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THE NORTH LAWNDAL COMMUNITY NEWS

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Serving North Lawndale, East & West Garfield, Austin, Pilsen, Humboldt Park, Near Westside & South Lawndale

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

Westside Service Organization Planning Parade to Rival Bud Biliken Parade



Sen. Hendons' Back to School Picnic committee members who meet on Saturday to plan and coordinate the back to school event scheduled August 22, 2009



(l-r) Roger Chandler-Parade Chairman, Officer Williams and Officer Glenn White-15th District, Commander Berscott Ruiz-10th District, Doc Thomas-Parade Director, Commander Trahanas-11th District, WSO Treasurer met at Grandma Sallys at 5225 W. Madison, along with Ms. Clara Portis-Area Manager Chgo Park District (not present for photo), to discuss security for the parade and picnic on August 22.



Gary Harris-Manager, Moo & Oink on 4848 W. Madison, the largest city location, housing a full smokehouse with a hand-cleaning chitterling operation is a major sponsor of the back to school picnic and parade



Browder's Maximum Security Team, Gregory Gadbury, Howard R. Echols, Valerie Jackson-Grove and Reginald Browder will help provide security for the parade and picnic.

A back to school parade and picnic that honors the memory of Diane Spence, community activist and legislative aide to Assistant Majority Leader, State Senator Rickey R. Hendon has been given the most intensive planning it has seen since its inception over twenty years ago. The unique addition to this event, of which during the summer months there are many across the city, is that this parade is to be eventually, equivalent to the Bud Biliken parade and has been given special attention by the Westside Service Organization (WSO). It is receiving extraordinary local grassroots and corporate support.

The parade will begin Saturday, August 22, at 9 a.m. and originate at 4949 West Madison just west of Cicero Avenue, across from Moo & Oink. Over 300 organizations plan to participate. Harry Lennix, star of Fox-TV's *DOLLHOUSE*, and currently starring in "STATE OF PLAY" with Russell Crowe and Helen Mirren will serve as the Grand Marshal for the parade. The parade will travel

the following route: East on Madison Avenue to California Avenue, then South to Jackson, then West to Central Park Avenue ending on the inner drive of Garfield Park. The parade will end at 11 a.m. and then the picnic will start along with a softball game featuring The Fighting 5th, hose captain is the 5th District's Senator Rickey R. Hendon.

The Chicago Public Schools (CPS) in partnership with the Westside Service Organization (W.S.O.) will distribute free school supplies along with over 100 non-profit organizations that will set up tables on the picnic grounds for the purpose of distributing literature about their services. All food at the picnic is free, and will be provided by various sponsors including: the W.S.O., CPS, Marketfresh, Leamington Foods, Jewel Food Stores and Moo & Oink. Other contributors include: Walgreens, North Lawndale Community News, PanAmerica Performance Works and St. Anthony Hospital.

Entertainment will be provided by Earl Powell and Eptone Productions will start at 3 p.m. on the main stage at Garfield Park, featuring a variety of musical styles and performers including but not limited to: Khari Lemuel, Public Announcement, Kayla, Russoul, Liz Toussaint, Ben One, Mr. Red, Slique, Melinda Bussie and three gospel choirs. Additional entertainment provided by CPS includes: Lee England Jr., Day26 (P. Diddy's Making the Band) and MC Lyte. All festivities will conclude by 11 p.m., the official closing time of Garfield Park. Men, women and children of all ages on Chicago's West Side are invited to enjoy the fun and festivity. Dignitaries scheduled to participate in the parade include: Governor Pat Quinn, Attorney General Lisa Madigan, Secretary of State Jesse White, State Treasurer Alexi Giannoulas, Senior Adviser to the Governor Billy Ocasio, State Senators John J. Cullerton, Mattie Hunter, Kimberly Lightford, James Meeks, and Donnie Trotter; State Representative Annazette Collins; and

Aldermen Walter Burnett Jr., Ed H. Smith, Bob Fioretti and Sharon Dixon.

WSO is a not-for-profit agency that serves and assists the community in matters of housing, health, education including the welfare of children, the elderly and the disadvantaged. In addition to her political work, Ms. Spence also served on the local school council at Crane High School and was a volunteer board member for Better Life for Youth and the homeless shelter House of David. She also created the non-profit referral center for women Sister-to-Sister, organized and managed a young people's dance group known as the Ultimate Posse, and was instrumental in the coordination of countless food and clothing drives.

All persons or organizations that wish to contribute to the parade/picnic should contact the Director, Dr. Earnest L Thomas or Chairman of the parade/picnic, Mr. Roger Chandler via email rogercbigdaddy@aol.com or call him directly at (312) 296-2899 or (773) 722-2007. Donations may be made at www.westsidepicnic.com.

2300 S. Kostner Block Club Party

The Success of a Perfect Day

The 2200-2300 blocks of S. Kostner parties were initiated by the 9 members of the block club led by president, Lillian Satterfield (for over 30 years). In 2001, she was awarded Senior Citizen Hall of Fame for the 22nd Ward and recognized by the mayor and aldermen of the City of Chicago. She was also recognized by the Tom Joyner Show as Thursday Morning Mom in May, 2007 and held as precinct captain of the 22nd & 24th Ward. The block club members are comprised primarily of residents who have lived in the area over 30 years or more. One of the missions of the block club is to ensure that the residents live in a safe and clean neighborhood.

The Back-to-School block club parties have been given on a bi-annual basis since 1985.

2009 Back-to-School Block



Jesse White Tumblers perform for the 2300 S. Kostner Block Party



22nd Ward Ald Rick Munoz and staff bringing water and pops to help quench the thirst of Block Party residents and guests



Sarah Greene General Manager of Aaron's Leasing and Sabrina Satterfield

Party Planning Committee consisted of 7 residents, led by Sabrina Satterfield, the daughter of Lillian Satterfield. Since the block club members are now seniors, the younger generation spearheaded this year's event. The theme was "United We Stand". The main objective of the block party was make neighbors more aware of the power of standing together in unity and love. The purpose of the Block Party is to

increase support and respect for fellow neighbors (resulting in reduced crime, littering and loitering).

Funding: The team canvased the community reaching out to business and residents within 2200-2300 blocks of Kostner asking for contributions (monetary/merchandise). In turn, 32 business and over 80% of the residents contributed. Aaron's Rental Sales & Lease donated a laptop computer, digital camera and \$50 gift

certificate toward the festivities. Sparrer Sausage Company was another major contributor who helped fund the lease of a Jumping Jack for the children.

Aaron Sales & Leasing and Lawndale Fitness Center had representatives at information tables as an effort to reach residents during the block party.

The 2009 Block Party included:
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Visit us on our website at www.nlcen.org for more articles, photos, information and more.

North Lawndale Community News
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2005 SBC Beyond the Call Award

~~~~~  
North Lawndale Community News  
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7<sup>th</sup> Congressional District 2004  
Education Champion Award

Presented By Congressman Danny K. Davis &  
Residents of the 7th Congressional District

# NLCN

## 2009 FOCUS

### 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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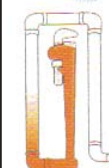
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Where: 1211 S. Western, Suite  
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## GOOD TIMES HAVE SERIOUS SIDE DURING WEST SIDE PARADE, PICNIC

TRAVLES R. LANE

While the good times are sure to roll throughout Garfield Park during Illinois Senator Rickey Hendon's 22<sup>nd</sup> Annual Picnic & Back to School Parade next Saturday (Aug. 22), the true platforms upon which the 2009 festivities reside are a bit more serious than the fun, games and entertainment that are expected to draw thousands to the West Side to play and party well into the night.

Primarily the event is all about focusing attention on the dawning new school year and serving as a primer for success for thousands of West Side children. More than 4,000 backpacks and starter packages of school supplies are expected to be distributed to neighborhood kids, according to parade Chairman Roger Chandler.

Hendon, 55, the flamboyant Democrat who has represented the 5<sup>th</sup> District since 1992, said good fun, good food and a good time are excellent avenues to getting kids and their parents ready for a new school year.

"We want to get the children to concentrate on going back to school and give them a boost in preparing to learn when they get back to school," said the father of five. "We want them to enjoy themselves."

He added the good time element of the day also brings out the parents, increasing their participation in an occasion meant to motivate and provide the tools their children need to begin the school year successfully.

In addition to launching the return to school, this year's activities also focuses on recognizing the life and contributions of the late Diane Spence, a longtime legislative aide of Hendon, who passed away in 2006. She also served as his chief of staff while directing the planning of the parade that bears her name this year.

"It's a tribute to her that this (celebration) will be the biggest ever," Hendon said. "Her guidance was responsible for the tremendous success we've experienced with this event, and honoring her gives even greater meaning to my commitment to its continued success. We've overcome a lot of obstacles to get here."

Presented by the Westside Services Organization (WSO), a local non-profit, the festivities begin at 9 a.m. with a parade that begins on West Madison Street across from Moo & Oink and heads east to California before going south to Jackson, where it travels back west to Central Park Avenue before ending on the inner drive of Garfield Park.

Harry Lennix, the star of Fox-TV's "Dollhouse," will serve as grand marshal of the parade, which will feature floats from over 309 organizations, stated in a breakfast meeting with four police districts.

More than 100 non-profits will also set up tables providing information regarding their activities and services.

Free food and beverages comprise the picnic that follows the parade as a host of local talent provides a variety of free entertainment. A softball game between "Old and New School" players of Hendon's Fighting 5<sup>th</sup> ASA softball team accompanies the picnic. Hendon says he may also play.

The fun is expected to last until 11 p.m.

After all the revelry Hendon, the General Assembly's Assistant Majority Leader, said he plans to roll up his sleeves and get to work in Springfield on behalf of the children supported by the event.

"We want to get more money for education, and get the students the tools they need to get better," he said. "I will again be strongly supporting Senator (James) Meeks

## From Sista To Sister: The Power Of Loving One's Self



Tali Bakhit

Have you ever heard the saying "In order to love you must love." Well based on experience we should all primarily agree with the content that is placed before us. Because we are all one, it takes the love of one's self in order to effectively love someone else. And many may still ask the question how do I love myself when I have so many problems? How do I love myself when everything that I have done has failed? And still we have one of the biggest questions of all, how do I love myself and I'm not pretty or handsome

enough to be loved? When in all real beauty comes from the heart. Many of us have visited these questions without being able to come to a conclusion. But the conclusion is that love comes from the heart. It's not material, although we may fall prone to loving material things however, true love is divine love, and it comes from within.

We must all take the time out to understand who we are in order to enjoy the love that is in us. The power of love that is inside of us can move mountains. It's the essence of fulfilling your dreams. I just recently started reading a book by Life Coach Lisa Nichols call "No Matter What." This book is amazing. Lisa gives you 9 successful steps (according to my opinion) which are well needed in order to live the life that you love. And this book so fervently focuses on the love of one's self, and the ability of creating your own freedom. It is important that we understand that no one could do it for us, not mom, not dad, not the children, not your boyfriend, or your husband. It is important that we love ourselves

See Self page 7

In his effort to reform the education system. We can't afford to hold the education of our children hostage by failing to act."

Hendon, who has revealed intentions to seek higher office next year, announced he may vie with Representative Art Turner (D-9<sup>th</sup>) for Lieutenant Governor in 2010. He also has his eyes on seeking to replace Congressman Danny Davis should the 7<sup>th</sup> District U.S. Representative decide to vacate the post to run for Cook County Board President next year.

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Date: Saturday, August 15

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This fall, (through our "Preserved For Excellence" program), we will offer teenagers and adolescents the opportunity to participate in something productive and educational. Some of those opportunities include dance, arts, crafts, sports and much more. The program will run Monday thru Friday from 3:00pm-6:00pm. During these sessions students will engage in these character building activities. They will also have the opportunity to be tutored and assisted in any homework assignments they have. To register, contact us at 773-826-2929 ext. 206.

Dr. Rosalyn L. Overton, Project Director  
Dr. Carolyn L. Vessel, CEO/President

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All proceeds from this event will benefit the programs and services offered at I. A.M. A.B.L.E.

We are asking for a donation of \$30 for individual adult tickets, and \$200 for a table of 8.

Please consider purchasing a table for youth. All donations are tax deductible.

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## "Preserved For Excellence Center"

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## **THE HONORABLE SENATOR RICKEY R. HENDON**

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**A BACK TO SCHOOL PARADE/PICNIC  
IN HONOR OF *DIANE SPENCE***

**Saturday, August 22<sup>nd</sup>, 2009**

**Picnic 11:00a.m.-7:00p.m. - *Garfield Park***

PARADE STEPS - OFF AT 9:00 a.m.



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**Dir. Dr. Earnest L. Thomas**

**Chairman-Roger W. Chandler**

**FOR MORE INFO, CALL (773)638- 2920**



Parade 9:00a.m. - 4949 West Madison just west of Cicero Ave.  
(across from Moo & Oink) The parade will travel east on Madison to California, south to Jackson and west to Garfield Park





# WEST GARFIELD PARK COMMUNITY HAS A DAY OF FUN UNDERNEATH THE SUN WITH 6TH ANNUAL COMMUNITY TALENT

Ms. Priscy, CEO/Director of Priscy's Production Outreach Program set out to give the West Garfield Park Community a day of fun underneath the sun. On July 25, 2009 Priscy's production Outreach Program gave their 6 Annual Community Talent Expo on the corner of Madison St. and St-Louis. There was plenty of entertainment going on that day underneath the sky. Vendors provided food, there was games, prizes, and a 14K Bracelet, a microwave oven, a coffeemaker, and a waffle iron was raffled off. There was live entertainment throughout the entire event.

Major headliners for this event was 3 Piece, Crucial Conflict, Shorty K., Leilana (who featured with Snoop Dogg. She will perform her new release for the first time at the Expo), R.P.M., PRINCE NEPHEW, Kenya from B.E.T.'S. Sunday Best, Dance Group-Destiny, Max-A-Million Hip Hop Fashion's World Where, and our very own Young Truth, Dwaine, La La, Untouchables, D.B.O.I, and Bull-Da-Boi from IRAQ!! and many, many more. The Expo was supported by our Political Leaders in the community; such as our very own Alderman Ed Smith, Senator Ricky R. Hendon, Congressman Danny K. Davis, State Rep. Annazette Collins 10th District. This was an exciting event and one to remember until next year.



PPPO boy dancers perform while audience enjoys the sun



Priscy's youth in yellow and blue T-shirts get early start at performing and marketing of entertainment products. Priscy, State Rep. Annazette Collins, 28th Ward Alderman Ed. Smith, in back row.



State Rep Annazette Collins, 28th Ward Alderman Ed. Smith, Priscy, and entertainer



Prince Nephew and crew join Priscy in providing youthful entertainment to West Garfield Park



The HIP HOP group RPM bonded with many of their fans giving away CD's and allowing youth to dance on the stage with them.



Priscy's with DJ Spencer was the soundman and DJ and John John videotaping for NLCN.

## Block from front page

Children's Games/ Activities & Prizes, Youth Activities & Prizes, a Basketball Tournament, Pony Rides, Talent Show, Giveaway Bags: School Supplies, Senior Citizen Recognition, Free Food, Special Guest

– Jesse White Tumbling Team, Vendor Information Booths, and a finale program

Attendance totalled approximately 300 people. People also came from the surrounding areas as well. The intent was to provide a block party that young and old would enjoy. A christian DJ and youth

coordinator helped convey positive messages. The success of the block party was based on a total community effort, residents and business alike came together to support and to help make a positive difference.

## Capacity Building Blocks™

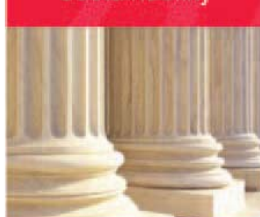
Position your organization for long term sustainability

Capacity Building Blocks™ is a 10-week workshop series for leaders of emerging nonprofits who are serious about maximizing community impact. The interactive workshops provide an in-depth organizational assessment, and balance of instruction, case studies and group activities designed to help you strengthen your organization's infrastructure, and position it for long term sustainability. You may participate in the entire series, or selected modules. **For further information, contact Valerie F. Leonard at 773-521-3137 or [valerieleonard@msn.com](mailto:valerieleonard@msn.com).**

|          |                             |                                          |
|----------|-----------------------------|------------------------------------------|
| 9/15/09  | Capacity Building Block 1™  | Starting a New Organization              |
| 9/22/09  | Capacity Building Block 2™  | Developing Effective Boards              |
| 9/29/09  | Capacity Building Block 3™  | Strategic Planning vs. Business Planning |
| 10/6/09  | Capacity Building Block 4™  | Program Development                      |
| 10/13/09 | Capacity Building Block 5™  | Technology Planning for Nonprofits       |
| 10/20/09 | Capacity Building Block 6™  | Budgeting and Forecasting Cash Flows     |
| 10/27/09 | Capacity Building Block 7™  | Proposal Writing                         |
| 11/3/09  | Capacity Building Block 8™  | Marketing and Communications             |
| 11/10/09 | Capacity Building Block 9™  | Program Evaluation                       |
| 11-17/09 | Capacity Building Block 10™ | Regulatory Compliance                    |

Capacity Building Blocks thanks the Chicago Independent Bulletin for their generous sponsorship of these workshops.

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Fee: \$65.00-\$45.00/workshop for advance registration, depending on the number of workshops taken. \$100/workshop at the door.

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[www.HelpingHerLive.org](http://www.HelpingHerLive.org)

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## Local Chef Seeks to Cater 2 U

TRAVLES R. LANE

Take a ton of passion, mix it with unlimited optimism, throw in a wellspring of talent and determination and you will have the makings for a dining experience that "melts in your mouth and not in your hands" when you allow Let Me Cater 2 U do the cooking for your special event.

Add the saucy talents of a statuesque professional chef who answers to the name Candylicious and prepare to fill your plate and pamper your palate with cuisine that taste like it just came from grandma's oven. Because sometimes, when Kanisha McBeath is slaving over a hot stove to feed patrons of her nearly year-old catering business, she is literally home cooking in her grandmother's kitchen.

"My grandma lives in the same building I do, so when I need an extra oven I use hers and my mother's too, sometimes," explained McBeath, who has since last December operated her growing catering enterprise from her home in Maywood. "Someday, I would love to own my own banquet hall to go with my cooking. That would be my dream come true."

But until that day arrives McBeath contents herself with building on a growing reputation among an expanding clientele who employs her culinary prowess at parties, receptions, banquets and other events where people are looking to be fed good food. And if her confidence in her skills is the standard by which the food she prepares is measured, no taste bud goes untingled when a Candylicious bite touches the tongue.

"I will find a way to fix you a good meal—even with a blindfold on and both hands tied behind my back," said McBeath, a 2008 graduate of the Cooking and Hospitality Institute of Chicago's famed Le Cordon Bleu Culinary Arts chef training program. She launched her Let Me Cater 2 U venture shortly after her graduation last year, embarking on a journey to satisfy appetites with a wide variety of culturally diverse and creative dishes as well as good, old down home "Kanisha Kuisine"

soul food fare that carries on a tradition begun when McBeath was just a little girl.

"While other children were outside playing, I was in the kitchen intrigued and astounded by the ways my great grandmother would put her many ingredients together in different dishes she would prepare," recalled McBeath, 34, who celebrated her own birthday Monday. "I had a million questions. I would ask, 'How do you know how much to put in there?' 'She would reply, 'I just feel it.' She passed that gift on to me." And her passion for cooking

"There's a sparkle in my eyes when I've created a culinary masterpiece and then watch someone take a bite of it," added the single mother who shares her apartment and her dreams for Let Me Cater 2 U with her 11-year old son Bryon, her source of strength and inspiration in addition to her Christian faith. Byron pegged her with the Chef Candylicious title McBeath said. "My grandma nicknamed me 'Candy Yam' when I was born."

Having overcome a number of personal and professional issues in her quest to define her life on her own terms by achieving a secure future for her family, the former healthcare technician is determined to become a catering force in Chicago. Let Me Cater 2 U is currently scheduled to serve an area club event of more than 300 people Sunday (Aug. 16), more than doubling the previous largest numbers of guests she has cooked for.

For McBeath, an alumnus of Malcolm X College and Marshall High School, though, it's no big challenge. Rather, it's like asking Michelangelo to carve another David or paint another Sistine Chapel.

She simply loves to cook.

"As a culinary artist my mission is to ensure my client receives the best quality of customer service that you can possibly achieve," she said.

For more information or inquiries call Kanisha at (708) 692-3633.

## State Rep Turner Announces Run for Lt. Governor



I am excited, and humbled, to announce I will be seeking the Democratic nomination to be your next Lieutenant Governor.

Over the years, it has been my life's calling to be in public service. Starting with volunteerism and community organizing, and culminating in my work as the representative of the 9th district and Deputy Majority Leader. It is this willingness to serve that has brought me to this endeavor.

We've learned first-hand how important the office of Lieutenant Governor is. In the coming months, I intend to run a vigorous campaign by listening, and learning, directly from you, while sharing with you my life story and my vision for Illinois. There is no doubt these are difficult times, and now is not the time for typical politics. I pledge to run an issue based campaign, centered around how we can put the state on solid footing, and ensure government meets its obligation to the people. I will also put an emphasis on promoting volunteerism, to find ways in which the government can work in concert with you, the people.



I look forward to hearing from you in the coming months. It has always been with the help and engagement of the people that government has strengthened our great state. Visit my website at [www.turnerforillinois.com/volunteer](http://www.turnerforillinois.com/volunteer) or send this letter out to some of your close friends and family. It is your continued support and involvement that allows us to meet our state's challenges. Together we can realize our common destiny, a reinvigorated and strengthened Illinois.

Thank You,  
Arthur L. Turner

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### Self from page 3

and create our own freedom. Don't get attached to the stigmas of "I'm too old" "I'm too young" "I was diagnosed with ADHD" "I don't have any money" "What will they think of me?" or better yet "How am I to be myself, they may not like me? or I can't do this by myself, I need someone to direct me.

Loving one's self and creating freedom gives you the ability to do all by way of the strength that the creator has given you. And the love and passion that is so deep inside of you begins to unfold miracles right before your eyes. Never operate out of doubt, because the moment that you do this your are not ready to receive because you don't believe in yourself. But if you "Dare To Operate Out f Love" this is when the real you have arrived. You are Awaken! As titled in Lisa Nichols "No Matter What" plan your passion and grow into your calling because the love of self is essential to loving others, and our passions here on earth are needed to fine tune the gifts that are inside of us. So in order to uplift our communities and help our youth grow and build on their futures we must do a work in ourselves, to love ourselves in order to love others. Let's start today.

A simple exercise that will help us in our pursuit to love:

- 1.) Take at least 15 minutes in the morning when you wake up and 15 minutes in the evening before you go to bed to sit and quiet your mind. Make sure you are somewhere alone without any distractions.
- 2.) Sit and fold you legs in lotus posture (In leyman terms: looks a little like Indian style) the goal is to align the body and stack the vertebrae of the spine.
- 3.) Go into Alpha, where you are completely focused on one thing and that is love.
- 4.) Make sure you are breathing correctly (breathe in through the nose and out through the mouth) or some prefer to breathe in through the nose and out through the nose but I find from nose to mouth to be more relaxing.
- 5.) Connect with your inner being of love and allow love, joy peace, and happiness to take over.

When you leave from this meditation do not allow anything around you to take you off beat, continue to focus on love and the love of one's self throughout the day. Continue this meditation everyday until you are able to meditate in longer segments.

Love & Light My Sisters, Tali

Tali Bakhit is a visionary journalist, writer, entrepreneur, and owner of her own company Bon-chic Productions. Born and raised in the inner city of Philadelphia, she knows the struggles that young African American sisters go through on the everyday basis. As a writer for the North Lawndale Community Newspaper, Tali has made a loyal commitment to give back to the Sisters and prove yes we can all get along and create a since of loyalty. Peace & Light My sisters.

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# AT THE FLICKS

By David H. Schultz, film critic



Alyson Michalka, Vanessa Hudgens, and Gaelan Connell in *Band Slam*.

## BAND SLAM (\*\*\*)

It's even harder to be a teenager these days. From the opening scene of its lead character who gives narrative comments on the proceedings through his series of e-mail letters to his rock idol, David Bowie.

Will Burton (Gaelan Connell) is more than a loner. He's a social outcast ostracized by his high school in Cincinnati.

Even when his sympathetic mother, Katherine Lisa Kudrow) gets a new job from a relative that leads them to relocate to a new start in New Jersey. Will view the transition as being "a different kid and scene with the same life results as he has in Cincinnati."

However, Will's anonymity at Van Buren High School leads him to the cafeteria. Where during lunch, a student rally breaks out for the school's only band participating in the upcoming "Band Slam" competition.

The only other person not sharing in the enthusiasm, but falls closer to Will's impartial demeanor is "Sa5m" (Sam with a silent 5") played by Vanessa Hudgens dressed in morbid black outfit and hair who reads a lot that seems to indicate

a protective person with some emotional scars to hide.

Then soon after, Will meets lovely ex-cheerleader, Charlotte Brown (Alyson Michalka) who feels might improve his social status for the first time ever.

While Will never questions why this popular girl would take interest in a dweeb like him; who begins their friendship from helping her with the school's day care center and soon after lures him to check out her new garage band in development

Also, Brown happens to be the ex-girlfriend and member to handsome Ben Wheatley (Scott Porter), the lead guitar and singer in the school band, "Glory Dogs" that's competing in Band Slam.

Still, Graff's "Bad Slam" is a film that shows and tells teens not to hide behind their personal misery that disallows from being the person they are and can be, without being preachy or saccharine about it.

**PG; 111min. A Summit Entertainment Pictures Release – Presented at selected theaters**



Steve Zahn, Milla Jovovich and Chris Hemsworth in *A Perfect Getaway*.

## APERFECTGETAWAY (\*\*\*)

"A Perfect Getaway" is a "better than anticipated" thriller done with a clever twist from writer-director David Twohy in his strongest screen work in years. From first getting our

attention with the offbeat teen sci-fi flick, "The Arrival"; Twohy goes from a futuristic apocalyptic setting in "The Chronicles of Riddick" and "Pitch Black" to a more scenic tropical island paradise.

From the opening sequence of a recorded wedding reception on a digital camera; Steve Zahn and Milla Jovovich play Cliff and Cydney Anderson, a young newlywed couple arriving on the isle of Honolulu for their honeymoon vacation.

Writer-director Twohy begins tinkering from this simple premise that begins to indicate a sinister edge that is present, but as yet to reveal itself. Literally, when the couple's rental jeep happens to run over the newspaper headline; "Young Couple Butchered in Honolulu". In which the killers would remove their victims' teeth among other things.

Then two other couples are added to the scenario. First, Cliff and Cydney driving along the dirt road happen upon a hitchhiking couple, a friendly southern woman, Cleo (Marley Shelton) with her gruff boyfriend, Kale (Chris Hemsworth)

Another tone is set when Cliff doesn't feel too comfortable offering the couple a ride because of Kale's intense demeanor that happens to be duly notice to loudly reject the invitation and makes Cleo get out of the vehicle.

Soon after Cliff and Cydney encounter a more "friendliest" yuppie-type couple, Nick (Timothy Olyphant) and Gina (Kiele Sanchez) bare naked in a lake near a waterfall. The more Nick and Gina talk the weirder they seem. Still they seem to become Cliff and Cydney's unofficial tour guide during the joint trek together.

Beyond the film's set-up, Twohy delivers a strong dialogue presence throughout his characters that touches several levels from being insightful about our human nature, personal and observational about show biz as a writer as it relates to life and pop culture and unassuming clues that could mean a lot later.

When Cliff reveals himself as an aspiring

screenwriter and Nick seems to suggest he has some special op training by mentioning he's "hard to kill". (A neat reference that suggests vital information that comes into play later in the film While Nick provides far fetched antidotes that he's trying to convince Cliff's script. Later, Nick happens to "stump" Cliff with a simple catch phrase movie line.

Then later what isn't known by the killers that the digital camera happens to capture their blurred images at the murder site. Still, Twohy plays it coy until he almost ruins his surprise through his split screen imagery and overwrought flashback sequences. Even though these cinematic techniques do become a little irritating and doesn't clarify enough.

Still, "A Perfect Getaway" holds its own through its tricky finale. But at least the film avoid falling into a slasher movie mentality used to fill in the revealing film piece that fills in certain aspects purposely left out that almost gives one a small headache, leading into a water battle on a small boat between the real victim and killer.

"A Perfect Getaway" is not by any stretch of its imagination "perfect", but it is a good popcorn movie an audience can delightfully get caught up and chew on.

**R; 97min. A Rogue Pictures release – Presented at selected theaters**

## THE TIME TRAVELLER'S WIFE (\*\*1/2)

Based on the tearjerker bestseller, "The Time Traveler's Wife" offers an interesting notion for a paranormal love story. Eric Bana plays Henry, a time traveler from the future who meets his soul mate, Claire (Rachel Mc Adams) when she was 6 yr old he first met in the woods near her rich parents' estate..

Unable to control these sudden physical evaporating "fits" that moves him from past, present and future, appearing nude and in need of clothing upon each entry.

See Flicks page 12



## ROSWELL B. MASON COMMUNITY LINKS HIGH SCHOOL

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**We have several openings at the new Mason Community Links High School for the 2009-2010 cohort beginning on September 8, 2009. If you would like to be a part of this new beginning, please contact Mrs. Tonya Y. Tolbert, Principal at (773)534-1530.**



## LANE CHANGE

A Commentary BY TRAVLES R. LANE - [the1tlane@yahoo.com](mailto:the1tlane@yahoo.com)

### This Space Invites 21<sup>st</sup> Century Solutions to Our Black Issues

You know what? I got so worked up about the frenzy surrounding the non-issue arrest of Harvard professor Dr. Henry Gates that I forgot my manners before speaking my piece on the matter in this space last week.

So please allow me to correct the oversight and introduce myself and my desire to make **LANE CHANGE** a forum to explore the host of issues and obstacles confronting 21<sup>st</sup> Century Black America on the West Side of Chicago and beyond in attempt to give voice to a new perspective and new solutions in the ongoing effort to lift our community out of the quagmire of violence, apathy and disillusion that currently threatens to fragment and destroy black children, black families and black communities beyond repair in the United States.

Mainly though, I just want to create a weekly space here where everyday black people can receive and share a small measure of genuine concern for our issues expressed beyond the veneer of politics and commercial exploitation.

I write this column as a volunteer and with the disclaimer that I speak for myself only and what I say in no way should be viewed as the opinion or a reflection of policy at North Lawndale Community Newspaper or its publisher Strategic Human Services.

I bring to this forum the experiences and knowledge I have gained during my 51 years of life as a black American male. Born and raised in Mississippi, I have served as a combat correspondent in the United States Marine Corps and bring more than 30 years of journalism and writing experience to this effort. I am also the father of three adult sons, and one nine-year-old son who I am currently raising on the West Side as a single dad. I am a grandfather and two-time father-in-law, and I have a large

extended family of siblings and their children as well as a sole surviving uncle.

I have lived through some of America's worst history and hope to live to see the day when its future is not consumed by the hatred and narrow self interest that defines our current national dilemma on race and justice. I am trying in this modest attempt to help bring about that day.

I have known tragic loss as well as love and hatred in my past, and I have settled for love to guide my future. I am a Christian without the religion. By that I mean I live by the spiritual teachings of Jesus Christ and His example of love for my God and neighbors and not by the rituals and tenets of any the particular "denominations" as they all exist directly in opposition to Christ's admonition that a house divided against itself cannot stand.

As I said last week, for far too long black folk have remained chained and led by the notion of being victims in this country. Our leaders tell us how much we are deserving of guilt-driven trickle-down remedies to the issues confronting us when we actually already possess the self-affirming legacy of heroes in our DNA as well as within the history of our walk in America.

Heroes don't ask others to solve their problems; heroes are problem solvers. And it is about time we step up to our responsibility—The Black Man's Burden—to not only get our own house in order, but to help transform the land that makes us who we are better for all Americans.

Those who suffer persecution at the hands of another are called to freedom not just to merely make better service of their own lives. Rather they owe it to their deliverance to also rescue

See Lane page 10

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## ROSWELL B. MASON COMMUNITY LINKS HIGH SCHOOL



Roswell B. Mason Community Links High School at 1830 S. Keeler Ave.

Roswell B. Mason Mathematics and Science Academy announces an expansion to include the new Mason Community Links High School. Roswell B. Mason Community Links High School is one of Chicago's newest and finest high schools located in the North Lawndale Community. In September, we will welcome 35 freshmen to the Mason campus. Previously, the elementary school had been Pre-K thru grade 8. We are happy to announce that this fall the school will become Pre-K through the 9<sup>th</sup> grade. **We will be committed to focusing on our students' success.**

The students attending this school will be able to go from the 8<sup>th</sup> grade to their senior year in high school in the same building, focusing on new goals each year. This is helpful to our children because they often attend a huge high school and get lost in the shuffle within these schools. The aim of Mason's Community Links High School will be **to help these students to succeed in any way possible, and to make sure that they will attend college.** This will allow them to give back to the community.

How can they succeed?

First of all, **the class sizes will be smaller.** There will be only 16 students in each class and only two classes per grade level. They will be called cohorts.

• **No outside students** from other schools will be able to transfer into this cohort.

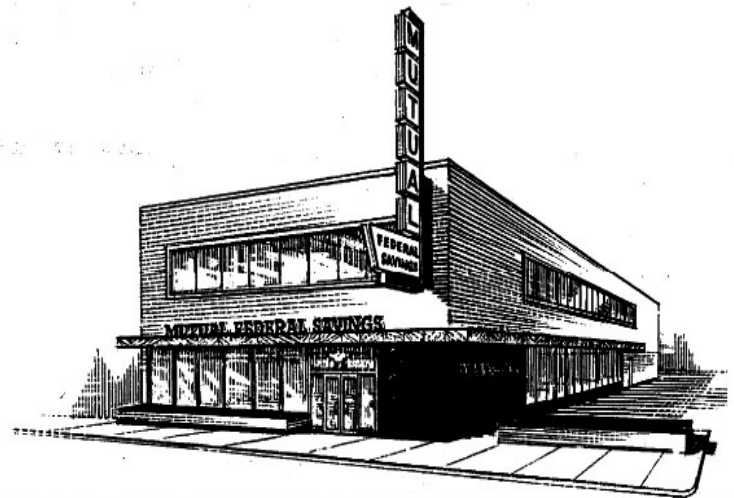
• The students will **move together** in this cohort from their freshman year into their senior year. Therefore, **forming a support group** that they will need to achieve success.

• Students will complete the program and **graduate in three (3) years and three (3) summers** with a high school diploma, **fulfilling all requirements of the Chicago Public School System.** Emphasis will be placed on **academics first.**

- Parent participation
- College bridge program

Mason's academic goals will also be supported by strong community ties in the community with campus projects to provide an environment that is safe and stimulating, along with partnerships bridging local high schools, colleges and various businesses and organizations within the North Lawndale community. **We have several openings** at the new Mason Community Links High School for the 2009-2010 cohort beginning on September 8, 2009. If you would like to be a part of this new beginning, **please contact the school at (773) 534-1530.**

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### LEGAL NOTICE

A NOTICE IS HEREBY GIVEN, pursuant to "An Act in relation to the use of an Assumed Business Name in conduct or transaction of Business in the State," as amended, that a certification was filed by the undersigned with the County Clerk of Cook County under file no. D09118601 on July 21, 2009 under the Assumed Name of Beleza Natureza Beauty Consultant with the business located 9050 S. Dobson, Chicago, IL 60619. The true name and residence address of the owner is Edinette Nava-McCain, 9050 S. Dobson, Chicago, IL 60619.

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### Lane from page 9

the persecutors from the bondage of their guilt by creating a climate of love and forgiveness that must exist if the seeds of a more fruitful relationship are to grow for each of them and their now shared futures.

Only then will true emancipation—for black and white Americans—exist in the United States.

Anyway, that's the short introduction.

And I wish to add that it is not my intent to monopolize the conversation in this space. I encourage all who read it to please feel free to drop me an email or give me a call at (773) 826-3802 to voice your opinion or simply to react to one of mine. I will be more than satisfied if it simply receives that much attention.

I look forward to your input.  
Before I go, I would like to note the passing of Eunice Kennedy Striver, the founder of the Special Olympics who passed on Aug. 11 by acknowledging the true God-driven grace her life to us all. For by inspiring each of us to recognize the value of human lives beyond mortal limitations she made us all a better race of humanity.

Still, her most enduring legacy really rests in the hearts and souls of the Special Olympians and the other special people among us and in our lives who she inspired to also feel the real value of their lives to us all and to an even higher grace—to themselves.

People are infinitesimally worth more than their circumstances. That's a lesson God wishes us all to learn.

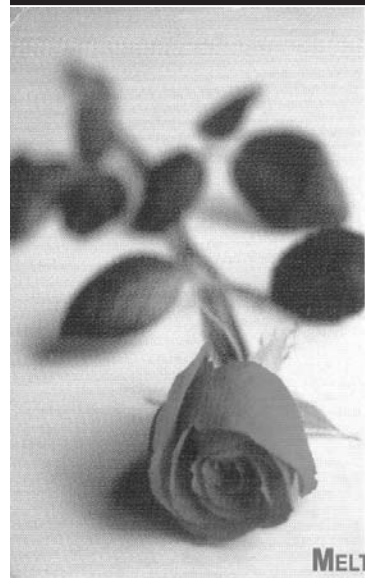
Thank you, and let's talk again.



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### Strategic Human Services

The North Lawndale Community News  
1211 S. Western Avenue, Suite 203  
Chicago, Illinois 60608

### 2009 Microsoft Office Training Schedule

| Date  | Class                               |
|-------|-------------------------------------|
| 8/15  | Computer Fundamentals Windows XP    |
| 8/29  | Word 2003 Basic To Advance          |
| 9/5   | Excel 2003 Basic To Advance         |
| 9/12  | PowerPoint 2003 Basic To Advance    |
| 9/19  | Access 2003 Basic to Advance        |
| 9/26  | Computer Fundamentals Windows Vista |
| 10/3  | Word 2007 Basic To Advance          |
| 10/10 | Excel 2007 Basic To Advance         |
| 10/17 | PowerPoint 2007 Basic To Advance    |
| 10/24 | Access 2007 Basic to Advance        |
| 10/31 | Word 2003 Basic To Advance          |
| 11/7  | Word 2007 Basic To Advance          |
| 11/14 | Excel 2003 Basic To Advance         |
| 11/21 | Excel 2007 Basic To Advance         |

All Saturday classes have a material fee of \$50 if employed; if unemployed or receiving any type of public assistance (TANF, SSI, etc.) the material fee is waived.\*

### 2009 Mayor of Workforce Development WIA Approved Classes\*\*

#### Courses

Administrative Assistant/Accounting Clerk Skills Training  
Web Development/Design Basic to Intermediate Skills Training  
Web Development/Design Advanced Skills Training  
Export/Import Skills Training

\* Applicant must provide proof of public assistance

\*\*All WIA approved classes are tuition based and payment arrangements must be made before starting classes

**Please Call Strategic Human Services for more information at 312-492-9090**



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- Career resources for students
- Information about internships and entry-level jobs for students
- Free tutorials to learn modern Web design



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For more information, visit  
[www.illinoisworknet.com](http://www.illinoisworknet.com) and  
click on Microsoft Elevate America

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# INTERSTATE

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| <b>Diagnostic Testing</b><br><b>\$39.99</b>                                                                                                                                                                                                                                    | <b>OIL CHANGE, FILTER, TOP OF THE FLUIDS &amp; ENGINE FLUSH</b><br><b>\$39.99</b>                                                                                                                                                               | <b>Radiator Flush</b><br><b>\$59.99</b><br><small>Pink Antifreeze Extra</small>              |
| <b>Struts</b><br><b>Front or Rear Installed</b><br><b>\$199.00</b><br><small>MOST CARS &amp; LIGHT TRUCKS</small>                                                                                                                                                              | <b>Mufflers</b><br><b>\$19.99</b><br><small>Inspect exhaust system for leaks. Labor Extra. MOST CARS &amp; LIGHT TRUCKS</small>                                                                                                                 | <b>Converter INSTALLED</b><br><b>\$129.99</b><br><small>MOST CARS &amp; LIGHT TRUCKS</small> |
| <b>Full Tune-Up Service</b><br><small>4 cyl. \$169.00</small><br><small>6cyl. \$189.00</small><br><small>8cyl. \$209.00</small><br><small>Includes plugs, wires, fuel filter, air filter, P.C.V. valve cap, rotor, oil change and filter. MOST CARS &amp; LIGHT TRUCKS</small> | <b>Front or Rear Brakes Service</b><br><b>\$59.99</b><br><small>Includes installation of front pads, inspect inspect rotors, wheelbearing, calipers, hydraulic system and road test. Pads and shoes extra. MOST CARS &amp; LIGHT TRUCKS</small> |                                                                                              |

## PRE-SCHOOL EDUCATION - ENROLL NOW!!



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For more information visit us on-line at [www.marycrane.org](http://www.marycrane.org)

Now accepting applications for children aged six weeks to five years old at the following locations:

MOLADE (Austin), Division &amp; Cicero, 773.287.7365

LAKE/PULASKI (Garfield Park), Lake &amp; Pulaski, 773.265.5954

LATHROP (Near Northwest), Leavitt &amp; Clybourn, 773.938.8130

MORSE (Rogers Park), Morse &amp; Ashland, 773.262.1390

We are funded by government contracts and private grants, and use a sliding fee scale to calculate parent's monthly co-payment.

## Flicks from page 8

Rachel McAdams and Eric Bana in *The Time Traveler's Wife*.

The film opens on Christmas Eve with a truck/car crash that kills Henry's mother that Henry as a child is warped out of the accident. Where the child is confronted by himself as an adult (Eric Bana) who console the child and makes him aware of his future and ability.

With some minor location filming in Chicago, the "stranded and alone" adult Henry happens to enter a library after his lakefront jog. Where he meets and recognizes the adult Claire (Rachel McAdams). Naturally, as Henry travels between the past and present, there are some awkward moments initially before Claire understand as she falls in love with him.

Eric Bana and Rachel McAdams may a formidable couple for this fantasy romance. Ron Livingston plays Rachel's married best friend whose concern for her when she agrees to marry Henry who even briefly time travels before the wedding ceremony for the in-laws to suddenly notice his gray hair lines.

The turning point when the audience is supposed to get their hankies ready is when it's learned that Henry is dying. But in the finale, there's the notion that death is finally when you are in love.

But I really didn't feel a sense of a story, just the pretense. "The Time Traveler's Wife" might satisfy enough who read the book, but the movie felt repetitious and ridiculous at times. But you pay attention in the 3 credits the screenwriter Bruce Joel Rubin, also wrote "Ghost". We can better understand what this movie was aiming for. It's rather unfortunate that it comes up short, that the film doesn't translate enough emotion and depth into its adequate proceedings.

**PG-13; 107min. A Warner Bros Pictures Release – Presented at selected theaters**

# 2<sup>nd</sup> Annual Lawndale 5k Walk/Run

**Saturday, September 26**

**Lawndale Christian Fitness Center**  
**3860 W. Ogden Ave.**  
**Chicago, IL 60623**

8am Check-in

**9am Start of 5K Walk/Run**

10am Kids Dash (ages 3-12)

10:30am Awards Ceremony/Healthy Snacks

## AWARDS

Awards will be presented to the top three male and female runners in each of these age groups:  
 6-14, 15-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

Pre-register by September 19 at Lawndale Christian Fitness Center to ensure we have a t-shirt in your size on the day of the event, or register online at [www.lawndale.org](http://www.lawndale.org).

Walk your own pace or run hard. This is your opportunity to enjoy the boulevards of Lawndale as well as Douglas Park. Join us for a day of fitness while promoting health and wellness in Lawndale.

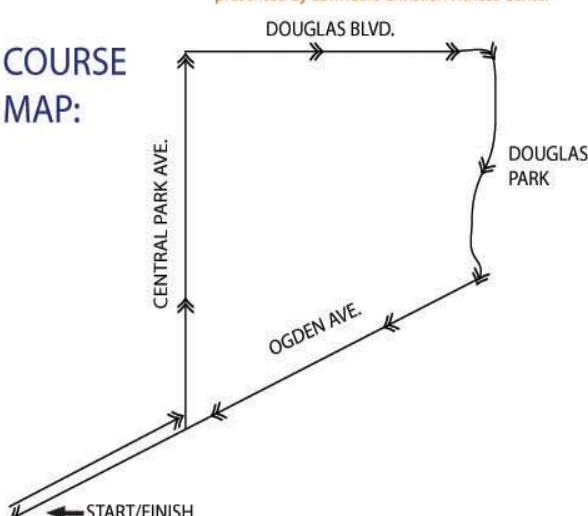
Questions? Call LCFC at 773.843.3219.

## 2<sup>nd</sup> Annual Lawndale 5k Walk/Run



presented by Lawndale Christian Fitness Center

## COURSE MAP:



**COST:** 5K ADULTS  
 \$12 Pre-registration  
 \$15 After September 19

5K YOUTH (6-17)  
 \$8 Pre-registration  
 \$10 After September 19

\*Youth age 6-12 receive free Kids' Dash entry with 5K registration.

KIDS' DASH (ages 3-12)  
 \$3 Pre-registration  
 \$5 After September 19

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