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PROVIDING INFORMATION ON RESOURCES AND EVENTS THAT IMPROVE THE LIFESTYLE OF INDIVIDUALS AND FAMILIES IN OUR COMMUNITY

Sen Hendon's Back to School Picnic Committee Makes Donation to North Lawndale News

The Committee to elect Ricky Hendon has been meeting weekly on Saturday mornings to plan and coordinate its annual back to school parade and picnic honoring Diane Spence. This past Saturday the committee member took up a donation to support the community's newspaper. Member Verdell Trice out of the blue stood up and announced his support for the community newspaper and asked the rest of committee to follow his lead of making a monetary donation.

This year's back to school picnic will take place on Saturday, August 22, 2009 in Garfield Park on Jackson and Independence Blvd. Everyone will be given an opportunity to be a part of history by participating in the largest picnic and parade on Chicago's west side. The committee members donated funds from their own pockets to North Lawndale Community News in order for news of this event to be spread.

Through this event thousands of children, families, and seniors will participate in activities that support

the importance of education, prepare students for the 2009-2010 school year promote health and wellness throughout our communities and help bring back pride to Chicago's west side. We can no longer sit on the side lines and watch our children being destroyed. Businesses and individuals are needed for the success of this event.

There are a variety of ways in which anyone can participate 1. A financial contribution to underwrite this event: 2. A financial contribution to purchase school supplies, food and/prizes 3. Provide in kind donations in the form of school supplies or be a vendor. Volunteer in one of the committee that have been formed to insure event success.

Do Not miss out on this opportunity to be a part of this annual event. If you have any questions or would like to volunteer or make a donation contact Roger W. Chandler at 312-296-2899 or 773-722-2007



Several of Sen. Hendon's Back to School Picnic Committee members who meet on Saturday to plan and coordinate the back to school event scheduled August 22, 2009.



Verdell (Poppa) Trice hands over collected donation to Publisher Isaac Lewis, Jr. after starting the donation with his own money. Said Poppa Trice, "We need to support our community newspaper. I've been watchin this man and he works hard to keep this paper going and he needs our help to keep it going."

SINAI URBAN HEALTH INSTITUTE KICKS OFF FREE ASTHMA CARE IN NORTH LAWNDALE

"Healthy Home, Healthy Child" is a New Coalition Fighting Asthma in West Side Children

Krista Christophe



Mt. Sinai health administrators and asthma health advocates launch "Healthy Home, Healthy Child" program at Douglas Park Cultural Center.

On May 4, Sinai Urban Health Institute launched the asthma care program "Healthy Home, Healthy Child" which offers comprehensive care for 2-14 year olds with asthma in the North Lawndale area. The program's launch took place at the Douglas Park Cultural and Community

Center. A number of community members, Mt. Sinai health administrators, and asthma health advocates spoke on the importance of asthma care for children in North Lawndale.

"Healthy Home Healthy Child" provides in-home visits to its participants. During these in-home visits community health educators

help identify and eliminate the triggers of asthma in the home of program participants. They also review the use of the medications and equipment involved in asthma care to make sure that the asthmatic child in question is benefiting as much as possible from their prescribed treatment.

The program puts great emphasis on comprehensive care. Dr. Steve Whitman, Director of the Sinai Urban Health Institute stated, "When [Ida B. Wells] was asked what she wanted, she said, 'Well, everything, of course.' I just mentioned that because surely we want that for our children."

In addition to physical care, "Healthy Home, Healthy Child" addresses asthma triggers in the home. Mold, household pets, cockroaches and mice, cigarette smoke, and cleaning products are all household triggers. Sinai Urban Health Institute has partnered with the Metropolitan Tenants Organization and the Chicago Medical-Legal Partnership for Children to ensure that their participants live in an environment that is not hazardous to their health. Other participants include the

Chicago Asthma Consortium (CAC) and Breathing Freedom, a community based smoking cessation program.

Asthma is a chronic disorder characterized by restriction, inflammation, and blockage in lungs' airways. Symptoms of an asthma attack include wheezing, shortness of breath, gasping, coughing, and pain or tightness in the chest. Asthma is life threatening and greatly effects the quality of life of those that live with the lung disease.

According to statistics from the Illinois Hospital Association, North Lawndale has one of the highest asthma rates in the city. Children in the neighborhood are 1.5 times more likely to be hospitalized with asthma problems than their peers in other parts of Chicago. If treated early, complications with asthma are better managed later in life. The "Healthy Home, Healthy Child" exists to fight asthma among juveniles in North Lawndale. It is funded by a \$1.3 million/ three year grant from the U.S. Centers for Disease Control and Prevention.

Participants in the program

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HEALTH & THE ECONOMY

One of the major issues of the recent presidential campaign was health care. Health care costs have become an escalating burden for employers and consumers alike. Research has shown that total health spending is reduced when consumers bear more responsibility for their health and the expenses related to it. One of the best ways to increase life expectancy while reducing disability is to encourage a culture of self-care practices.

Self care is personal health maintenance. It is the care taken by individuals towards their own health and well being. Self care includes the actions individuals take in their role as care givers for their children, their families, and others to stay fit and to maintain good physical, mental, and spiritual health.

Extreme self care means making choices and decisions that honor our soul in everyday living. It means feeding ourselves whole foods, moving our bodies every day, balancing silence with activity, and surrounding ourselves with supportive, like-minded people who are committed to improving or restoring health and uplifting the quality of their lives as well.

More than 75% of people surveyed in the United Kingdom said if they had guidance or support from a professional or peer they would feel far more confident about taking care of their own health. Research shows that supporting self care can improve health outcomes and increase patient satisfaction. Our intention is to support individuals, families, institutions, and communities in their efforts to practice extreme self care. During 2009, the North Lawndale Community News focuses on cost-effective ways you can improve your health by practicing self care.

The Economy has made itself the number one issue with gas prices reaching almost \$5.00 per gallon and having a domino effect on everything else sold, except housing stock which experienced a terrible decline with the high rate of foreclosures. The Chicago metropolitan area reported 5,821 new foreclosure filings in December, a foreclosure rate of one new foreclosure filing for every 499 households — more than twice the national average. That brought the area's fourth quarter foreclosure total to 16,949 and its 2006 foreclosure total to 57,706, according to Realty Trac.

Even transportation on the CTA went on the rise with one day passes increasing by seventy-five cents and monthly passes increased by \$10.00 from \$75.00 to \$85.00. Those are just a few of the increases.

The North Lawndale Community News this year is expanding on last years financial focus to give attention to its broader parent the economy. Saving and making smarter shopping decisions will help stop us losing through wasteful choices. Finding new ways to increase our income is a necessity for many in an area where gentrification is not going to stop.

One of the hardest things to change is behavior. Modifying behavior seems to be easy when it comes to pain. Social pain lack of money has to be extreme for many to change. 2009 should be different for many and of course many will continue toward economic mistakes and financial ruin.

But in today's information society there is no excuse for not making smart choices. Financial literacy alone is not enough. Look what happened to Lehman Brothers and what's happening to many other financial institutions let alone individuals, families, and small businesses.

Solutions come to the internet, books, economic experts, financial counselors and experts, the media and your economical neighbors.

The North Lawndale Community News will tap into resources and share them with you, our reader. So to help you improve your health and your economy keep reading The North Lawndale News. We say yours because some may not modify their behavior, except when the pain comes and still some won't change.. Your input is also welcome If you have some information that is beneficial please submit it. Let's make smarter health and economic moves for life in 2009.

THE NORTH LAWDALE COMMUNITY NEWS

The North Lawndale Community News is now published weekly by Strategic Human Services. Our purpose is to help inform our community on resources, events, and issues relevant to them and our neighboring communities. Our community includes those who live, work, worship in, and/or care about North Lawndale. Our focus is on positive, productive solutions, that will improve the lifestyle of our community members.

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Saving Our Sons Ministries: A Breath of Hope for Our Children

Charles A. Davis

Today I was blessed with the privilege of interviewing a man whose spirit I admire. Reginald Akkeem Berry Sr. is an old friend with a fresh vision. He and his wife, Denise A. Berry, are working day and night to bring hope and healing back into our torn communities and lives. Saving Our Sons Ministries is the brainchild of Reginald A. Berry Sr., and it is one of the most innovative and effective projects ever launched in our community.

I asked Mr. Berry, "What is Saving Our Sons Ministries all about?" He explained to me that Saving Our Sons Ministries is a non-profit organization that is committed to bringing about a positive change in the lives of at-risk youth through mentoring, education, employment, recreational and faith based activities. He also stated that his organization is committed to working with ex-offenders by assisting them in the process of becoming re-acclimated to society. When asked when he first had this vision, Mr. Berry humbly explained that while he was incarcerated in the Illinois Department of Corrections he witnessed how the incoming inmates were getting younger and younger each year. He knew from watching the news on television and keeping his ear to the street that young men were also killing each other at an alarming rate. Mr. Berry desired change and founded SOSM along with his wife Denise.

Mr. Berry is a personable individual, intelligent and focused. He served over eighteen years in prison. Today, his mission is to keep the youth of our communities from repeating this cycle. I asked him how he expected to reach the young men and women in our community. He stated that he had a

three prong vision: The first prong is getting to those youth that have yet to be tainted by the allure of the streets. "Talking with them and mentoring them so that they themselves understand that they are priceless."

The second prong is getting to those youth that have already gotten out on the street and are involved in negative behavior. The third prong is to reach the ex-felon who has done ten or more years in prison. I asked Mr. Berry why ten or more years is even factored in. He explained to me that many men and women, after serving a decade or more behind bars, have a difficult time adjusting to a society that has changed so much over the years. Also, society has to be prepared for the return of these men and women who have served their time and now are starting over. "I propose what can be called a re-conditional house as a way of helping ease the return of the long term incarcerated individual," Mr. Berry commented.

I asked Mr. Berry where he saw his organization in the next 10 years. He stated, "I see satellite offices throughout the Chicago area, in schools and in concert with other social programs. I envision it going as far as we are willing to take it. There is no limit to the vision! I just want to be an advocate for the community. I am you, and Saving Our Sons is the sum of every person in our community – all are represented. Even those locked-up."

Finally, I asked about funding. He informed me that the Steans Family Foundation was a major contributor to SOSM, along with many other smaller contributors. He appreciates his association with Breaking Ground, and hopes to network with all positive

programs in the community. Volunteers are welcome and can call (773) 261-3386 for more information about SOSM, or they can go to the website at www.savingoursonsministries.org. Donations can be sent through a pay-pal account at the website; credit cards are also accepted.

Saving Our Sons is a Not-For-Profit 501(c)3 organization that is committed to bringing about positive change in the lives of "at-risk youth." Saving Our Sons accomplishes this through education, mentoring, employment, recreational and faith-based activities. Saving Our Sons is also committed to working with "ex-offenders," assisting them in the process of becoming re-acclimated to society.



Reginald Akkeem Berry Sr. and Denise Berry

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National Currents

This week's U.S. News

· On Monday at 2 p.m., a U.S. soldier in Baghdad shot five of his fellow soldiers to death. Names have not been released as the military wishes to contact families before the public is provided with details. This has been reported as the worst case of U.S. military non lethal casualties since the beginning of the war in Iraq.

· Iranian-American journalist, Roxana Saberi, was released after being imprisoned in Iran since January for allegedly spying for the United States. An appeals court rejected her eight year sentence. In a letter sent last month, the president of Iran, Mahmoud Ahmadinejad, asked the court to be fair in their ruling.

At this time, two American journalists, Euna Lee and Laura Ling, are still being held in North Korea for spying by the authorities there.

· President Obama reversed a court decision that would allow photos of U.S. soldiers ambushing captives in Iraq to be released to the public. The president argued that the released of the photos would put troops in danger. The American Civil Liberties Union has been pushing for the photos to be released since 2003.

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The North Lawndale Community News is seeking
volunteers for the 9th Annual Taste of North Lawndale.
At this time, we are looking for:

- *adults to help coordinate fundraising
- *students ages 14-18 for activity planning (t-shirt making, talent search, etc.)
- *on-site volunteers for the August 1st festival

If you're interested please call us at (312) 492-9090 or e-mail taste@nlcn.org. See you in Douglas Park this summer!

Asthma - front page

testified on the program's benefits to their children. Martice Gray spoke of how the program had benefited her three year old daughter who was diagnosed with asthma when she was three months old. "I was really impressed with what I learned. I thought I knew, but I learned the difference between home grade and hospital grade equipment...[the Community Health Advocates] were very pleasant, very warm, informative, and professional."

Other speakers at the event included Executive Vice President of Sinai Health Systems Rachel Dvorken, Alderman of the 28th Ward Ed H. Smith, Co-Chair, "Healthy Home, Healthy Child" Rev. Dr. Carolyn L. Vessel, Senior Epidemiologist of Sinai Urban Health Institute Helen Margellos-Anast, "Healthy Home, Healthy Child" Community Advisory Board Liason Myra Nash Johnson, "Healthy Home, Healthy Child" Community Advisory Board Co-Chair Gloria Jenkins-Harvey, Intervention Coordinator Gloria Seals, Community Health Educator Patricia Perkins, Metropolitan Tenants Organization Housing Advocate Loreen Targos, and Director of Chicago Medical-Legal Partnership for Children Amy Zimmerman.

For more information about "Healthy Home, Healthy Child," or to make a referral, contact Gloria Seals of Sinai Children's Hospital via phone at (773) 257-5679 or via e-mail at seag@sinai.org. You may also contact Project Director Helen Margellos-Anast, M.P.H. at (773) 257-5259 or marhe@sinai.org.

Teen Shot Dead on West Adams

Ferman Mentrell Beckless
beckless@yahoo.com

Area 4 Homicide investigators were without an arrest or motive in the shooting death of a 16-year-old boy, who was gunned down last Wednesday in the 4400 block of West Adams Street. The unidentified teen was pronounced dead on the scene from a single gunshot wound to the head.

Initial police reports indicate the teen was approached from behind by a gunman who fired one shot, striking the teen in the head. The gunman immediately fled the scene and had not been apprehended as of press time late Monday.

In an unrelated shooting in the 5000 block of West Division Street late Friday evening, an unidentified teen was listed in stable condition after a gunman shot him, striking him in the leg. The victim was rushed to Mt. Sinai Hospital where his condition was undetermined. The unknown gunman immediately fled the scene and was being sought by Area 5 Violent Crimes investigators for questioning.

Another teen, in yet another unrelated shooting, sustained a single gunshot wound to the back when he was shot late Friday in the 1500 block of South Trumbull Avenue.

The shooting occurred just before 11:00 p.m. that night. Witness accounts indicate that several individuals were involved in a fight when suddenly, shots rang out. The gunman and a motive had not been determined as of late Monday.

Woman raped, suspect charged

A 30-year-old woman told police she was approached by a man who solicited her for sex just after 1:00 a.m. last Wednesday. When she declined, the unknown gunman produced a weapon and forced her to the 3300 block of West Warren Boulevard where he sexually assaulted and robbed her.

Officers from the city's 11th (Harrison) District responding to the scene apprehended a 21-year-old man and recovered a weapon. Demetrius Marshall was charged with armed robbery and aggravated criminal sexual assault. He appeared in Bond Court over the weekend. Word of Marshall's bond was not known as of late Monday.

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APRIL STATS SHOW CRIME DECREASING

Ferman Mentrell Beckless

Crime statistics released by the Chicago Police Department reflect a 20 % decrease in murder and an 8 % decline in total crime committed compared to the same period a year ago. Those same statistics indicate that 13 of the 25 districts citywide dropped in violent crimes and all but two of the 25 districts reported a decline in property crimes overall.

Police say the 2.8 % reduction in total violent crime through April includes a 19.4 % drop in murders, a 3.5 % decrease in criminal sexual assaults, a 1.3 % dip in robberies, a 4.3 % decline in aggravated assaults and a 3.3 % decrease in aggravated batteries.

Citywide, property crime dropped almost 10 % and included a 0.4 % decrease in burglaries, 10 % reduction in thefts, and 19.7 % decline in motor vehicle thefts. All categories of index crimes dropped except for arson, which increased 11.8 %.

Police superintendent Jody Weiss said, "Every month this year, statistics have shown a consistent drop in index crimes overall when compared to the same time period in the previous year."

"With the summer fast approaching, we will look closely at the tactics which have made the streets safer and engage the community to help us continue in this direction."

In April, Chicago police announced a partnership with the Chicago Public Schools to address youth violence through a series of initiatives. Specialized training, strategic deployment and intelligence gathering will drive efforts to curtail crime as the school year ends and summer break begins. Included in that initiative is a special reminder about strict curfew enforcement; it will soon be issued to the public.

To date, 421 more firearms and 49 more assault weapons were recovered compared to the same period last year. The increase in recovered weapons accompanied 26 fewer murders, with only 108 reported through the first four months of the year. Last year at the end of April, there were 134 reported murders.

Weiss told reporters in a conference last week that the Gang Enforcement Unit alone has recovered 287 weapons since its operational inception in January. In April, the Mobile Strike Force and Targeted Response Unit seized another 40 weapons.

The three specialized units allow Chicago police greater flexibility to combat violence because of their capability to be deployed citywide. These units are staffed with highly trained officers, who saturate problematic areas prone to public violence and have the equipment and ability necessary for monitoring and rapidly responding to situations.

Below are preliminary statistics through the end of April:

- Violent Index Crime** is down 2.8 %
- Homicides: down 19.4 %
- Criminal Sexual Assault; down 3.5 %
- Robbery; down 1.3 %
- Aggravated Assault; down 4.3 %
- Aggravated Battery; down 3.3 %
- Property Index Crime** is down 9.6 %
- Burglary; down 0.4 %
- Theft; down 10 %
- Motor Vehicle Theft; down 19.7 %
- Arson; down 11.8 %

Ferman Beckless is a former police officer and a North Lawndale resident. He can be reached at beckless@yahoo.com.

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AT THE FLICKS

David H. Schultz



Donald Faison and Mos Def in Next Day Air

NEXT DAY AIR (*1/2) This is a forgettable and tired urban comedy flop. It should be marked "return to sender" for being an implausible and lame excuse for minority oriented entertainment. This is a comedy of errors with violent overtones.

From television's "Scrubs," Donald

Faison does himself as disservice as delivery man, Leo Jackson. The character is more preoccupied with smoking weed than saving his job. He is given one more chance by his mother (Debbie Allen in a "what are you doing here" kind of cameo role) who owns a parcel business.

A doped-out Jackson traveling delivers a large package to the wrong apartment number. He is unaware that this particular package contains ten bricks (kilos) of cocaine hidden in a flower pot. It is expected by a Puerto Rican wannabe criminal and his sassy girlfriend (Cicso Reyes and Yasmin Deliz). They serve the ruthless Latino mobster boss Bodega Diablo (Emilio Rivera).

Jackson drops the package to the wrong apartment across the hall. There resides a pair of bumbling thieves, Brody and Guch (Mike Epps and Wood Harris). The two earlier

botched a bank robbery (stealing only the surveillance tapes) and are presently stuck with a snoozing and smelly houseguest.

Adding insult to stupidity, neither Jackson, Brody, nor Guch ever seem to pay enough attention to the mailing label name. So, when the thieves make the discover their mistake they assume this is a godsend to makeup for the failed bank heist and decide to sell the contents to Brody's drug dealing cousin (Omari Hardwick) and his bodyguard (Darius McCrary of TV's "Family Matters" fame).

In the post 9/11 security conscious environment we live in, it is an insult to find escapism sitting through the notion of mailing drugs via mail. The film's weak premise was not helped by the weak script's standards. Never have so many given up so much for so very little. Not even in a bootleg version!

R' 88min. A Summit Entertainment Picture

Release - Presented at selected theaters

RUDO Y CURSI (1/2)** This delightful import from Mexico reunites the stars the writer from "Y Tu Mama Tambien" and is a definite crowd pleaser. It's a rags to riches tale involving sibling rivalry between two step brothers: the gentle Tato (Gael Garcia Bernal) and earthy and quick tempered Beto (Diego Luna). The two brothers work on a banana plantation somewhere in the rustic Mexico region.

The brothers who are nicknamed respectfully, Rudo for "tough" to Beto and Cursi stands for "corny" to Tato. Both are country bumpkins; their mother collects men with frequent misjudgment in a home life full of squabbling, other kids and a blind devotion to soccer (referred to as "fútbol" in Mexico).

Even though the brothers have vastly different goals in mind they still share the same dream of building a house for their mother. Their separate goals were a source of irritation from Tato. He practices after work to become a singer even though he can't sing. This annoys Beto who settles on living life amongst the bananas.

The film is told from the narrative viewpoint of an opportunistic talent scout, Butata (Guillermo Francella). He meets the brothers when they notice the scout's car stopped with a flat tire.

The brothers take Butata and his vehicle to a repair shop that happens to be across from a playground where pick-up soccer games are played. Butata watches the brothers play and becomes impressed enough to offer a chance for one of them to play pro league soccer in Mexico City.

Beto tries to capitalize on the moment by suggesting to Tato to defend to "his" right against the goalie. In doing so, Tato stops the ball that Beto wanted to bypass. Butata chooses Beto. Tato feels betrayed which begins a series of arguments throughout the film. Meanwhile, Tato is insecure and naive on what to expect in the big city. He still wants to be a singer more than anything. Tato overcomes some initial confrontations that indicate the cutthroat nature of league sports. This lands him in the prestigious Amaranto Club team that eventually leads to him becoming a soccer star.

This does not happen before Tato makes Butata bring over Beto who manages to win a spot as a goal keeper for the Nopaleros team. Initially, the brothers share the rundown apartment provided by Butata. The agent not only gets 15% on each player, but arranges a percentage kickback to each team coach for accepting his recruits.

The brothers continue their personal rivalry throughout their twin careers. Each encounters the usual trappings of their success and fame. Unfortunately, this includes gambling debts to gangsters and messing with bimbos and drugs.

The two finally have the ultimate showdown when their respective teams play for the championship in a scoreless game. As Tato and Beto have to "square off" to see which brother can either stop or complete a goal for their team and, in affect, their personal lives.

This is a very sweet and funny movie that centers on the real life friendship between actors Bernal and Luna. The two display their characters' tumultuous rivalry while showcasing their brotherly differences genuine performances.

NR; 103min. A Sony Pictures Classics Release

Presented at the AMC River East 21 (Chicago); CineArts (Evanston); Landmark's Renaissance (Highland Park); AMC Yorktown (Lombard); AMC Streets of Woodfield (Schaumburg); and AMC Cantera (Warrenville)



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HOW CASUAL SEX IS AFFECTING OUR CHILDREN!



Freda McKissic Bush, M.D.

Freda McKissic Bush, M.D., FACOG is a partner in private practice with East Lakeland OB-GYN Associates in Jackson, Mississippi and a Clinical Instructor in the Dept of OB-Gyn and Dept of Family Medicine at the University of Mississippi Medical Center. She graduated from the University of Mississippi Medical School in 1983 and completed her residency training at the University of Tennessee in Memphis in 1987.

Dr Bush is a Board Member of The Medical Institute of Sexual Health and is a Presidential appointee to the Presidential Advisory Council on HIV/AIDS (PACHA). She has served as a Member of the MS Task Force on Reducing Out-of-Wedlock Pregnancies. Dr Bush is past President of the Central Mississippi Medical Society, a Member of the Board of Directors of the Federation of State Medical Boards and currently serves as Treasurer and a member of the USMLE Step 3 Committee. In 2006, she received the Community Service Award from the Mississippi State Medical Association.

The book, *HOOKED, New Science on How Casual Sex is Affecting Our Children*, was co-authored by Dr. Bush along with Dr. Joe S. McIlhaney and released August, 2008. She was a contributing writer to *Faith Matters: How African American Faith Communities Can Help Prevent Teen Pregnancy*, published by the National Campaign to Prevent Teen Pregnancy.

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