroes students took their civic lesson from the classroom to the streets and educated their community about the importance of voting. The children were inspired to take action after taking part in an exciting interactive civics lesson sponsored by Vote 18 and Mayor Bloomberg's Board of Elections. During this important election year, our middle school children at two different schools celebrated the democratic process by successfully planning and executing voters' registration drives.

Walt Townes, the executive director of Vote 18, came to The School Authors and St. Marks School, both in NYC, to give a voting history, civics and empowerment lesson. After battling King George, fighting the Civil War and participating in the Suffragette Movement, the kids got a taste of what it feels like to be a candidate in their own mini election complete with some being excluded from the vote and others getting candy if they did vote. All left the lesson with the understanding that the right to vote is a powerful right that must be appreciated and respected.

The children were then taught how to fill out a voters' registration form in order to help others in their community register to vote. The children carried clip



boards with the registration forms and approached people about whether they were registered to vote for the upcoming election. It took unforeseen bravery and restraint for our kids to get out there and approach strangers, politely answer questions and deal with some abrupt rejections when trying to register people in their community.

Over fifty new registration forms were sent in to the Board of Elections thanks to the JH kids!

This community service project is one of many that our JH kids are performing throughout the year in return for their participation in our sports and character education program. They are taking the compassion, discipline, and teamwork they learn in the gym and applying it to real life issues and situations. As a result of the success of this project, we can end 2006 knowing that our programming is working!

For more information about the Vote 18 program or guiding a group of children you know to holding their own voters' registration drive, please contact jglick@jeremysheroes.org. *jh*



1.) Candidates in their mini election.

2.) King George explains how "it's gonna be" under his rule.

3.) Kids participate in lively debate of issues.

A special thank you to Jane Zaretsky for coming to Harlem to take the photos of our the Voters' Drive event.

"Memo from the Front Office"

(continued from front cover)

adulthood. (And there's always the side perk that getting healthier through participating in sports is fun!)

jh A donation to JH is a gift of education.

Our school programs are only available to children who make a commitment to attend and excel in school. When the kids require additional tutoring and homework help, we work with teachers to supply it.

jh A donation to JH is a way to honor the memory of Jeremy Glick and the other heroes of 9/11

—enough said.

Jeremy's Heroes kids are learning lessons through sports and character education that are making them healthy and compassionate children who contribute to their community. Whether it be collecting slippers for kids in hospitals, raising money for kids in Africa, or simply setting examples of good sportsmanship to their peers, our JH kids are a new generation of caring and compassionate leaders whose small acts of kindness will have a positive impact on the other 1,399,999 charities in the future!

Wishing you all a bright new year of peace, promise and hope.

Best Regards, Debbie *jh*

Jeremy's Heroes, Instant Replay

Thank you to NJ Dance Troupe

Thanks to Lynn's Dance Connection, in Bergen County, NJ, for holding a holiday fundraiser for Jeremy's Heroes. Santa and his dancing elves performed while guests enjoyed a Christmas brunch. Special thanks to Lynn-Marie Peare for organizing this special event! *jh*



The daughter of JH Board Member, Pat Gallagher, gets pointers from heavyweight legend Gerry Cooney.

To sponsor our newsletter call: 877-654-6773

Please use the attached holiday card to make a tax-deductible holiday donation to Jeremy's Heroes. An envelope has been provided for your convenience.



Good Things come in Small Packages.



*Happy Holidays from all of us
at Jeremy's Heroes*

Kids Commemorate 9/11 Anniversary by Helping Others



Many thanks to the Cedar Grove, NJ children who raised more than \$500 for Jeremy's Heroes during their neighborhood's annual garage sale on September 9th.

Led by Alex and Luke St. Lifer, the children sold baked goods, made t-shirts and raised awareness about our organization. We commend the children's commitment to their community. Thanks kids for helping other kids! *jh*



JH Awards \$12,000 to Atlanta Judo Program



Jeremy's Heroes proudly announces the award of \$12,000 to the Waka Mu Sha Judo program to be utilized to continue an elite Judo team founded by JH in 2003. The Waka Mu Sha Judo Program, an affiliate of the Boys & Girls Club of Metro Atlanta, combines the discipline and sport of Judo with community service, mentoring, goal setting and cultural education.

Led by the nationally recognized and accredited volunteer coach, Nick Goodly, the team encourages not only the athletes' participation, but the participation of the children's family members to form support for the athletes in the gym and at home.

The elite program provides young people with the foundation to continue Judo throughout college and into the Olympic arena. Not only do the JH athletes coach their younger and more inexperienced teammates, but they also

take leadership roles in teaching reading to the younger members of the club as part of the Power Hour Learning Program.

This year, three Waka Mu Sha members were selected to represent the United States in the 2006 Infantil Pan American Judo Championships in Maracaibo, Venezuela, on Nov. 30 to Dec. 1. The Infantil Pan American Judo Championships is an invitational event where the nationally top ranked male and female competitors in each category in the 11- to 14-year-old age divisions from each country in North and South American are invited to compete for the Pan American honors. This year, Giovante Ortiz, 12, Hanif Shabazz, 13, and Shaniqua Brown, 13, will round off the 31-member U.S. team who traveled to the South American country. Stay tuned because the future looks bright for our newest JH Olympic hopefuls. *jh*

The Results from Pan Am are in...

**Giovante Ortiz –
Most Outstanding Male Competitor**
Giovante Ortiz – Gold Medal
Hanif Shabazz – Bronze Medal
Shaniqua Brown – 5th Place

Yes, I'd like to join the Jeremy's Heroes Team!

Enclosed is my tax-deductible* donation of: \$ _____

- \$50** Healthy Snacks and Supplies for Community Service Projects for JH Student.
\$100 Uniforms, Shin Guards, Athletic shoes– so that all kids compete on “equal footing”.
\$250 Send 1 Child to Sports Camp for 1 week, includes Character Education and Community Service.
\$25,000 Physical and Character Education Program for an Elementary or Intermediate School for an entire year of health and community building!

Name _____ Company _____

Address _____ City _____ State _____ Zip _____

Home phone _____ Work phone _____ Fax _____ Email _____

☐ Check Enclosed: (payable to Jeremy's Heroes) in the amount of \$ _____

or charge my credit card ☐ Visa ☐ MC ☐ Amex in the amount of \$ _____

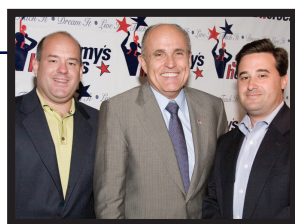
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*Jeremy's Heroes is a 501(c)(3) not-for-profit organization.
All donations are tax deductible to the full extent of the law.

jh



Jared Glick welcomes guest moderator Rosanna Scotto, co-anchor of Fox 5 News



Rudy Giuliani poses with all the attendees including JH Board members Pete Kenny-Jersey Mortgage, and Jon Green-Targeted Financial



Our host laughs along with JH guests during a lively discussion

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*A Jeremy's Heroes Evening
with Rudy Giuliani*

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