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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

LCDC, GOODCITY Help Nurture Three Nonprofits to Next Level North Lawndale Non-Profit Organizational Capacity Building Initiative



l-r: CPO's Floyd Vaughn, Theodore Robinson, LCDC's Tracie Worthy & Kim Jackson, GoodCity's Mike Ivers, listen as Ms. Lonnie Williams of CPO speaks at podium



Dr. Betty Green, Sel Dunlap and staff of LAMP receive recognition from LCDC and Goodcity Chicago as graduates of the North Lawndale Non-Profit Organizational Capacity Building Initiative.

Mike Ivers, President of Goodcity, was joined by Kim Jackson, Executive Director of Lawndale Christian Development Corporation and Tracie Worthy, Program Manager for the New Communities Program to recognize the graduates of the North Lawndale Non-Profit Organizational Capacity Building Initiative.

Attendees included Dr. Betty Green, executive Director of the Lawndale Amachi Mentoring Program (LAMP) and board member Sel Dunlap, along with leaders of the Caring People Outreach Organization (CPO) Ms. Lonnie Williams, Floyd Vaughn and Theodore Robinson.

They were recognized at the NCP Community Meeting held at the 10th District Police Station, on September 30th. These organizations

participated in North Lawndale's Non-Profit Capacity Building Initiative in 2008 and have strived to make a difference in the North Lawndale Community. Under Dr. Green's leadership LAMP provides mentoring to children whose parents are incarcerated.

Dr. Green spoke of how Goodcity Chicago helped them. "We received technical assistance from this program," said Dr. Green. "They taught us how to write grant applications. They taught us how to fundraise. They taught us how to network with other organizations. They taught us how to develop our board and how to keep that board active. All of those were things that we as a new nonprofit group really needed and we always had the feeling that whatever we needed was

right at our finger tips. All we had to do was pick up the phone and call Goodcity," stated Dr. Green.

When we consider the number of people in our community who are affected by this issue, it is a significant initiative. Currently they are working with over 90 children and are looking for additional mentors.

The Caring People Organization, formerly known as the 1600-1800 Central Park Block Club, has partnered with LCDC to provide jobs for youth, developed an entrepreneurship program, as well as a lawn care and snow removal company that will provide jobs while beautifying the neighborhood. They are also working to support block club development and will partner with others who need

support in this area.

"Working with the youth over the years, we found they needed more than just taking them on field trips and giving them block club parties," said Ms. Lonnie Williams of CPO. Mr. Theodore Robinson, also of CPO said, "I group up in the North Lawndale area and over 40 years the community has been overlooked. We also have an unemployment rate of over 60% and over 95 liquor stores and if we have liquor stores and no jobs we have a problem."

Also CPO's marketing director, Floyd Vaughn passionately spoke and said, "What we did was start with beautification in own neighborhoods. We had our young adults come out and clean in the neighborhood, their own neighborhoods, right in front of

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Pathfinders Prevention Education Fund Helps Youth in Research Around HIV/AIDS



Located at the Senior building on the 1400 block of Roosevelt Rd., a luncheon conducted by Pathfinder youth, the program coordinator, Arthur Brooks and CEO Brenatta Howard Barrett was informative on the status of HIV/AIDS and prevention in our community. Also present was Mike Ivers of Good City who help fund the program through the Neighborhood Grants program. For more information about Pathfinders call 773 533-5755.

Students guided by Pathfinders Prevention Education Fund, an organization led by Brenatta Howell Barret held a luncheon that included youth showcasing knowledge the

of statistics they researched on HIV/AIDS and sexually transmitted diseases and prevention over a ten week period through a summer youth education program. North

Lawndale College Prep, Kawaune Williams and Tiara McHenry exhibited growth in programs centered around reading/writing/
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LAWNDALE CHRISTIAN HEALTH CENTER TO CELEBRATE 25 YEARS OF SERVICE ON SATURDAY, OCTOBER 10TH.

Lawndale Christian Health Center will celebrate 25 years of serving the community on Saturday, October 10th, with a symposium themed *Community-Based Care: Extracting Lessons from the Past, Envisioning the Future*. The symposium will be held from 5 to 6 p.m. on Saturday, October 10 at the UIC Forum and will be followed by an Anniversary Celebration Dinner.

This event is free and open to the public. An RSVP is required. Please contact Danyale Ellis to RSVP.

Lawndale Christian Health Center (LCHC) is a not-for-profit community health center that promotes health and wellness in Chicago's Lawndale, Garfield Park and Archer Heights neighborhoods. LCHC provides quality primary care services without regard to patients' ability to pay and serves as a community resource for eliminating health disparities.

Founded in 1984, LCHC served 150 patients in its first month. Today, the ministry has expanded to more than 300 staff members at four clinic locations who serve more than 12,000 patients each month—totaling more than 150,000 clinical visits a year.

LCHC strives to make care as comprehensive as possible. In 2005, LCHC opened a fitness center to make fitness more accessible to patients and residents in surrounding communities. In addition, LCHC's Health Support Services Department collaborates with clinical care providers to address the pressing social issues of the patients it serves.

In celebrating 25 years of service, LCHC continues to seek ways to augment care and provide more opportunities for its communities to be fit and healthy.

The UIC Forum is located at 725 West Roosevelt Road, Chicago.

Visit the Lawndale Christian Health Center Web site at www.lawndale.org.

Visit us on our website at www.nlcn.org for more articles, photos, information and more.

North Lawndale Community News
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 2005 SBC Beyond the Call Award
 ~ ~ ~ ~ ~
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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, 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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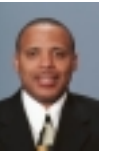
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What It Iz In The Biz

Marquita Ware



Lamar Odom and Khloe Kardashian after they tied the knot.

Hey everyone. Long time no read huh? Well I am back. You know by popular demand and I have all the latest celeb gossip that you are wondering about. So lets get started shall we.....

First of all looks like Khloe Kardashian has finally landed her a good athlete who wants her for her. Yep, she and Lakers player Lamar Odom are now man and wife after only dating for a month. How lucky is she?

Well not too lucky because according to TMZ they are not legally married until the prenup is signed. They have already had a ceremony which will be aired on November 8th on the Keeping Up with the Kardashians show on the E! Channel. Which was paid for by the reality show in the amount of 1 million dollars.

Lamar is the one who actually wanted the prenup and both of them have hired lawyers who can not come to an agreement. Seeing that Lamar has the most money, he wants to leave the marriage if they should ever split with 100% of

what he came into the relationship with. I hope they can work this out. If you ask me this is all just fake to get high ratings for the show. But hey, I thought Beyonce and Jay Z's wedding was phony and I was proved to be wrong. I need to stop hating. LOL!!!

In other Kardashian news, Kourtney is pregnant with her longtime boyfriend Scott's baby. Her baby is due in December. Congratulations to her. And, for those of you who did not know I just a baby boy his name is Armani Lemond. So congrats to me!

Bad Boy rapper Shyne has been released from prison after serving an eight year term after being found guilty of gun possession, assault and reckless endangerment stemming from his now-infamous 1999 nightclub shooting that also involved his former boss Sean "Diddy" Combs and his then-girlfriend Jennifer Lopez. Shyne who is now 30 years old has the music industry wondering who he is going to sign him. Rumor has that Jay Z and other music execs are interested in him. I love Shyne. I hope he does good in the industry and in life.

According to BET.com, Method Man is claiming that he did not pay \$32,799 in taxes from 2004-2007 because he was high. Oh my God!! "Because I got high, I forgot to pay. It was stupid," said Meth. But, his lawyer says he does not have a weed problem people who were suppose to take care of his affairs did not. If convicted Meth faces four years in jail for failure to pay personal income tax and earnings and misdemeanor failure to pay taxes. I hope he can pay this debt without going to jail. I don't think Meth has a weed problem, this man has been smoking for years and he just has tax problems. Not to say that I condone weed smoking.

If you have any questions for me about celebrity gossip or news, just call 312-492-9090 or write to KETA, 1211 S. Western, Chicago, IL 60608 and I will feature my answer in the next column. If you want to know about one of your friends and nem' I can tell you that too. JUST KIDDING. Also check out our weblog at www.nlc.org. You can post questions for me, other writers and anything/anyone else you want to talk about.

Marquita Ware is the Production/Layout & Design Coordinator for the North Lawndale Community News.

Comcast SportsNet Donates Professional Clothing to CEDA; Business Attire will Empower Men Reentering Workforce

In support of a partnership between CEDA and Men's Wearhouse to promote the 2nd Annual National Suit Drive, Comcast SportsNet donated a variety of business suits and professional attire to CEDA's Workforce and Economic Development program. The donations will provide at-risk men the clothing needed to ensure a polished appearance when seeking reentry into the workforce.

"As we continually make it a point to service our community, we are very proud to make our donation to CEDA and the 'National Suit Drive' to help those individuals entering and re-entering the work force," said James J. Corno, President of Comcast SportsNet Chicago. "We wish these men much success in their pursuit of a positive professional work experience."

CEDA along with more than 200 other nonprofit organizations across the country partnered with Men's Wearhouse, the nation's leading retailer of men's tailored clothing, to help empower unemployed men by providing the necessary work attire that will build their self-esteem and help make a lasting impression during job interviews.

Business suits donated by Comcast SportsNet along with other professional clothing collected during the suit drive will support CEDA's Workforce and Economic Development program, which provides job training and employment opportunities for hundreds of men and young adults.

"We are extremely thankful for the generous support that the people at Comcast SportsNet has offered," CEDA President/CEO Robert L. Wharton. "Their community service helps to increase awareness about the importance clothing has on clients' success as they work to overcome barriers to gainful employment."

CEDA is one of the nation's largest non-profit organizations that serves more than 375,000 individuals annually and operates over 40 programs throughout Cook County in the areas of education, housing, economic development, family and children services, health and nutrition, and several others. For more information, visit www.cedaorg.net.

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Aaron's and National Rent to Own, of Taylorville, Make Investment In Westside Job Training Program



The Staff; Lowry Taylor, Executive Director, Johnathan Jackson, Instructor, Melvyn Lenton, E-Cycle Manager with Patrick McBride, Manager of National Rent to Own, Taylorville and Dave

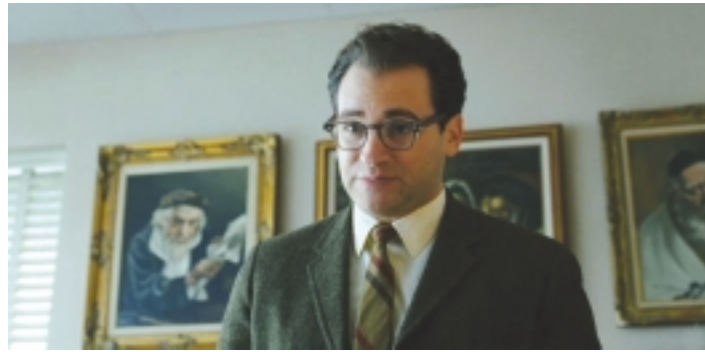
Chicago, IL – On Friday, October 2nd With Chicago Westside unemployment over 25% and 70 percent of men between ages 18 and 45 being ex-offenders, a job training program pitched their program to two members of the Illinois Rental-Purchase Dealers Association (IRPDA), in Taylorville, Illinois. Seeking damaged or /and older model computers/electronics to train participants on. They walked away winning the support and endorsement of Aaron's and National Rent to Own, alone with the Illinois Rental-Purchase Dealers Association (IRPDA). Aaron's and National Rent To Own joined forces to donate 38 computers and laptops.

Believing in the Congressman Danny K. Davis Job Training Program, that teaches ex-offenders how to repair computers and prepare them for the CompTia A+ exam. Patrick McBride, Manager of National Rent to Own, in Taylorville, said, "National Rent to Own and Aarons are happy to contribute to the Digital Development Corporation and Congressman Danny K. Davis Job Training program. Lowry Taylor and his staff are a genuine inspiration to the communities they serve. By using the spare computer parts that were donated, we are convinced his staff will help the students reach their goals in the business world. We congratulate Mr. Taylor and look forward to the continued success of the program."

The program is designed so that a person with no job skills or someone that has had a hard time finding a job because of a prior felony, will learn through "hands on experience", to build and repair computers. They take the equipment, repair it, learn on it and then sell it, at a low price to first time computer owners. Receiving donated computers/equipment come from corporations that believe in the "Second Chance" program. It is through the "donors" that we build relationships that, often, land a job for a graduate.

AT THE FLICKS

David H. Schultz, Film critic



Michael Stuhlbarg in A Serious Man

A SERIOUS MAN (*)** There are two key elements among several that are the characteristics that make up most films by filmmaker-writers Joel and Ethan Coen – their take on religion and their leading characters are usually ordinary and descent who are always tormented during their everyday life.

Far removed for their 2007 Oscar winner, "No Country for Old Men" and last year's box office flop, "Burn after Reading"; The Coen brothers decidedly take a smaller stanza in their 14th cinematic offering here.

"A Serious Man" is the Coens' most personal film that draws upon their aversion to growing up Jewish in St. Louis Park, a heavily Jewish enclave that borders south Minneapolis from an Orthodox mother who kept her home kosher. While their father just went along with the flow

From the Coens' childhood memoirs, "A Serious Man" represents a Job-like parable on Jewish anguish and the bleak arbitration on divine intent and the certainty of uncertainty. As serious as it might sound, the Coens' A Serious man" is intended as a joke that plays on the hubris of humanity. But it's a joke some people might get, up to a point

Especially when the film opens with the phrase, "Accept with simplicity, everything that happens to you" and then leads to into a Yiddish ghost story prologue set in a Polish shtetl form a neo-Hasidic folk tale involving the wife's response to an elderly stranger's visit that she believes to be a "dybbuk" that feels out of the place here. When

the film finally settles on its late 1950's suburbia setting

Larry Gopnik (Michael Stuhlbarg) is basically a decent person whose been given more than his share of misfortune throughout his life. At home, his wife, Judith announces she wants him to grant her a divorce. Since Judith is already having an affair to

the man she wants to marry widower Sy Ableman (Fred Melamed) the unctuous windbag who tries to rationalize their split –up.

This leads the browbeaten Larry seeking advice from his lawyer (Adam Arkin) to various rabbis and clergymen for what is happening to him. He is the Coens' typical character in contrast: a mathematician in control at his work whose left feeling less than certain in his personal life. While other unexpected events and accidents keep confronting his life and mind with additional uncertainty.

In contrast, Larry is the only character we can most identify with and have apathy for; considering all the negative aspects of our current recession from higher cost to job losses these days. And yet, the Coens' spin isn't the "don't worry, be happy" attitude to everything. There almost seems to be a self hatred for being "the chosen one" from biblical times, still having to endure pain and suffering as their legacy in these modern times

Also from his gene pool; Larry, son, Danny who opens the film having a transistor radio confiscated by a school teacher; later desires to become a pot smoker (when he finds his teacher's stash) and has to make daily runs to his door when chased by a bulky neighborhood bully. His daughter, Sarah is stealing money for a nose job. And there is Larry's potato couch brother, Arthur (Richard Kind) who seeks no means or employment to better himself to leave until his unfortunate dealings are later revealed

While outside Larry home' there's a gun-toting

See Flicks page 6

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By October 16, 2009

LCDC from front page



A full Audience attended as three nonprofits received recognition for their participation North Lawndale Non-Profit Organizational Capacity Building Initiative.

We had the passion just like most of you. However, we didn't know the business.... And we partnered in with people like Kim and Tracey from LCDC, who assisted us with this throughout the summer..... Mike helped us to establish ourselves (referring to some of the training mention before). We went to the next level with this too.

My good friend, Eric Lindsey of American Family Insurance took a couple of the young adults in his office (mentioning also that he himself is an Insurance agent with AFI).

We are training them administration now, word, data processing, and data entry. I am in the process of developing a call center to teach them how to talk to folks. Because one thing we did after every session in the summer, we were cleaning up vacant lots. But we listened to them (the young adults). They were telling us about they had put in 40-50 applications and got turned down. The reason why, is because they couldn't fill out an application," said Mr. Vaughn.

Rosemary Triplett, President of For Christ Ministries, was unable to attend the ceremony. Her organization is working to provide affordable housing and supportive services to residents along Douglas Boulevard.

These are 3 groups that have a desire to make a difference in their neighborhood. LCDC and Goodcity are presenting another RFP for 2009 to find and support the development of other startup Not-for-Profit organizations in the North Lawndale community.

If you are interested in participating please go to www.goodcitychicago.org or www.lcdc.net for more information and to get an application or call Tracie Worthy at 773-762-8889 x12.



From Sister To Sister: “The Mind Is A Terrible Thing To Waste” Second Chance Programs For Academic Success

With so much violence parading the streets of Chicago involving the youth, one could only wonder how the youth have become so connected to so much violence and crime, and why isn't anyone doing anything to stop them from hurting and hating one another. Have the communities laid aside the concept of "It takes a village to raise a child?" Or have many shut their eyes and doors frightened to lend a helping hand due to the "Snitches Get Stitches" mentality.

Just recently 16 year old honor student Derrion Albert was beaten to death by the hands of several other young men in the Roseland community on the far south side of Chicago which has a reputation for it's high crime, and gang violence. But how does one break through the barriers to re-direct the minds sets and help regulate the hearts of the youth who have become gang members and victims of committing crime? Who is to help educate the youth who have resulted to violence, sex and crime in order to solve the problems that they deal with on the everyday basis due to a lack of education? Who are those who are willing to stand up and help make a better way?

Educator and retired school teacher of 42 years Robert Smith has taken the initiative to help redirect the mind sets and hearts of the youth with the Employability Plus II program which offers our youth a second chance for academic success.

Where one child is focused on his duties that he has as a committed gang member, another doesn't have the time to sit in a class room because he/she just doesn't have the ability to stay focused. His time is limited and he/she has much more responsibility in the streets and at home that need to be handled, and staying in a class room for eight hours just doesn't give lead way to the prioritized responsibilities that have nothing

to do with school. He has know one to please at home, without mother and father, and his role-model is the murder on the set of a GodFather movie. "As long as he can count that money" this is all that matters. His question is what reason should I stay in school? Nothing here will help me advance in life. This is the question that goes through the minds of many inner city children that have become placed in alternative programs that will allow for them to get the education needed in order to help re-direct their mindset to deal with the diversity of society. According to Educator Robert Smith, there would be no hope for many of the youth without programs like the Employability Plus II program.

Employability Plus II program is located on the West side of Chicago. Classes take place in The ABLA Community Center across from the ABLA homes better known as "The Village" where Mr. Smith was raised as a child. Mr. Smith deeply felt the need to give back to the community that raised him up, this is where the his responsibility to the Employability Plus II program came into existence. This program is an extended program of the Employability program that was created 20 years ago to help the youth from the Cabrini Green housing projects to excel academically. Lead players like Oprah Winfrey who provided speakers and working professionals to give insight to the youth about careers and education, Jesse White helped by way of extending sponsorship, Robert Smith represented the board of education as a teacher and coordinator, and Carolyn Shelton helped with job development programs. Soon after Mr. Robert Smith helped in the developing process of Employability Plus II which offers the youth a second chance to receive an education. Employability Plus II has partner with Crane Technical Prep High School and many other high schools in the

Chicago area in order to help the youth get back on track and enter back into the traditional school system. Testing determines whether each child is ready to take the next step to success.

Mr. Smith says that "Students are learning and working from 9AM-2:30PM to get back on the right track in order to get their diploma so that we can help send them off to college, this is our goal." Mr. Smith uses his knowledge and skills as an education veteran to help the youth and explains that "If one uses the tool which has brought him down as a life learned lesson, it should make him a better person." The Employability Plus II program has lent a helping hand to young men and women who were apart of gangs, teen mothers and fathers, and those who are just looking for a second chance, to be re-directed. Currently the program has exceeded 30 plus students this year and has began the process of leaving no child behind with it's efforts of keeping each student connected to what's needed in order to be employable, educated, and ready for the real world. For more information about the Employability Plus II Program contact Mr. Robert Smith 773-534-7858. For information on more second chance programs contact CPS at 773-553-1000 or log on

to CPS.EDU

Love & Light Shall Lead The Way!

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.

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Save-A-Lot Food Stores Team With Local Dietician to Promote Healthier After-School Snacks

Knowing that most kids come home from school hungry for snacks, Save-A-Lot food stores today announced that it is partnering with Chicago-area registered dietitian, Maria Alamo to present fun, educational events in several stores in the Chicago area to speak with parents about choosing the best after-school snacks. Beginning this week, the in-store events will include games, prizes, food displays, coupons, and demonstrations on finding healthy and delicious food options in local Save-A-Lot food stores.

"In our dedication to serving the Chicago community, we're happy to partner with Maria to bring the 'Great Kids Need Great Snacks' events to local Save-A-Lot food stores," said Vanessa Foster, Director of Communications and Community Relations. "The school season is a busy time for parents, so Save-A-Lot food stores want to do their part to provide them with information needed to make healthier food choices."

Save-A-Lot invites the community to talk to Maria Alamo, MPH, RD, LD, about affordable, yet healthier, food choices and participate in fun activities at the same time. Alamo is scheduled to visit the following Save-A-Lot food stores:

- 4439 W. 63rd Street, Friday, Oct. 9, 4 p.m.-6 p.m.
- 5555 W. North Avenue, Saturday, Oct. 10, 1 p.m.-3 p.m.
- 7240 S. Stony Island Avenue, Wednesday, Oct. 14, 4 p.m.-6 p.m.
- 10700 S. Halsted Street, Wednesday, Oct. 21, 4 p.m.-6 p.m.
- 420 S. Pulaski Road, Saturday, Oct. 24, 1 p.m.-3 p.m.
- 7908 S. Halsted Street, Wednesday, Nov. 4, 4 p.m.-6 p.m.
- 3736 Sauk Trail, Richton Park, Ill., Saturday, Nov. 7, 1 p.m.-3 p.m.

• 4701 S. Cottage Grove Avenue, Wednesday, Nov. 11, 4 p.m.-6 p.m.

• 2858 E. 83rd Street, Wednesday, Nov. 18, 4 p.m.-6 p.m.

"Eating healthy can be easy, fun and affordable," Alamo said. "Tasty after-school snacks can be simple to create and good for the body. I'll demonstrate ways to find those healthy and delicious snacks and other meals, even those that children can prepare on their own without using an oven."

Based in the Chicago area, Maria Alamo of Salud Consulting, Inc. brings over 24 years of experience as a food and nutrition expert. She focuses on nutrition education for the public, developing creative food and health programs, as well as developing healthy recipes for families. She is fluent in both English and Spanish. For more information on Maria Alamo, president of Salud Consulting, Inc., visit SaludConsulting.com.

About Save-A-Lot Food Stores

Save-A-Lot is one of the nation's leading extreme value, carefully selected assortment grocery chains, operating nearly 1,200 stores in 39 states from Maine to California. Serving more than 5 million shoppers each week, Save-A-Lot offers a savings of up to 40 percent less on groceries when compared to conventional stores. Customers enjoy savings on exclusive Save-A-Lot brands and national brands, plus fresh meat and farm-fresh fruits, vegetables and dairy, along with the most popular grocery and household items. Save-A-Lot helps its customers live richer, fuller lives by saving them money and time through a smart, convenient shopping experience featuring great food, great prices and great people every day. For more information on Save-A-Lot or to locate a store, please visit www.save-a-lot.com.

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Flicks from page 4

redneck neighbor. And at work, Larry is being extorted by a Korean student trying to money bribe him for good grades. And there's an anonymous poison pen writing campaign to derail his chance at tenure

Mixed along several antidotal tales such as the concern dentist confronted by a patient with the words "Help me!" on the inside of his lower teeth and Larry being distracted into a chain car accident that unknowingly has an effect on his impending divorce.

The Coens brothers provide plenty of fertile material for an audience mull over. Yet, there is a feeling that "A Serious Man" might be too personal in its tale about the "chosen ones" facing universal uncertainties in our everyday lives. While taking some humorously brazen jabs at their childhood influences from their religion; that could limit the film's appeal to a "chosen few"

R; 107min. A Focus Features Release - Presented at selected theatres

THE INVENTION OF LYING (1/2)** British comic Ricky Gervais delivers a funny and often shrewdly clever comedy that unfortunately settles for being only good enough with its premise of an unfulfilled loner living in a world where lying doesn't exist and people openly express what they are truthfully thinking out loud. Until he commits the first lie for personal gains. It's a novel concept that should have, could have evolved into more than a set up for a romantic comedy.

When Mark Bellison (Ricky Gervais), an unsuccessful 14th century screenwriter eventually gets fired from his job at Lecture Films and an eviction notice for rent due. Following his first date with Annie McDoogles (Jennifer Garner) who forewarns him of his disinterest in him for being a loser and generically unsuitable for marriage that in her mind, would lead to the birth of "little fat kids with snub noses.

It makes Mark depressed and accepting his fate that he wants to change but doesn't know how or where to begin to change her perception of his image.

With only \$300 in his bank account that is far short of the rent. When the bank's computers malfunction. It creates the opportunity for Mark that begins with asking for more than what is in his account. That the bank teller accepts as their mistake (taking him at his word) and covers his rent. And later mushrooms from one lie to another until the film falls into suggesting religious ideology.

When Mark tries to comfort his dying mother by fabricating a happier "afterlife" that is overheard and begins to spread through the media and a public gathering seeking answers that turns Mark into a latter day Moses claiming his beliefs came from the "Man in the Sky" (God) and his tablet for his

rules are served on a take-out pizza cardboard box
In between these religious suggestive parodies, there are some insightful commentaries that not only show how people are more willing to believe in a lie over the truth. But there are more personal comment that briefly strike a nerve

Still, this funny scenario is done by Mark to help change himself from Annie's initial perception; enough to fall in love with him. While Gervais' script does take a few light observational jabs on human folly and man made influences on religion. Often, ingeniously funny;" The Invention of Lying": still settles on its modest efforts. When the film could have more depth and irony along with a sharper sense of humor and satire.

PG-13; 100min. A Warner Bros. Pictures Release - Presented at selected theatres

WHIP IT (*)** Drew Barrymore makes an auspicious directorial debut here with this familiar coming -of-age comedy about female empowerment from the roller rink with "Juno" star Ellen Page in a more conventional role delivered under a spunky performance.

Looking somber yet bleakly ordinary and unfulfilled; Bliss Cavendar (Page), a small town Texas teenager, emotional beaten down by her domineering mother (Marcia Gay Harden), whose trying to live her former glory by pushing her two daughters into regional beauty pageants.

Bliss finally discovers her voice and identity when she sneaks off to audition for roller derby tryouts in nearby Austin for a local female team, The Hurl Scouts. When accepted, Bliss has to pretend to be taking extra curriculum classes to hide her secret from her mother. While hiding her under age status from her teammates.

Still, she begins to blossom into becoming a redneck on roller wheels with the skater name, Babe Ruthless joining teammates that includes Barrymore (Smashley Simpson); rapper Eve (Bash) and Maggie Mayhew (Kristen Wiig) with their knowledgeable yet frustrated male coach, Razor (Andrew Wilson)

Bliss develops a skating rivalry with team's arch enemy, Iron maven (Juliette Lewis), lead skater of the Holy Rollers. And has her first romance with Oliver, (London Pegg), a singer-musician in an alternative rock band who later believed to be cheating. When she discover an internet photo with another woman wearing her T-shirt.

Late night host and former SNL member Jimmy Fallon plays a skirt chasing emcee, Johnny Rocket that the screenwriters didn't research their facts. When giving Fallon's character incorrect info about Roller Derby's origination. Which was created around 1929 in Chicago where the games were held at the Coliseum that used be at 14 th & So. Wabash Ave. into the 1960's and then the Amphitheatre.

PG-13; 105min. A Fox Searchlight Pictures releaser - Presented at selected theaters

"Precious" Highlights Opening Weekend Of 45th Chicago International Film Festival

By David Schultz, Film Critic

Prior to its nationwide wide next month, One of the most anticipated films of the season that might be an Oscar contender is "Precious: Based on the novel "Push" by Sapphire" about the amazing true story of a hard life of 16 yr. old pregnant and abused black girl caught in a world that is more against than for her; but fights within herself to survive her school and home life; will receive the "red carpet" treatment at the River East, Sat. Oct. 9 with director Lee Daniels and first time actress Gabourey Sidobe in attendance and afterwards will be honored at a special reception party.

Also this year's festival will include a homegrown premiere with the mob drama, Chicago Overcoat" that consist of six Columbia College students delivering a contemporary drama of an aging hit man (Frank Vincent from "The Sopranos") who endangers himself for one more assignment.

This year's Chicago Film Festival that seems more streamlined and compact that might be more than coincidental, considering the current state of the economy. Still the festival will debut 145 films from around the world, shown at varied locations.

For further information and complete listing of films that includes show times, theatre location, tickets, etc. You can either go online to www.chicagofilmfestival.com (passes only) or www.ticketmaster.com/chicago-film-festival or phone the festival hotline 312-332-film or stop by in person at the festival theater, AMC River East, (322 East Illinois St.) or the festival office at 30 East Adams St. Suite 800.

Here are some other movies for your consideration:

MOTHERHOOD (Gala Opening Night Premiere - Thurs. Oct. 8; AMC River East)

Uma Thurman gives a compelling performance as a hurried New Jersey housewife trying to reclaim her identity by making observational comments on her hectic days' activities for a blog essay contest on parenting.

While trying to prepare to prepare a birthday party for her six year old daughter amidst a crowded neighborhood plagued with a movie crew and other obstacles that makes her question her importance.

Anthony Edwards plays her scholar husband with an old book fetish who seems clueless. Until he offers Yoda-like philosophy that helps his wife validate her worth to her family. (**1.2)

Uma Thurman will be in attendance and will receive a lifetime achievement award. She will be also joined for this film's writer-director Katherine Dieckmann.

RED CLIFF (Red Carpet premiere, Fri. Oct. 9; River East) Veteran Japanese action film director John Woo returns to his homeland for this impressive and sweeping battle epic that follows the strategies and conflicts that led into the massive war during China's Han dynasty. (***/1/2)

CHICAGO OVERCOAT A homegrown mobster neo-noir drama filmed by local first time filmmakers from Columbia College about a one time ruthless, now aged hit-man (Frank Vincent from "The Sopranos") whose hailed boss (Armand Assante) give the orders to his outside man (Mike Starr) to contract the hit-man who seeks one last assignment to finance his Vegas retirement. Until the veteran assassin makes a critical mistake that could jeopardize his plans as well as his life. (**1/2)

ACROSS THE CURRENT (Thurs. 10/15) Two friends try to help a delusional man (Joseph Fiennes) still grief stricken over the loss of his wife five years later, seeks a personal quest by swimming the length of the Hudson river in a month that also has an ulterior motive that surprises the two friends on this unexpected human odyssey. (**)

ANTI-CHRIST (Mon. 10/12: actor Willem Dafoe is scheduled to attend) Since its premiere at this year's Cannes film festival, opinions have varied over the latest film from Danish writer-director Lars von Trier about a personal tragedy that reshapes a married couple into exploring sexual, religious and esoteric bodily harm between a professional therapist (Dafoe and his wife through four chapters.

MISSISSIPPI DAMNED (Thurs. 10/15) Based on a true story about three young black children raised among their families' vicious cycle of abuse., addiction and lies in this powerful and disturbing film that shows a family's haven also be its own enslaved hell.

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HIV from front page



Pathfinder youth pose while visiting the North Lawndale Community News

and Rhetoric as students also had to speak to the audience of family, staff, friends and strangers.



While visiting the North Lawndale Community News (NLCN), Pathfinder youth answered questions asked by Publisher, Isaac Lewis, Jr. and NLCN summer youth staff about HIV/AIDS. They also toured the facility and learned about the community newspaper.

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10/3	Word 2007 Basic To Advance
10/10	Excel 2007 Basic To Advance
10/17	PowerPoint 2007 Basic To Advance
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