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

OPRAH WINFREY KICKS OFF HER 24TH SEASON ON MICHIGAN AVENUE



More than 21,000 fans gathered on Michigan Avenue to help Oprah kick off her 24th season. A special choreographed dance was performed by the fans during the introduction song performed by the Black Eyed Peas. (photo by Billy Smith)



Fans from all over came to celebrate with Oprah as she closed down Michigan Avenue for this history making event with performances by the Black Eyed Peas, magician Criss Angel, Jennifer Hudson, James Taylor and Rascal Flatts. (photo by Billy Smith)



Chicago's own Jennifer Hudson got people dancing in the streets with a medley of "Best of My Love" and "I'm Every Woman." Then, she kept the party going with a performance of her hit single "Spotlight." (photo by Billy Smith)

31ST ANNUAL CHICAGO JAZZ FESTIVAL KEEPING THE TRADITION STRONG FOR 30 YEARS



Renowned jazz guitarist Fared Haque and the Flat Earth Ensemble heated up the Jazz Festival on Jackson stage Friday - the opening day of the fest. (photo by Billy Smith)



The very lovely and amazing Dee Alexander, graced the main stage (Petrillo Band Shell) for the first time, to close out the 31st annual Jazz Fest. Dee dazzled the crowd with her sultry jazz stylings, showing why she is one of the premier female jazz vocalists of our time. (photo by Billy Smith)



The lovely and very talented, bassist, Esperanza Spalding, wowed the crowd with song and sound Fri. at the Jazz on Jackson. The youngest person to ever teach at Julliard, showed why she should have performed at the Main Stage (Petrillo Band Shell). (photo by Billy Smith)

2009 AFRICAN FESTIVAL OF THE ARTS



Food Vendors lined walkways of the festival. (photo by Billy Smith)



Merchant Vendor selling afri-ware. (photo by Billy Smith)



The first night at the main stage the Ohio Players performed. (photo by Billy Smith)



Day 2 continued with Booker T. Jones formerly of Booker T. the MG's. (photo by Billy Smith)



Day 2 Hip Hop artist The Pharcyde energized the crowd with old favorites. (photo by Billy Smith)



Ahmad Jamal closed out day 3(Sunday night) with his classic jazz stylings. (photo by Billy Smith)



Of course the one and only George Clinton and the gang Parliament / Funkadelic joined by special guest Sly Stone, closed the fest with a classic walk off performance. (photo by Billy Smith)

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North Lawndale Community News
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 2005 SBC Beyond the Call Award
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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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From Sista To Sister: Never Forgetting The Loss & Conspiracy Behind 09/11/2001

With all due respect to those who have lost their lives and their families, we the American people could never forget the catastrophic event that took place on September the 11th, 2001. It seems as if it was just yesterday, when America was torn apart by such an event that has so isolated the American people even up until today. With the many gaps, loop holes, and unanswered questions that our government officials still face in the aftermath of what has torn so many people apart, many are very skeptical of what, who and how this disastrous event really took place.

One says, that there were terrorists from another country which was a scar tactic to separate Muslims, Christians, Jews and the American people at large from thoroughly communicating with each other, another says that, Osama Bin Laden was the mastermind

of such an event, and still others say that our President of the United States at the time George W. Bush was the orchestrator of the complete event. And still the question lies, who is behind the deaths of so many innocent American people, and why?

How could the authorities, the protectors of our country allow such a thing to happen. Could it be because it was all planned and laid out ahead of time, from those who we the American people trusted with our lives and voted into office to protect the American people? Was the bloody day of September the 11th 2001 poised for a personal vendetta based upon a grotesque bloody ritual, black gold, or was it behind the findings of holy artifacts that lie on the bottom of the ancient city Babylon? These seem to be some of the questions behind finding out what, who and

See Sista page 4

LANE CHANGE: Corporate Terrorists, the Real Threat to U.S. on Patriot Day

A Commentary By Travles R. Lane -the1tlane@yahoo.com

On the day the Twin Towers came down eight years ago, I remember vividly sitting on the sofa in my living room with my then one-year-old son watching news footage of the buildings collapsing. Each of us were totally silent as the reporting portrayed the toppling of those iconic symbols of American financial might.

And although Corey seemed as transfixed by what we were seeing as I was, I'm sure he had no idea of the deadly seriousness represented in the surreal images on the television in the tiny living room of our small mobile home in Eastern North Carolina. My heart, on the other hand, was heavy with the implications of what we were witnessing. I recall hugging his little body close to me as I contemplated the American response to the greatest act of terror on U.S. soil.

My heart was filled with sorrow because I knew the spirit of vengeance that would rise from the ashes of the World Trade Center would consume Americans when the shock dissipated. They would want blood, and it really wouldn't matter whose. Wrong or right, somebody had hell to pay.

Even then I worried that our response could begin a conflict that would still be raging by the time the innocent little boy sitting next to me could become a soldier in it.

We're half way there in Afghanistan with no real end in sight. And that is a shame.

But it is not surprising. Because if the American people had not been so consumed by their historical bloodlust and primal thirst for revenge, they would not have allowed President Bush and his neo-con cadre of capitalist exploiters to manipulate Iraq into the equation. Then we could have gone whole hog into Afghanistan from Day 1 and put the pedal to the metal on those people truly responsible for the attack.

There was no need then to hold back. We had the moral high ground and the whole world

was in agreement. Had we put the necessary boots on the ground to cut off the terrorists from their anticipated retreat into Pakistan, we could have eradicated Bin Laden, tamed the Taliban and instead of talking about sending more troops to Afghanistan by now, we would simply be mopping up.

But of course, Dick Cheney and Haliburton saw no profit in that scenario compared to the anticipated windfall available in the conquest of oil-rich Iraq. And with a cowed Congress going along on behalf of a public that only wanted blood, not justice, we find ourselves at September 11, 2009 (a Bush-proclaimed Patriot Day) with such a mess in both countries that even stalwart conservative George Will is calling for pulling our troops out of each.

Now George Will and I agree about as often as the Big Bang occurs, but on this point we couldn't concur more. There is nothing to be gained by extending these twin mistakes simply for the sake of appeasing the fools who made the error in the first place.

It is too late to do the job right in Afghanistan; there was no good reason to invade Iraq; and we need to focus our energies on rescuing our economy from the worst crisis since Hoover.

Hey, if we want to fight an enemy who truly threatens our way of life, we need look no further than the banks, insurance companies and corporations who continue to place profits above patriotism everyday. And President Obama can lead the effort by not backing down from the public option in the current health care debate.

Because when we achieve victory over these profit-above-all-else, home-grown terrorists, the ones in places like Afghanistan, Pakistan and Iraq will realize the futility of their ever hoping to "bleed" us of our ability to keep them living in caves.

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Online Communities:

Promoting Peer Learning and Employment in the Nonprofit Sector

In an effort to promote peer learning and employment within the nonprofit sector, Valerie F. Leonard has expanded her website to include two new pages—the Nonprofit Knowledge Exchange and the Job Exchange.

The Nonprofit Knowledge Exchange

The Nonprofit Knowledge Exchange is an interactive forum that provides a safe space for nonprofit leaders to ask questions and seek advice from other nonprofit practitioners; share articles that others may find of interest; or, voice concerns and make recommendations regarding some of the challenges and policies that currently impact the nonprofit sector. The moderator will post questions to get discussions started, and forum members will have the opportunity to introduce topics of particular concern to them. There are currently three active forums on this bulletin board:

Forum 1:

Capacity Building Blocks This forum was designed for participants of Capacity Building Blocks, a 10-week workshop series for nonprofit leaders who are serious about maximizing community impact. Workshop participants may respond to follow up discussion questions, encourage one another to complete capacity building projects, share information and other capacity building resources. To learn more about the Capacity Building Blocks series, visit www.valeriefleonard.com to download a brochure.

Forum 2:

Stimulus Funding This forum is provided so that you may share your insights regarding the impact of Stimulus Funding on local nonprofits. You might want to share your experiences applying for funds; administering the grants; share pointers as to how to navigate the funding and administration processes, etc. This forum could be particularly useful in exploring ways Stimulus Funding may be more accessible to local organizations that are more likely to be on the front lines of social service delivery.

Forum 3:

Staying Afloat in Troubled Waters The current economic situation, coupled with the political climate at the State and Federal levels have wreaked havoc on nonprofit organizations' budgets. A number of organizations have considered merging; trimmed staff, cut back on hours, discontinued vital services, or even closed their doors. What is your organization doing to weather the storm? Would you care to share your stories of survival?

The Job Exchange

The Job Exchange is an interactive bulletin board developed to provide an informal clearinghouse for employers and jobseekers. If you have a position to fill, or are in the market for a job in the nonprofit sector, you have come to the right place. The current forums are listed below.

Forum 1:

Employers If you are an employer with a position to fill, you may post it here, free of charge. You may summarize the description and upload a document, or include a link to a website that provides further information about the position.

Forum 2:

Job Seekers If you are in the market for a job, you may use this forum to share a little background about yourself and upload a resume, or link to your resume. You may want to exclude your phone number and address on the online version for security purposes. This information should be shared with employers who indicate an interest in speaking with you further.

Visitors can sign up to register for the online communities by visiting www.valeriefleonard.com, and clicking onto the "Knowledge Exchange" or the "Job Exchange" button in the left margin. They will be guided to a page on the website that provides further information, and then forwarded to the bulletin

board for registration. The registration process should take 5-10 minutes in all. The forums will change from time to time to make sure the content is relevant to the users.

Valerie F. Leonard is a Chicago-based community development consultant, with a mission to strengthen the capacity of organizations to make a positive impact on the

communities they serve through technical assistance, specialized workshops, resource and organizational development and project management. Ms. Leonard is currently accepting suggestions for future discussion forum topics. If you have any ideas, you may reach her at 773-521-3137, or e-mail her at consulting@valeriefleonard.com.



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10/13/09	Capacity Building Block 5™	Budgeting and Forecasting Cash Flows
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Sista from page 3

why as it pertains to such a day in America, that could never be forgotten. Even still today many are frightened by the rippling effect of the Patriot Act that has unconstitutionally invaded the privacy of so many innocent people, innocent civilians being killed each and everyday, women being raped, and our own American brothers and sisters fighting a war that they haven't the slightest idea what they are fighting for.

The most frustrating part about this unsolved puzzle is that many innocent people had to lose their lives due to the deceptive tactics of the the Bush Administration. And more over, due to the unconstitutional dealings of the Patriot Act many American people, and legal residence have no privacy but we have become victims of a scandal that we have nothing to do with.

And when someone speaks up about the truth behind 9/11 they are ridiculed, ostracized, and made out to be unpatriotic. Are we no longer "America The Free?" Have we conformed to a dictatorship, where our conversations are monitored, and our freedom of speech has been taken away from us?

Just recently former White House environmental adviser Van Jones has faced what I call the implementation of a dictatorship. This man was forced to resign from his position due to his personal beliefs which weren't immoral in any way, shape, or form. The only immoral act was the Bush Administration lying to the American people to fulfill their own personal vendetta. Having people killed each and everyday, and even still up until this day people are losing there lives for what reason? This indeed is immoral! Still the American people ask for answers. Van Jones signing a petition that suggested that the U.S. government was involved in the September the 11th scandal only shed light upon the darkness behind this wrenching event. Unfortunately, based upon much research, any one who has done such would come up with the same conclusion.

So why must one sellout in order serve the American people. Mr. Jones has done nothing wrong, but voiced his opinion about the situation that took place on September the 11th, 2001 which has a sad, but shocking truth behind it. When it all boils down, and the truth comes to light we will find out that Mr. Jones's understanding of this event is true. When will it stop? The cover ups in order that what is true is given to the American people which we very much deserve.

We the American people of the United States have so much hope for the current administration but when things of this nature surface, it begins to make many wonder what's really going on. It is time for us to wake up America and understand the realness of this situation because innocent people are dying even still today due to an unjustified war. Never forgetting those who have lost their lives on 9/11/2001 may God rest their souls and send their families peace.

May God Bless Our Soldiers And The Civilians Who Have Become Victims Of An Unjustified War.

Websites to research that give information a clues about the conspiracy behind 9/11/2001:

- <http://www.question911.com/prevue.htm>
- <http://www.911docs.net/>
- <http://www.archive.org/details/911revisited>
- <http://www.archive.org/details/mbroeckers911Inquiry>
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You Do The Rest! Wake-Up America, It's Time To Wake-Up!

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.

This year's **365BLACK** award honorees are committed to changing lives 365 days a year.



McDonald's® annual 365Black Awards recognize individuals who are committed to and deeply rooted in the community. This year, we recognize Soledad O'Brien, Alonzo Mourning, Earl Graves, Frank Mason and James Clyburn for their ceaseless efforts to serve the African-American community 365 days a year. For more about this year's honorees, visit 365BLACK.com



AT THE FLICKS

David H. Schultz, film critic



9 (**1/2) Expanded from its 2004 Oscar nominated short film into an elaborate animation feature, supported by the visionary reputation of filmmakers Tim Burton and Timur Behmambertov as co-producers to help insure the vocal and technical talent here.

The end result is a visually stunning cinematic achievement for writer-director Shane Acker's often dark yet breathtaking, computer animated, apocalyptic drama, that depicts another desolate urban wasteland caused by the anarchy of war between man and machine.

Apparently, more design for older kids and adults; "9" is a film more closely in dramatic tone to "I Am Legend" than the gentler yet insightful "Wall-E" that falls somewhere in the middle.

This time, the small creation isn't a robot, but made from a patchy doll-like image with microscopic bug eyes and a zipper in his fabric chest seems to represent a diminishing species

caught in the middle of the war that resemble post-WWII London in ruins and mixed with the influences of the 1900 Industrial Revolution.

In this environment of an enormous junkyard of a dead civilization, where machines now rule over their makers. Amidst the rubble of a dead scientist's office; No. 9 (voiced by Elijah Wood in his first vocal role in animation since "Happy Feet") awakes to find a small strange artifact with three symbols inscribed that begins his quest for his origins and purpose.

When No. 9 is saved from the giant machine beast by a missing and ex-group leader No. 2 (Martin Landau) sent out on a doomed mission by the threatened No. 1 (Christopher Plummer), No 2 becomes a captive of the beast that No. 9 intends to somehow rescue with help from a sympathetic one eyed No. 5 (John C. Reilly)

While No. 9 takes chances that often endangers the lives of the remaining others to seek clues. And answers. No. 9 has the courage and curiosity to question against No. 1's "run and hide" survival philosophy that eventually uncovers news footage and a pre-recorded message that showed the scientist made the mechanical beast for the good of mankind that was made evil by the Nazis.

So the No. 1 through 9 doll like creations were made by the scientist to help right the wrong with the same artifact that could destroy them all, that had to be figured out how to be used, in order to trick and destroy the beast and give civilization a second chance.

An ambitious film that is quite visual, creepy and compelling under a basic survival drama and morality play to show that one can make a difference. Also providing a visual difference is the detailed battle sequences that are quite impressive that helps fills out the film.

However, the film for such a brief 79 minutes running time feels oddly longer than it really is. This indicates some flaws or lack of enough of

ideas from "Monster House" screenwriter Pamela Pettler's broadened script here in stretching the short film into a feature that director Acker didn't overcome fully in his cinematic vision Even though the effort is still noteworthy and occasionally thoughtful.

PG; 79min. A Focus Features Release - Presented at selected theaters

FIVE MINUTES OF HEAVEN (**)

This low budget British/ Scottish drama is based on a true story that later decides to fabricate an optimistic showdown years between two men of different background and ideals that seem to suggest that too much of the real true wouldn't be justice enough for this human drama.

In the small Northern Ireland town of Laurgan, 16 yr old Protestant, Alistair Little searching for his identity in life hangs out with his teenage buddies who accept a challenge from some local mobsters who have some misinformation along with their ethnic hatred to kill a 19yr old Catholic, Jim Griffin sitting at home in a drive-by shooting that is witnessed by then 11 yr old brother, Joe Griffin..

From this tragic incident Joe is traumatized by his outraged mother's cry8bng words, "You should have done something. The impact of his mother's outrage along the assassination left emotional scars that never healed completely for any reconciliation that continued into Joe's adult life.

After Little was sentenced and served twelve years for the murder; Thirty years later Griffin has the opportunity to confront Little (Liam Neeson) on a popular television talks show. But instead, the encounters didn't reach the TV studio. Instead they met privately to



Liam Neeson in Five Minutes of Heaven

express their inner thoughts and physical frustration in a fight brawl that does little to heal the past. But perhaps gave each man a sense of closure.

This true story works its way toward the premise of a fictional confrontation that allegedly screenwriter Guy Hibbert scripted the dialogue from the real men incorporated into their screen counterparts. It's interesting only for the performances, not the outcome that really doesn't matter enough given the exclamation point that falls short of what this movie was aiming for.

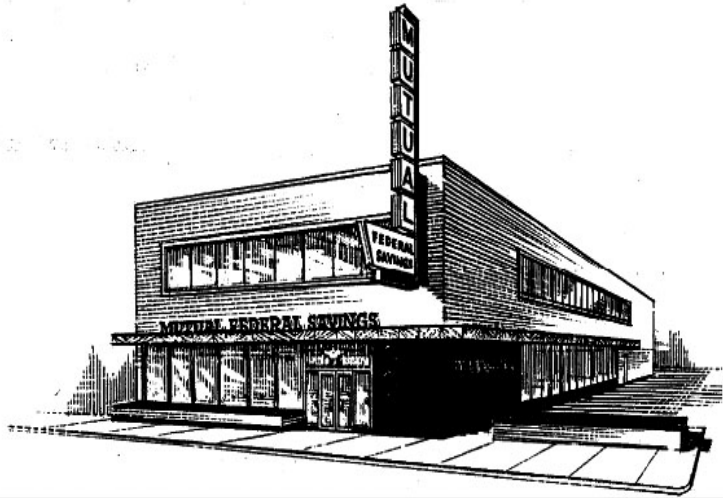
R; 90min. A IFC Films Release - presented at Landmark Century Centre Cinema (2828 N. Clark)

ALL ABOUT STEVE (*1/2) As romantic comedies go, "All About Steve" is not about nothing much. An awkward obsession premise underlined with the current media frenzy to say anything to get a news story. I almost had to wonder what co-executive producer and star Sandra Bullock thought she had in this script.

Bullock stars as Mary Horowitz, a preoccupied crossword puzzle constructor for

See Flicks page 7

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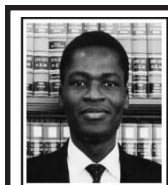
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Flicks from page 6

a small Sacramento Calif. newspaper who has no life beyond her work. While Mary lived at home with her parents (Howard Hesseman and Beth Grant) who apparently wants their daughter to "get a life" out of their nest.

The parents arranged a blind date that Mary expects to be a dud, but instead, turn out to be more than a stud, but her "selected" soul-mate – Bradley Cooper as Steve Muller, the handsome news cameraman who works an on-air reporter. Hartman Hughes (Thomas Haden Church) already feeling the lack of perks that his rival TV station reporter gets.

Yet, Hartman becomes the unofficial matchmaker after Steve and Mary's initial date; she happens to appear at one of their news stories' sites. Hartman begins to leave information that allows her to follow the news crew, assignment by assignment as instructed by their station's news director (firmly played by Keith David) that merely seems to stretch the premise in search of laughs that are barely achieved.

In Mary's romantic pursuit that earlier got her fired from the newspaper for designing a crossword puzzle about Steve. Later she eventually becomes part of one story involving her paying more attention to Steve at job on a story than where she was waking. When she falls into a mine shaft hole that one of several deaf kids had fallen into.

For this incident, the film shows how the media manufacture and sensationalize through manipulating a news story centered on "all about Mary". Even though this circumstance is more design to bring Bullock and Cooper's characters together for the film's finale. Still, some of this might sounds amusing at first, but it's visually ridiculous and quite forgettable as comedies goes.

PG-13; 98min. A 20th Century Fox Pictures Release – Presented at selected theaters

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9/5	Excel 2003 Basic To Advance
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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
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2nd Annual Lawndale 5k Walk/Run

Saturday, September 26

Lawndale Christian Fitness Center
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2nd Annual Lawndale 5k Walk/Run

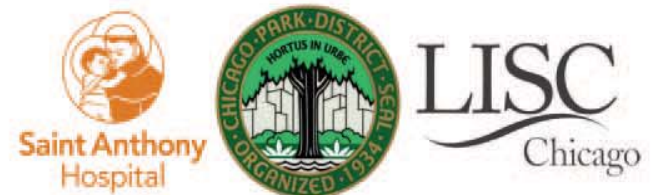


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8am Check-in
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 10am Kids Dash (ages 3-12)
 10:30am Awards Ceremony/Healthy Snacks

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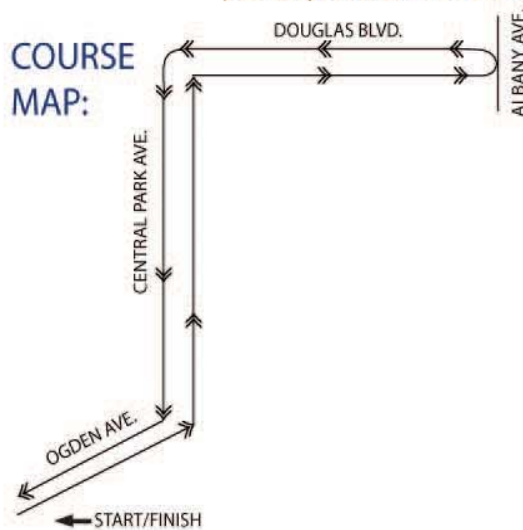
Awards will be presented to the top three male and female runners in each of these age groups: 6-14, 15-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

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