The Honorable Rickey R. Hendon was named MVP (most valuable player) as he lead fifteen of his softball mates to victory over the Southside “Bushwackers” to win the Fourth Annual 16 Inch Highland, Indiana, Invitational Tournament on Sunday, September 6th in Highland, Indiana.

Nine teams competed for The Highland Indiana Invitational Tournament’s coveted trophy. It required that the “Fighting Fifth” win four games over the course of two days beating Southside Chicago teams; “Rolling Dice” (7-3), “Line Drive” (10-2), and then whipping “The Bushwackers” (8-5) in the semi-finals and again (11-3) in the final for the championship crown.

“The Fighting Fifth” had an incredible season compared to last year where they finished dead last. The turn-a-round from cellar to championship was a result of good hitting and solid pitching. Rickey Hendon lead his team in hitting by garnering seven hits out of ten-at-bats during the tournament. The solid pitching of Sherman Martin held “The Bushwackers” to a mere seven hits in the championship game and he also came through big with a three-run-homer in the fourth inning thus securing for him and his team a win.

Tournament placement for the top four positions was as follows: THE CHAMPIONS – “The Fighting Fifth”, followed by “The Bushwackers”, the “Westside Outlaws” and then the “CTA”.

“The Fighting Fifth” is named in reference to the district that Senator Rickey Hendon currently represents. Previously it was called “The Fighting 27th” in reference to Alderman of Chicago’s 27th Ward.

Rickey R. Hendon’s passion, besides serving his constituents in the Fifth Senatorial District of Illinois is softball. He lives and breathes softball and has joyously fielded teams for over twenty years.

**ETARE NEGED TRIUMPHED CANCER ALBUM SET TO BE RELEASED**

Etare Neged (pronounced: e-TAR-e ne-GED) is a life-force energy. His name is also formed from the word degenerate, which is split in half and written backwards. He is a fusion of fire and ice, light and dark, the medieval and the post-apocalyptic, the interpolation of pain, pleasure and rage. He was born on the outskirts of Chicago, in Arlington Heights Illinois. He was raised in Indianapolis, only to return to Chicago as Etare Neged, Artist/MC/Producer.

What NLCN found special about Etare is that he is a man who has survived the evils of cancer and sinusitis as a child. Etare has a rare form of cancer called Nasopharyngeal carcinoma. Nasopharyngeal carcinoma is a rare tumor in the nasopharynx. The nasopharynx is located right behind the mouth and above the throat connecting to the nasal passage, this is in laymen’s term. It accounts for fewer than 1% of cases of childhood malignancy.

Whereas almost all adult nasopharyngeal cancers are carcinomas, only 20-35% of nasopharyngeal malignancies (growths) are carcinomas in children.

In the pediatric population, most nasopharyngeal malignancies are rhabdomyosarcomas (muscle tissue) or lymphomas (immune system). His ordeal with cancer has steered his psychological road map with music. As a note, he began playing music after being attacked by sinusitis. When he was asked if his illness with sinusitis was related any to him receiving cancer later, his response was “it may have”. His sinus illness steered him to playing music.

“My first introduction to music is closely related to my first near death experience which was when I was in sixth grade” said Etare. I was in the hospital for one month and half of that time I was blind and I had two surgeries because of the sinusitis,” he said. After he got out of the hospital, he went to the store and bought a keyboard. He has three sisters, who have masters or better and they are all graduates. He has three sisters, who have masters or better and they are all graduates. He has three sisters, who have masters or better and they are all graduates. He has three sisters, who have masters or better and they are all graduates. He has three sisters, who have masters or better and they are all graduates. He has three sisters, who have masters or better and they are all graduates. He has three sisters, who have masters or better and they are all graduates.

“The Fighting Fifth” in reference to his work as Alderman of Chicago’s 27th Ward

Etare Neged

The Honorable Senator Rickey R. Hendon currently serves as Alderman of Chicago’s 27th Ward.

Etare Neged

Visit us on our website at www.nlcn.org for more articles, photos, information and more.
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 even small 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 caretakers 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 choosing relationships 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 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 consumers. During 2009, the North Lawndale Community News focuses on cost-effective ways you can improve your health by practicing self-care.

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WHERE IS THE OUTRAGE?
Fr. Larry Dowling, St. Agatha, North Lawndale

After reading a recent editorial “Already Far Behind” describing the way our children living in the City of Chicago are being short-changed on their education because of fewer and shorter school days, I have to ask, “Where is the outrage?” Our children living in Chicago are just as important as any child living in the suburbs. We try to tell them that. Our good teachers and administrators and clergy try to affirm in them that they are important and are to be regarded with the same dignity as other children in wealthier parts of our metropolitan area and beyond.

But then there are those who do not seem to care: teachers who consistently put down children in the classroom; a teachers’ union that cares more about its teachers than about the kids; a business community that seems okay with the fact that Chicago is producing only a very small percentage of their future workers; a political establishment more concerned about hosting an Olympics highlighting international athletic excellence than, beyond lip-service, supporting a school system that provides and encourages local academic excellence; a black and Hispanic church community that somehow seems to be okay with the status quo for our children, willing to settle for ‘less than’ while at the same time preaching the hypocrisy that our children can achieve ‘more than’; and, of course, a state government mired in self-interest and corruption who don’t have the clout to do what is right for every child in this state.

As this is happening, some charter schools are getting it right for our kids. Some charter schools are getting it right for our kids. A few public schools are getting it right for our kids. But so many, too many of our kids have to settle for the scraps: while some teachers ask to work fewer hours and get paid more; while teachers are pressured to change grades; while state testing standards are lowered so that we can falsely say that our kids are doing better; while those politically connected send their children to private schools or impose their choices on their children to excellence knowing full well that it will only be by their efforts and the grace of God that their child will achieve.

If only we could all work together to be that ‘grace of God’ for our children. Until the desire for every child to have the opportunity to achieve their God-given potential takes root in the collective consciousness of the people in this city and state and results in substantive change, our children – at least those in poor communities in Chicago – will continue to suffer greatly from our failure to really fight for them and, if they live into adulthood, will have a much harder life because of our failure.

Catholic Schools continue to provide a quality education in a safe atmosphere for many poor students in our city. I would venture to say that if the Catholic Church could provide a free education to the children in our city, especially those in poor neighborhoods, we would; it is at the heart of who we are and what we teach and try to live. But the reality is that there is a cost. Parents alone cannot afford the costs, despite significant assistance provided from several sources based on their financial condition.

What’s wrong with this picture? Catholic schools are getting it right for our kids. Some charter schools are getting it right for our kids.

A new seniors program has come to the Westside of Chicago. The Hoofers Club West is a chair Tap aerobics class for seniors. The Program is Free. The Hoofers Club is designed to preserve the cultural heritage of Tap dancing and its music while providing Fun and Fitness for today’s seniors. The class is an introduction to Tap for new participants and a refresher course for those who have had Tap before. The program is a chair Tap class but can be done standing for an increase aerobic workout according to the senior’s ability. When the instructor Brenda Starr Woods named the program chair Tap aerobics class she thought that putting aerobics in the title would attract more seniors. She was surprised to learn that all of the seniors who joined said it was for the Tap. In fact one said she remembered watching Shirley Temple as a child and she always wanted to tap.

The program started last year in South East Chicago and was a huge success. The program is sponsored in part by a Neighborhood Arts Project Grant from the City of Chicago Dept of Cultural Affairs The Program is Free. The Program also has a music appreciation Components where the class will be given information on the different styles of music such as Jazz, Gospel, R&B, Reggae, and Hip Hop with sing along Karaoke, and Name that tune. The program is held at Homan Square Park, 3559 W. Arthington on Mondays and Wednesdays from 11:30-12:30. Did I mention the Program is Free? For more information contact Jackie Guthrie Park Supervisor 312-746-6650 or Brenda Starr Woods 773-902-7591.
Healthy to one may not be all of CPS’s students. To provide healthier lunches for even though the city has tried social economic background, quality of food that a child Board of Education “The employee for the Chicago teacher Michael Michelle, prior But according to retired school selection of food in order to re- machines with a healthier their best to help our youth eat everyday interaction with bringing home and their grades that students are bringing home and their everyday interaction with people, and themselves? With ADHD, obesity, and diabetes on the rise amongst our youth CPS administrators express that they are trying their best to help our youth eat healthier lunches by old lunches and vending machines with a healthier selection of food in order to direct unhealthy eating habits.” But according to retired school teacher Michael Michelle, prior employee for the Chicago Board of Education “The quality of food that a child consumes is based upon the social economic background, even though the city has tried to provide healthier lunches for all of CPS’s students.”

But what most don’t realize is that what is considered healthy to one may not be considered healthy to another based on studies done by organic food experts which challenge the USDA food pyramid. Where one may believe that pizza opposed to fried chicken is healthy, and chocolate milk to replace soda pop will build strong bones and provide better nutrients for the body, studies done by organic food experts differ. Martha Boyd, Program Director of Urban Initiative for the Angelic O’Connor Learning Center says “We get the proper amount of nutrients by eating organic foods—ADHD and a lack of concentration is caused by omega and pesticides and residue which leave children less able to learn.” So how do we bridge the gap between organic and healthy eating in the school systems versus the conventional way of eating? In effort to building academic success Martha works on projects in different communities to help build the bridge by linking relationships between local organic farmers and schools through the Urban Initiatives.

Kevin Trudeau author of “Natural Cures They Don’t Want You To Know About” indicates that obesity and disease stem from a lack of digestion due to the chemicals like hormones, pesticides and insects inside which are in the food. While recent studies done by the American Diabetes Association have shown that obese children do not get enough magnesium from the foods that they eat which can cause insulin resistance and later turns into type 2 diabetes. As a result CPS has incorporated programs like “Great Body Shop” for children in kindergarten through 6th grade where younger students learn about healthy meals and older students learn about weight gain, eating disorders and fun foods. But with questions being raised about what’s in the food, does CPS have a responsibility to invest in organic foods for students in order to help with the success of academic advancement, and help to cure obesity? According to Tom Vilasck, Secretary of Agriculture in a report provided by the ad campaign for child obesity and encouraging all Americans to balance healthy eating with daily physical activity is a top priority for President Obama and me—eating well and exercising is a question of public health.

Overcoming this epidemic of obesity requires that we work together at all levels—parents, teachers, community and business leaders and government—to achieve healthier lifestyles. USDA’s MyPyramid.gov provides a number of tools and resources to help all of us move to a healthier lifestyle.” So if our government is indeed looking to move forward on healthy lifestyles for students in order to gain academic success and cure obesity should Chicago Public Schools System invest in organic foods for students? For more information on healthy and organic eating for our youth go to www.myplate.gov. 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 health insurance either and I can identify with those who can’t find work and are desperate, I have a Masters and a PhD degree and I cannot find permanent work. I do not have health insurance either and I can identify with those who do not. Again, we need more of those who can’t find work and are desperate to relate to the community, person and families that are struggling in public office. But more importantly elected public officials shouldn’t lose touch with their constituents.

Rev. Dr. Henderson is a community leader on the West Side and has been active in the Chicago Boy Scouts as Unit Commissioner in the 7th Congressional District running against incumbent Congressman Danny K. Davis who currently holds the public office. This would be the first time that the minister ran for public office and statewide office. With all the issues of rising unemployment, foreclosures, and hopelessness, Rev. Henderson feels that the local public officials should be held accountable and there should be transparency. Rev. Henderson says, “I feel that the current public officials and the community should work together to find solutions to the problems that is plaguing our community all over the 7th Congressional District.” I’m concerned about the rising crime in our area and it has to do with no jobs in our community for working adults, as well as young adults and teens. I feel that we need more jobs in our community and more social programs.” Part of the state central committee member’s job is to slate and endorse candidates that represent the best interests of our community. I will not continue to slate or endorse candidates that don’t bring jobs, programs, and services to our community. I want the residents of the seventh Congressional District to know that I will fight for jobs, programs, and services to our communities. I also want to build relationships with all our elected officials. Also, I want to have community meetings and reach out to constituents to relay concerns to all elected officials.”

Rev. Dr. Henderson believes that we need more common folk that can connect with working class families that are struggling in public office. Rev. Henderson says, “I too am struggling to make ends meet and I can identify with those who can’t find work and are desperate, I have a Masters and a PhD degree and I cannot find permanent work. I do not have health insurance either and I can identify with those who do not. Again, we need more of those who can’t find work and are desperate to relate to the community, person and families that are struggling in public office. But more importantly elected public officials shouldn’t lose touch with their constituents.”

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LANE CHANGE

When Money is the Solution The Church is the Problem
A Commentary by Travles R. Lane - the1tlane@yahoo.com

Yet at the same time many even among the leaders believed in him. But because of the Pharisees they would not confess their faith for fear they would be put out of the synagogue; for they loved the praise from men more than praise from God—John 12:42-43.

Men may worship God, yet they serve money. I cannot recall if this is a quote from some famous or distinguished person in history, but I do know no truer words regarding religion has ever been uttered.

This thought came immediately to mind the other day as I was reading about the $1.3 million advertising campaign the Catholic Church plans for the upcoming Christmas season in an effort to bring so-called “lapsed” Catholics back to the faith. If this wasn’t so serious it would be hilarious.

Just think about it for a moment: The church that claims its lineage from the Apostle Peter is trying to retain/regain membership not by the power of the truth, but through the propaganda of big-money public relations. For a faith that claims Jesus Christ as its master, it seems rather unseemly for it to be relying on worldly means to accomplish the miracle it will surely need to convince anyone that a church that expresses such faith in money truly serves a heavenly purpose.

And that is not only a problem for the Catholics. Unfortunately, most so-called Christian religions today seem more intent upon serving the duplicitous dictates of mammon rather than heeding Christ’s admonition that you cannot serve two masters. Perhaps if the Pope didn’t live like a worldly king and the church spent more time truly serving its believers rather than seeking to control their faith, a better use can be found for a $1.3 million than a public relations campaign based on worldly goals.

At a time when the reign of money in the world has never been more evident, it is time for Christianity to either provide a true alternative to its power or simply admit it too, serves the god of the almighty dollar. At least then, there wouldn’t be so much hypocrisy confusing serving Christ with getting paid.

And we might not have so many silk-suited preachers running around in Cadillacs and Lear jets proclaiming the blessings of finances as sufficient evidence of preparation for life beyond worldly concerns.

Because when money is the object or the solution to a problem, Christ is already absent from the equation.

Also want to add my two cents concerning Joe Wilson’s “You lie” outburst during President Obama’s speech last week. Forget his apology. This man was speaking for white America when he disrespected the president. And white America has responded by donating big bucks to his re-election in South Carolina next year. If you want to know how far we have moved beyond race in this country let’s see how many Joe Wilsons wind up in Congress next year.

And then let’s see how truly uncivil things get in Washington and around the nation in 2012 when we have a black president running for re-election.

Services Set for Marian Elizabeth Mays-Beckless

Marian Elizabeth. Mays-Beckless. She made her transition on Friday, September 12, 2009 at 7:40 a.m. after a lengthy battle with a variety of ailments.

Born January 9, 1932 in Griffin, Georgia, she was 77 at the time of her transition. She is the mother of North Lawndale Community News Police Roundup columnist, Herman Beckless.

Visitation will be held on Thursday, September 17, 2009 from 8:00 p.m. until 8:00 p.m. at the C.B. Taylor Funeral Parlor, 63 East 79th Street, Chicago, Illinois. The funeral will be held on Friday morning, 10:00 a.m. at the same location. Interment will be at the Mt. Hope Cemetery, 115th and Fairfield on Chicago’s Far Southwest Side.

Communications should be addressed to: Herman M. Beckless 9304 South Harvard Avenue Chicago, Illinois 60620 beckless@yahoo.com - 312-446-2202

GO TEAM!

From Left to Right: Marcie Hill, president of From Goodness to Greatness, Otis C. Monroe III, CEO of the Monroe Foundation, and Valerie Leonard, consultant to nonprofits and principal facilitator of Capacity Building Blocks program.
Youth Training and Employment
Program Gives Top Job Searching Tips

Chicago’s youths face great employment challenges as more experienced applicants are now applying for entry-level jobs. Jobs For Youth, a non-profit that averages over 1,000 job placements for Chicago youths (ages 17 to 24) from low-income families every year, offers youth tips to help in their job search.

1. Building Your Resume: If you have never done a resume, use a resume template. They can be found easily online or in your computer software. Make sure you use spell-check and have at least three people look over your resume for grammatical errors.

2. Phone Etiquette: As you start applying to jobs, make sure your voicemail message is business appropriate. Let members of your household know that you are expecting calls for employment interviews so that they may also answer the phone appropriately.

3. Network: It is amazing who you may know who may know someone else. It is all about connections. Make a list of organizations and places you are involved with – church, school, community groups, family. Talk to them. Let them know you are looking for a job and what your skills are.

4. Interviewing: Be 15-minutes early for all scheduled appointments and interviews. Carry at least three copies of your resume and list of references to each interview. Maintain a neat and professional appearance. When in doubt, wear a suit. Do not bring anyone with you to interviews. And remember, everyone in the office is watching you. Be polite to everyone. Always turn off your cell phone. Remember to send a thank you letter after the interview.

5. Congratulations, You Have a Job! Knowing your strengths and how they are used at work can make you realize how valuable you are and therefore make you appreciate your job more. Are there a few pointers so that you can keep working well? Know where you want to be with the company and know how to get there. Bring new ideas to the job, make yourself valuable. Be flexible with job requirements: tasks that look like a pain can turn out to be a blessing. Be friendly with everyone, you never know who can take you to your next step. Support your teammates, they will support you!

About Jobs For Youth (Chicago, Inc.)
Jobs For Youth (Chicago, Inc. (JFY) helps young men and women from low-income families become a part of the economic mainstream; and, in the process, provides the business community with motivated job-ready workers. JFY offers pre-employment training, GED preparation and job placement services to youth that are between the ages of 17 and 24. Established in 1979, JFY has made over 26,000 job placement to help Chicago’s deserving youth enter the workforce. More information is available at www.jfychicago.org, including a short video about JFY programs and services.
Do You Have Something to Buy, Sell, Trade, Rent or Announce?

Are you looking for employment or looking to hire? You can do it here in the North Lawndale Community News Call 312/492-9090 to place your classified ad!
2nd 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, 25-34, 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.

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INTERSTATE
Muffler & Automotive Repair
2158 South Pulaski
(corner of Cermak & Pulaski)
Chicago
773-522-0122

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2009 Microsoft Office Training Schedule

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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**

Class Hours
Saturday
10AM-2PM

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 class.

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

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Diagnostic Testing
$39.99

OIL CHANGE, FILTER, TOP OFF THE FLUIDS & ENGINE FLUSH
$39.99

Radiator Flush
$59.99

Struts
$19.99

Mufflers
$19.99

Converter Instalation
$129.99

Full Tune Up Service
4 cyl. $169.99
8 cyl. $189.99

Front or Rear Brakes Service
$59.99

Front or Rear
Includes installation of front pads, inspect inspect rear rotors, wheel bearings, calipers, hydraulic hoses and road test pads and shoes extra

MOST CARS & LIGHT TRUCKS

Front or Rear
Includes installation of front pads, inspect inspect rear rotors, wheel bearings, calipers, hydraulic hoses and road test pads and shoes extra

MOST CARS & LIGHT TRUCKS