

# THE NORTH LAWNDALE COMMUNITY NEWS

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

# Fire Awakens Community at Cermak Plaza Near Pulaski



Firefighters shot water cannons on top of the roof the Super Dollar & Up store. The store was packed with merchandise. The fire initiated in Super Dollar and caused the damage of water, and window breakage for safety, to spread to adjoining businesses.

Arson is suspected as the cause of a three alarm fire that totally damaged the Super Dollar & Up, located in the Cermak Plaza located 3932-3956 W. Cermak Ave between Pulaski and Harding Ave.

The fire started somewhere between 6: 40am and 7:00am said Mr. Clark, an employee attendant of the mall who has been working at the strip mall around "two years without missing a day," he proudly stated. "I was standing in the lot, and I smelled smoke," said Mr. Clark. This was after he stepped outside of the Sunshine Coin Laundry, a 24hr laundromat in the mall, in which there were two customers at the time.

Mr. Clark said that he saw smoke coming from under the door of the Super Dollar & Up store. He also stated that he saw someone inside the store and that is why he believes it was arson. Mr. Clark immediately called 911 and a police sergeant was the first to arrive. No one came out the front according to

Mr. Clark and he believes the person went out the back door.

The mall is owned by Mr. Chan, who also arrived on the scene and several of the businesses had experiencing economic problems. The Super Dollar has been burglarized several times and has changed ownership a couple times. There are several other businesses in the mall Captain Hooks, and Papa Chan's, a Chinese food restaurant, which has been closed for about two months. Next to Papa Chan's is Q's Wireless telephone store and then the Sunshine Coin Laundromat.

Most of the businesses in the mall had windows broken out by the fire department as a safety precaution except the laundromat, because it was the farthest away from the fire. The fire brought many residents out, including employees of the mall that lived in the area. Traffic was heavily impacted with Harding Ave and Pulaski Rd. closed off

See Plaza page 7

# After School Matters Vocal Arts Ensemble Summer Program Sings at U.S. Cellular Field



Recently, students from the After Schools Matters Vocal Arts Ensemble summer program had the opportunity of a lifetime to sing the National Anthem before the Chicago White Sox took the field on August 23 against the Baltimore Orioles. The vocal talents of 37 of After School Matters teens were heard by thousands of cheering fans before the game.

In Chicago, teens from undeserved communities have an opportunity to find their future with hands-on, experiential learning in safe, structured environments through After School Matters. This program exposes teens in rewarding careers and helps them to develop marketable job and personal skills.

# PARTICIPANTS OF EXELON'S STAY IN SCHOOL INITIATIVE KEEP CLEAN





Students from the Austin, Bronzeville and Humboldt Park communities volunteered for a weekend clean-up of Humboldt Park on Saturday, Sept. 26. The students are part of Exelon's Stay in School Initiative, a program designed to stem truancy rates and raise graduation rates in Austin, Bronzeville and Humboldt Park by giving students the support they need to advance at school and graduate. Mentors from Exelon joined the students as they cleaned the park, landscaped public spaces and swept neighboring streets. Photos courtesy of Exelon

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# 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, likeminded 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 passess 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 gentrifrication 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 modiy their behavior, except when the pain comes and still some won't change.. Your imput 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 LAWNDALE 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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### North Lawndale Community News

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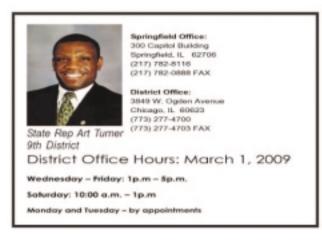
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# AT THE FLICKS

David H. Schultz. Film critic



CAPITALISM: ALOVE STORY (\*\*\*\*) Unlike filmmaker Michael Moore's health care documentary, "Sicko" that seem to have jumped the gun with its release three years ago. Before the current atmosphere in Congress and across the country for and against President Obama's demands for an equally fair and comprehensive health insurance bill.

The timing is more appropriate than ever for a documentary to cries out for an enraged public uprising. With the politics and greedy schemes and outlandish bonuses following plummeting revenues and stocks that has rocked the financial institutions into our current recession.

Michael Moore's latest documentary, "Capitalism: A Love Story" is his more brilliant achievement to date; that makes the case simple and clear without much use of his satirical schtick to emphasize his point.

Such as his more distinctive and blunt satirical statement near the film's finale; When Moore literally wraps the varied NY banking institutions around in yellow crime scene tane

Moore breaks down the madness to its simplest form that we have become a land divided between people who have nothing and those who have it all. The film shows us what has recently occurred as a threat to the middle class.

Starting with the home eviction foreclosure seizures from the more affluent suburbs to the farm land of a Peoria Illinois family. And even the so-called condo "vultures" that seizes and resell vandalized condo homes in Florida.

In sort of a spoof on "My Dinner with Andre", Moore uses the same setting and premise for a one on one discussion on the financial crisis with that film's writeractor Wallace Shawn who offers his varied opinions on what capitalism is. And later, Moore has brief discussion with Catholic priest who term "capitalism as a "radical evil".

The film is also set up on a "point. / counterpoint" basis that can anger both sides for different reasons. But Moore narrations are often shown with documentation to stress the truth over the viewpoint, to how we get ourselves into this mess.

When the film shifts over to the cooperate job layoffs and government assisted bailouts. This leads Moore to recall his first documentary "Roger & Me" about GM and his renewed filmed attempts to visit the new CEO at General Motors in his hometown of Detroit, Michigan that are instantly rebuffed by the building's security.

But also included how Wal-Mart has a dead peasant insurance policy on its employees that the corporation is making money and the scandal on the Chicago workers at

Republic Windows. When the owners shut down operations without warning or pay that led to the workers defiant sit-in that became the first, true indication of an outraged public ready to revolt.

After all, as Moore points out that the rich were becoming generalized and hated by the poor. When it's the poor who clearly outnumber the rich. But it's the riches' money and influences that has mobilize their strength on Wall Street and Washington DC to keep the poor from ever reaching their level of power.

When Moore takes us through the bureaucracy that was part of the Bush administration and the hope of the Obama presidency, Moore brings it all down to a an elementary level that a child could and should grasp. (Because they can learn what not to grow into as adults!)

Arguably, Moore's documentary that still retains his cynical style is presented more as factual history than overblown propaganda. Suggesting some aspect of socialism might stabilize the country that is another debatable point among others.

But more important, this documentary is more than ammo to confirm our disenchantment. As in his other topical documentaries, Moore wants us to start standing up and speaking out for ourselves against all that we know is unjust and not equal.

"Capitalism: A Love Story" capsulate the state our financial crisis that we allowed the few to get us into. While being this movie that is a stingy battle cry that will put your anger into the proper perspective. A highly recommended and huge revelation, must-see movie. R'117min. An Overture Films Release—Presented at selected theaters

**ZOMBIELAND** (\*\*1/2) With tongue firmly in cheek, "Zombieland" is what happens to the United States, when overrun by the ravenous undead spreading from Washington DC across the country.

Where along the few human survivors left and labeled by their cities' names to where they are headed and think they'll live "zombie-free".

Jesse Eisenberg gives off-screen commentary to the proceedings in process, portraying Columbus, a fear stricken, lonely virgin nerd full of numbered zombie rules for survival that periodically appear across the screen as an overstated running gag.

Columbus (Jesse Eisenberg) is headed toward Ohio to check on his parents. When he teams up after

hitchhiking a ride in an escalade with a snake skin jacket wearing Woody Harrelson as Tallahassee, a kick-

ass zombie slayer head to Florida.

See Flicks page 6



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# LANE CHANGE: Olympics or No Olympics, Games Must End with Children's Lives

A Commentary by Travles R. Lane the1tlane@yahoo.com

Of all the things we have been told that the Olympics Games would do for Chicago if by the time you read this the Windy City has won its bid to host them, it may be a good time to consider what the international spectacle will not do for us.

First and perhaps foremost, hosting the Games will not provide much real competition in a city where one man rules virtually unchallenged in his audacity to present a budget-strapped Chicago as a competent arena for an event meant to spare no expense in its execution. As goes the Olympics so will the games in power politics go on in the city that works very well for those who support and defend Mayor Daley II and his priorities.

When the Games leave, the poor will remain forgotten and betrayed; the middle class will be on the hook for more fees/taxes; and the rich will still be making money and deals will the marketing windfall that comes with staging an Olympiad.

Also, I doubt the Games will do much to improve a public transportation system in this city that just a recently as Monday (Sept. 21) saw me get on a bus at Madison and Pulaski that was waiting for its next scheduled driver. The driver being relieved simply stood outside smoking until the tardy driver showed up nearly 10 minutes late. Neither drivers addressed the passengers to indicate the cause of the delay nor to offer any apologies for it.

Tell me that will improve with international exposure.

But that is small potatoes compared to the most important thing the Olympics will not do here.

They will not bring back to life Derrion Alberts or any of the hundreds of other innocent children who have perished here since Mayor Daley began this Quixotic quest to overlay the dirty ugliness of his city with the shiny veneer of Olympic host. Rather than solve the real problems of violence, corruption and incompetence that define his administration's tenure, he chooses to ignore those responsibilities for the fool's gold of the great global marketing opportunity that comes with staging the Games.

Well, like my late mother always said, you can cover manure with ice cream and a cherry, but I still wouldn't try to eat it.

Winning the right to host the Olympic Games will do nothing to make Chicago a safer, less corrupt and more competent or more courteous destination for visitors or its citizens until those goals become a priority at City Hall. And they won't become a priority there until we who are suffering demand it.

Because when we juxtapose the picture of Mayor Daley and crew all decked out and living it up high on the lavish hog in Copenhagen in the high stakes gamble to win the bid with the heart-wrenching, frontpage newspaper pictures of a sobbing little Rhea Alberts as she grieved over the loss of her 16-year-old brother to the violence of this city that the mayor is asking everyone to ignore, it becomes obvious that change here isn't an option—it's our only hope. Either we get change from our leaders or we get a change in leadership.

Games or no Games, we have to stop playing games about ensuring the safety of our children's lives in this city.

And if by the time you read this, Chicago has won the Games, let's hope the prize will stimulate our leaders to finally find the motivation to truly improve the quality of our lives here.

If we have not won the bid, let's hope the rejection will have the same effect. Because win, lose or draw, we have to do better by Derrion's sister and all the other surviving victims of our deadly streets if we are to ever honestly make the claim our city is worthy of hosting the world.

Otherwise, what are we going to do afterwards when one of our guests actually takes a bite of all that cherry-topped ice cream?

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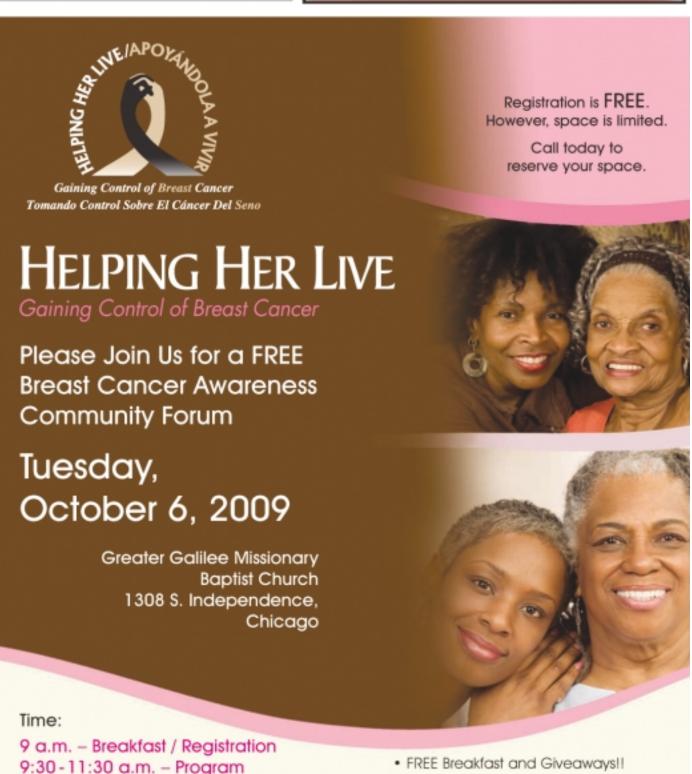
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## Flicks from page 4

On route the guys meet up with two sisters, Wichita and Little Rock (Emma Stone and Abigail Breslin) who put on a helpless act in order to carjack them for their vehicle. Still, the guys rebound wandering into a local town to find another abandoned SUV filled with guns and ammos.

But being that they are the only human left, their paths were bound to across again. When the guys spot their previous vehicle on the side of the highway and the girls get the drop on them to carjack them again.

Only to eventually team up in a cross country trek to take Little Rock to an abandoned, and supposedly zombie-free amusement park in California. Eager but too awkward to break his virginity on his own, Columbus strikes up conversations with Wichita while being secretly infatuated by her.

But while Wichita likes him she won't trust him because of her promise to her baby sister. Leaving the macho redneck Tallahassee to sort of baby-sit Little Roc as the friendship blossoms between the shootouts with zombies along the way.

Then the film tries to sustain itself through their initial bickering and the zombie violence along with some cheap references from other Columbia movies. Until Tallahassee has to idea to seek refugee from his favorite actor's Californian mansion home, Bill Murray playing himself in a self-parody; as a make-up zombie to avoid becoming one of the real undead (like as mentioned, Van Halen).

Where the girls get educated to whom Murray is through movie scenes and re-enacting Tallahassee's favorite Murray film, "Ghostbusters". All this in-joke play is alright, but not overly clever. Then the film literally seems to collapse under one of its own jokes, When Murray tries to scare Columbus in a bad practical joke.

Then Columbus and Wichita have a temporary breakup before he and Tallahassee have to rescue them atop an amusement ride with a slew of zombie waiting below. While Columbus comes to terms to what he needed and missed in his life was the sense of family and the love of a woman.

Even though "Zombieland" doesn't have the subliminal social messages that Zombie-meister filmmaker George Romero would have implied through the action, humor and violence.

"Zombieland" is entertaining enough because of its performances more than its off-the-wall humor that appears more like a series of running gags. But for the comedic mayhem and bloody and violent zombie decapitations, it's an entertaining appetitier for the action crowd who like their horror with deadpan humor. R; 90min. A Columbia Pictures Release – Presented at selected theaters

FAME (\*\*) The talent and energy are ready to shine but the efforts get overshadowed by a plodded and cliché, multicharacter story script that can't stand on its own. As it intended for this new class of young newcomers and compared to the original 1980 musical drama. Frankly, with all the hi-tech and media advancements, the hip-hop influences (that was breaking out when the original film was released), and television's evolution into competitive performances and reality programming.

"Fame" seems like it should have been re-made a decade before now. As the latest crop of "American Idol"-type wannabes get sorted out and chosen from the audition day.

Amidst a group of stern looking and critical teachers played by the veterans: Charles S. Dutton as acting coach Alvin Dowd; Bebe Neuwirth as dance instructor Lynn Kraft; Megan Mullally as the singing teacher Fran Rowan and the sternest voice of all (but not intimidating) among them; Kelsey Grammer as the piano instructor, Joel Cranston.

Rounding out the adults to greet the students and graduated from her teacher role in the initial film, Debbie Allen is promoted as the principal at the New York Performing Arts School

The chosen students taken from freshmen to senior years includes Denise (Naturi Naughton), the black classical trained pianist with hidden singing that being discouraged by her overbearing unsupportive father. Still, Naughton gets her "Jennifer Hudson-type moment singing one of the two original hit tunes from the initial film reprised here, "Out Here on My Own". Just as predictable is the aspiring filmmaker, Neil who thinks his big opportunity has arrived, only to be swindled out of his father's \$5G's.

The friends turns lovers hit a snag in their relationship when after insecure Jeannie is helped by natural singer, Marko to loosen up and later tries to warn her against a TV actor claiming to offer her a role, if she comforts to his "casting couch".

Kevin is shuttered to near suicidal attempt on the L train platform when dance teacher Lynn Kraft that he's not good enough. It goes on like this until they come together to perform at their graduation concert (ala High School Musical 3")

Even though the effort is there, the film's script hits most of the sour notes in familiar vignettes we've seen done better than just skimming across the cliché elements that make us know what to expect before it happens. PG; 107min. A Metro-Goldwyn-Mayer Pictures Release – Presented at selected theaters

# More Funding Needed For Extracurricular Activities For Academic Success

Tali Bakhit

Extracurricular activities seem to be a plus as it pertains to keeping the youth inspired for their futures. Whether it's basket ball, softball, or even a girls & boys club the children that are involved seem to be the ones that advance academically. Due to the requirements that are needed in order to become apart of any of the activities or clubs many students GPA's fall behind which puts them in a position of not being able to participate.

Vincent Joseph football coach and substitute teacher of Victor Herbert elementary school on the West side of Chicago says "When a child feels like he or she is apart of a team it really builds their self esteem, "I love to see the smiles on their faces." Vincent also mentioned that something as small as a jersey with the child's name and number really gets them excited, the child feels as if they belong to something good.

Some of the extracurricular activities that you will find in the inner city schools are the common football, basketball, softball and volleyball, unlike those that are found in some suburban schools like lacrosse, cross country, and tennis, however according to Soft ball coach Clement Greco at The Chicago Bulls Urban Prep Charter High School formally known as Best Practice—sports in general are very rewarding to the student.

Clement Greco has been a coach for 17 years and admits that he has witnessed a difference in the children who are involved in after school sports. Clement explained that there needs to be more of an investment and more organized structure in order to keep the students focused and involved.

Many of the schools have cheerleading for the young ladies and clubs that help young women and men to deal with peer pressure and furthering there education, like Crane's P.E.A.R.L & S.A.S.S.Y which helps young

ladies to become women.

According to Bennie Horton attendance and Athletic Director of Crane Technical Prep high school on the West side of Chicago the children who are not involved in extracurricular activities are usually the children who have poor grades and low attendance, but those who are involved are usually those who excel to greater heights in terms of secondary education and in their careers.

Crane's after school programs even provide those who are involved with extracurricular activities with a meal in order to keep the youth focused on their extracurricular performance and to let them know that they are loved and cared for within their school. As in the words of Mr. Bennie Horton "We are trying to create the image of, "It takes a village to raise a child." 2008 Crane Technical Prep. graduate Don Lewis also agrees that extracurricular activities are very important for the youth to have access to in school because it gives the students something to do, it keeps them out of fights, out of the streets, and involved.

Don also added that if there weren't any extracurricular activities, many students would become very distracted and drop our of school. Percy Harris student of Crane said "I believe that if more students had work study and jobs provided for them, those who have dropped out would get off of the streets and go back to school, "jobs are what we need." With the study done by the Consortium on Chicago School Research providing information on Chicago's dropout rate being at 50% it would be imaginable that extracurricular activities would be top priority in order to keep our youth focused and on the right track.

But with the city's economic downfall

See Activities page 7



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## THE NORTH LAWNDALE COMMUNITY NEWS'

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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. D09119183 on September 15, 2009 under the Assumed Name of Rapid Response Enterprises with the business located 3008 West Polk Street, Chicago, IL 60612. The true name and residence address of the owner is Calvin L. Ridgell Jr., 3008 W. Polk Street, Chicago, IL

### **HELP WANTED**

LOOKING FOR QUALIFIED PART-TIME SECURITY GUARDS. Apply at North Lawndale Community News. P/T Weekends, Needs clean backgrounds. Applications accepted Wednesdays. Please Call John at 312-492-9090.



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APARTMENTS FOR RENT 3 bdrms, newly renovated, carpeted, tenant pays utilities, 3500 W. Douglas Blvd. 3 floors available, call Ms. Barnes at 773 521-

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500	\$25	\$35	\$60
1000	\$35	\$50	\$75

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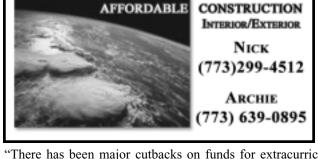
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## **Activities**

from page 6

Vincent Joseph football coach at Victor Herbert



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CONSTRUCTION

elementary school states that "There has been major cutbacks on funds for extracurricular activities for many schools and many aren't dedicated to the cause." As each schools circumstances are different in terms of funding still all professional participating parties do agree that there has been some major financial cutbacks and admit that more of an investment is needed for today and the future of the youth.

James Jordan Boys & Girls Club Director Don Reed has hands on experience with the children of the West side community as the Victor Herbert elementary school has a partnership with the club. Mr. Reed says that there are plenty of after school activities for the children to be involved in however, a child shouldn't be forced to participate because the children who really want to participate are easily distracted. But how do we account for the other children who are not so easily disciplined, focused, and able to take on challenges?

Don believes that these children do need programs that are more geared and centered towards their specific needs, however due to major financial cut backs, not only are there many program cut backs but the funds aren't available for new programs that will help many of the forgotten vouth.

If you are reading and would like to add a resource to this column for a child, please post your resource in the comment box and I will be sure to post it in order for a child to be saved academically. It could be as little as a phone number, website, or email address. For more information about the James Jordan Boys & Girls Club call 312-226-2323 or log on to www.bgcc.org.

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 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.

## Plaza from page 1



Firefighters in alley behind Cermak Plaza take firehoses inside stores to put out any smoldering



Smoke coming out of the Super Dollar & Up Store. The store was noted for having helium tanks for ballons inside, possibly prohibiting firemen for safety reasons from going inside, along with a

between 21st place and Cermak Ave. Buses were also rerouted.

Right at the door of this tragedy is fire prevention week this October. Upon statistical research Lawndale is ranked 7th tied with New City for the most cases of arson for the past year (365 days) with 22 cases. The Austin community is ranked number 1 with 38 cases of arson,

Chicago Lawn is 2<sup>nd</sup> with 31 and West Englewood is 3<sup>rd</sup> with 29 cases of arson. Overall, the city has experienced a total o 601 arson cases for the past year. With four being the median there are emotional, property, and God forbid loss of life. Contact your local Fire Department for Safety Tips or visit the Chicago Fire Department at the City of Chicago website, www.cityofchicago.org.

He answered and said to them, "He who sows the good seed is the son of Man.

The field is the world, the good seeds are the sons of the Kingdom, but the tares are the sons of the wicked one.

"The enemy who sowed them is the devil, the harvest is the end of the age, and the reapers are the angels

# INTERSTATE

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### 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

Class Hours Saturday 10AM-2PM

awndale Christian

\* 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

# 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**

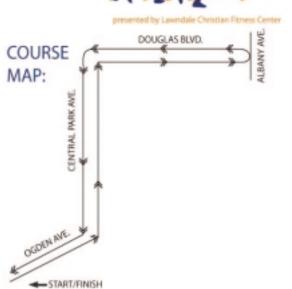
Awards will be presented to the top three male and female runners in each of these age groups: 6-14, 15-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

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.

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.





COST: 5K ADULTS

\$12 Pre-registration

\$15 After September 19

S

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KIDS' DASH (ages 3-12) \$3 Pre-registration \$5 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.

