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

Marshall Players win at State Tournament

Todd Thomas



Marshall Chess Team, along with Grandmaster Yuri Shulman.

Marshall is a high school with a strong sports tradition. They field competitive teams in every sport, and they've won countless city and state championships in boys and girls basketball over the years. But there's a new kid on the block and the chess team is becoming a force to be reckoned with as well.

The chess team recently competed at the IHSA state tournament and they put in a nice effort. Two senior

players in particular played extremely well. Joshua Williams won five of his seven matches and Lorenzo Cox was undefeated in his seven chess games, winning a first-place medal.

It was the second trip to the state tournament for Cox. He finished in the top 20 last year and he was determined to improve and win a medal this time around.

"I wanted to bring the school back

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NORTH LAWNDALE EAGLES COACH USES FOOTBALL TO HELP KIDS IMPROVE THEIR HEALTH AND THEIR LIVES

Nicholas Short



(From l-r) 2009 Season MVP Latorrence Trippett, Co-MVP Marquise Jefferson head coach Charles Rice and MVP Antonio Boyd

Coach Charles Rice, the head coach of the North Lawndale Eagles, really likes his job. Not only does he get to teach young children to be stronger, healthier athletes, but he gives them guidance and encouragement that they may not get anywhere else.

A head coach since 2006, Rice's main target is not winning championships. His sights are

set on children in the African American community who desperately need exercise. "We got some pretty young, overweight African American kids," he said. To him, neither schools nor parents do enough to give kids exercise and guidance. One sign of this, according to him, is when he catches

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LEGACY CHARTER SCHOOL "SCHOLARS" GET NEEDED DENTAL CARE

Abu Bakr Nurrudin

Developing scholars by the dozens is what the North Lawndale Community News (NLCN) has learned has been happening for the past five years at the Legacy Charter School (LCS), located in North Lawndale at 4217 W. 18th Street. Referring to students as "scholars" is a part of the school culture designed to emphasize the importance of learning and demonstrate the high expectations that school staff have for the students.

On Thursday, Feb. 25, 2010, the temperature out-of-doors was a cold, 20 plus degrees but the cold was soon forgotten because a good thing was happening inside the school – a program called Dental Day at Legacy Charter School, which provided free dental screenings for about 200 pre-Kindergarten, Kindergarten, first- and second-grade scholars.

The purpose of the program was to provide free screenings to the North Lawndale children, many of whom are from families with unmet dental needs and to heighten awareness about the importance of good dental health, especially during a child's early years when dental habits are formed.

Additionally, Dental Day served as a powerful example of how large, for-profit organizations can come together to give real help to the community. Allstate Insurance partnered with law firm Sonnenschein Nath & Rosenthal LLP to bring a major corporate program, Colgate's Bright Smiles-Bright Futures, to the school for Dental Day.

For Sonnenschein, helping Legacy is nothing new. The law firm actually founded the school in 2005 as a part of its

commitment to give back to the community. Sonnenschein sponsors the school and provides financial and managerial support. Several Sonnenschein lawyers sit on the school's board of directors. Legacy is a Chicago Public School.

According to Sonnenschein litigation partner Leslie Davis, who is also vice chairman of the school's board, Sonnenschein founded the school in celebration of the law firm's 100th anniversary.

"We wanted to do something that was (1) lasting, (2) would be of real community benefit, and (3) traditionally had not been done," Davis said.

Since the school opened, Sonnenschein has helped operate the school and provided support in numerous ways, including fundraising, accounting services and computer support for Legacy school staff. Several years ago, Sonnenschein gave 100 computers to families of Legacy students.

In addition, Sonnenschein, who has served as the law firm for insurance powerhouse Allstate for 50 years, invited Allstate to participate with the school. As a result, Allstate and its employees have provided support for several programs at Legacy, including Dental Day.

Approximately 20 Allstate employees, almost all of whom were lawyers, volunteered during Dental Day. They helped support teachers and worked with the kids, providing oral health education and escorting the youngsters to and from the screenings.

Among the volunteers was Michelle Coleman Mayes, senior vice-president and general counsel for Allstate Insurance.

Involvement from an employee at such a high level shows a real company commitment to the project. Coleman Mayes also had a special interest in Dental Day. She worked for Colgate-Palmolive for 11 years and knows first-hand the importance of good oral health among youth.

Coleman Mayes was an important connection to the Dental Day program. She is a long-time friend of Dr. Marsha Butler who created and heads up the Colgate Bright Smiles Bright Futures initiative. It was Coleman Mayes who called Dr. Butler to ask that Colgate bring the dental program to Legacy.

According to Butler, who attended Dental Day at Legacy, she developed the Colgate program to help improve oral health of underserved children in pre-Kindergarten through sixth grade (three- to 12-year olds). Components include an in-school curriculum, teacher's guide, oral health activities, inter-active audio/visual material, DVD and cartoon characters (Dr. Rabbit and Dr. Brushwell) who help teach oral health to kids.

Dr. Butler said she used the program as a model to expand internationally. So the same program that provided oral health education to North Lawndale youth at Legacy Charter School is helping children in 90 countries throughout the world.

According to www.oralhealthmatters.com tooth decay is the most prevalent chronic disease in America's children, five times more common than asthma. Centers for Disease Control and Prevention data show that children five to seven years of age are estimated to lose more than seven



million school hours annually due to dental problems.

Additionally, dental health is critically important to overall well being. Dental check-ups can help prevent tooth decay and gum disease and help identify early signs of diabetes and vitamin deficiencies. Dental disease, if untreated, can interfere with learning and speech development and cause pain, discomfort and tooth loss.

According to former West Side resident Drew Barrett, who is a coordinator for the Bright Smiles program, the west side of Chicago is a dental desert where there is little affordable dental care available. Most residents do not have healthcare or dental care so dental education is especially important, he said.

"When people are laid off, dental insurance plans are the first to go, which

means a lack of adequate dental insurance coverage," Barrett said.

"Dental schools which used to provide dental care for low-income Chicago residents have closed their doors. Northwestern University closed its dental school eight years ago. The only dental school in the area is at the University of Illinois," said Barrett.

He emphasized that good oral health habits should start at age two with a child's first set of teeth, instead of the second set like many parents believe. If the first set is not properly cared for, the second set may grow in with untreated problems, Barrett said.

He also remarked that the lack of dental coverage means the unmet need in North Lawndale affects a vast number of

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North Lawndale Community News
Winner of the 2005 SBC Beyond the Call Award

North Lawndale Community News
Winner of the 7th Congressional District 2004
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NLCN 2010 Focus Youth & Reflection

The North Lawndale Community News has ten years has completed. Much has happened since October of 1999 when we put out our first newsletter. Many have contributed, supported, volunteered, written, taken photos, done research, and/or completed our workshops. We have helped many and many have helped us.

When the North Lawndale Community News began in October of 1999 as the North Lawndale Community Newsletter, a focus was established. First, we thanked God for making the newsletter possible. We stated that confidence in the good of the people was the motivating force behind it. Many resources and events are available to us and our neighboring communities and the role of this newspaper is to provide you with that information. Since then, the newsletter has become a newspaper, larger in newsprint size and organizational size.

In 2001, our focus targeted the "Revival of the Family". Many of us were then and are now concerned about the state of the family in our community. We focused on providing helpful and useful suggestions to strengthen and restore vitality to the family unit.

In 2002, we targeted "Wholistic Wellness". Our hope was that everyone in our community join us as we moved in the direction of creating a balanced life in which family, work, recreation, community participation, and spiritual endeavors worked together in harmony.

In 2003, we targeted "Education and Training". As a community, we are dominated by results of low educational levels, high unemployment, a hostile economic environment, and unbearable crime and murder statistics. Still, we pushed forward to improve life in our community on many levels and by many people from within the community, as well as concerned people from outside the community.

In 2004, the North Lawndale Community News focused on helping our community acquire a better quality of life through higher levels of reading and responsible wealth creation.

In 2005, it was Technology, Business Development, and Employment. We chose to include a strong focus on providing information and articles on resources in those areas because there was a growing unemployment rate in North Lawndale and some of its neighboring communities that are among the highest of all the 77 Chicago communities.

In 2006, the primary focus for SHS/ NLCN was Health, Education, and Welfare. Health is essential to a good life. Education is necessary for the pursuit of happiness especially in an economy driven society. Welfare is unavoidable in showing man's humanity (love) toward man.

In 2007, the primary focus for SHS/ NLCN was People and Education. Our history of people is great. People have strived to create progress in our community, raised their families, created businesses, triumphed over adversaries, and worked in the community. All year long NLCN focused on articles related to people and education throughout our newspaper, weblog, and website that serves the Westside of Chicago.

In 2008, the primary focus for Strategic Human Services and the North Lawndale Community News during 2008 was the Church, Financial Literacy, and Technology. There are many problems that face North Lawndale and its neighboring communities. Anyone of them are the most important to any individual when it is his, her, or their biggest battle.

In 2009, the primary focus for SHS/NLCN was 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 selfcare practices.

In 2010, our primary focus will be to live and reflect on our previous years of focus, as we progress to a better quality of life.

The North Lawndale Community News

The North Lawndale Community News is now published weekly by Strategic Human Services. Our purpose is to help inform our community on resources, events, and issues relevant to them and our neighboring communities. Our community includes those who live, work, worship in, and/or care about North Lawndale. Our focus is on positive, productive solutions, that will improve the lifestyle of our community members.

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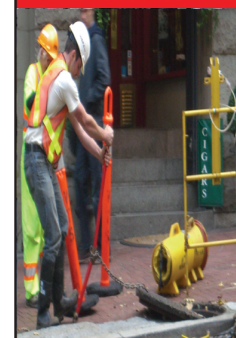


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Eagles from front page



Coach Charles Rice, Director Antwon Edwards and Coach Troy Gilmore

his players eating unhealthy foods from corner stores, such as "flaming hot" potato chips covered in cheese and hot peppers. "You got to nourish your body. You got to get your mind and your body in shape," he said.

The Eagles are a part of an elementary youth tackle football league, which was developed in 1991. A North Lawndale native, Rice played football in high school and college, but never had the opportunity to be a part of an elementary league. "We didn't have an elementary league when I was coming up," he said.

Football is not just a sport that he loves. It is a sport that made him a better person. "It gives you piece of mind," he said. He believes that the sport can steer children away from negative activities, which is highly important. Today, negativity can be found in various places. And he feels that it is his responsibility to pull African-American children away from it whenever possible. When he is around his players, he takes comfort in knowing where they are because of the bad influences that lurk through Chicago's streets. "When they're not in my presence, in this day and age, you just hope and pray that you see them again the next day," he said.

He wants his players to rise above the today's negative influences. "Think positive. No matter what the outcome may be, no matter what goes on at home, no matter what movie you [are] watching, no matter what you see on the news. Don't picture yourself in that situation. There's always light at the end of the tunnel," he said.

And being a coach, he believes, means watching over the players and ensuring that they are on a positive path. "We're not just coaches on the field," he said. "We're parents, we're guardians, we're protectors, we're providers." But more parents are needed to help him guide his players. "We need a lot of parent participation and a lot more dedication from parents." Support from parents can greatly improve his team's chances of winning a championship.

The Eagles did not make the playoffs this season, but win or lose, he still provided fun activities such as trips to Black college games at Soldier Field, to show his gratitude for all of their efforts. "I appreciate the kids coming out and playing football. I don't get paid for this. I do this voluntarily." One of the ways he and his team celebrated a job well done is with the Season Finale Banquet, which took place at February

20 at The Boat House, 2-6pm. Every player received a trophy and a medallion. Guest Speakers at the banquet included Cook County commissioner Barbara Steele and Coordinator of the Youth Tackle Football League Thomas Smith.

The banquet also included an academic achievement award in honor of Michael

Scott, Sr. who did so much for The Eagles and the black community, according to Rice. Scott provided the team with whatever they needed: transportation, food, etc. He wasn't just the president of CPS, Rice said, "he was the president of our community." Rice realizes that others would disagree, but everyone who knew him knew he was a great man.

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Legacy from front page

residents which makes practicing good oral health habits so important.

To encourage good oral health habits, the Colgate Bright Smiles, Bright Futures website www.colgatebsbf.com suggests the following:

- Brush teeth at least twice a day, preferably three times or after each meal
- Floss at least twice a day. Brushing and flossing helps remove plaque, the complex mass of bacteria that forms on teeth every time you eat
- Use fluoride which helps strengthen developing teeth in children and helps prevent tooth decay in children and adults.
- Avoid sugary snacks and drinks
- Discourage thumb-sucking. Thumb-sucking after age four can lead to crooked, crowded teeth and/or bite problems
- Visit the dentist twice a year.

In addition to Dental Day at Legacy Charter School, founding Principal Lisa Kenner has big plans for more school programming that ultimately will help transform the North Lawndale community, starting with the "scholars" at the school.

Kenner describes a scholar as follows:

- A scholar's hand builds, not destroys.
- A scholar uses words as a tool, not a weapon.
- A scholar's mind is always asking questions.
- A scholar believes it is ok to disagree.
- A scholar cares for him/herself and never gives up.

Kenner said she believes in order for there to be a strong, vibrant community, there has to be a community of scholars. She plans for Legacy to play an important role in building the next seven generations of scholars in North Lawndale.

Meanwhile, her more immediate goals are establishment of seventh and eighth grade classes at the school, continuing to recruit "amazing" teachers and continuing the development of future scholars. Additionally, Kenner plans to create a college-preparatory middle school at Legacy.

She will also establish the All Community Exploration (ACE) program which will allow community residents to teach a class for six to 12 sessions about whatever their passion might be – all in the name of helping Legacy Charter School scholars, much like Dental Day did.

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Anchor to Family Values Keeps Duwell's Fish Company Afloat

TRAVLES R. LANE

It is said that no greater tribute or treasure can a man possess than the

love and admiration of a son who eagerly follows in his daddy's footsteps. Add to that a devoted spouse who stands beside you in good and bad times and honors the life you lived together even after you have met your maker.

And that is the measure of immortality that the late Cliff "Duwell" White

has earned as his wife, Juanita and son John continue to build on his legacy of making the Duwell's Fish Company at 617 S. Pulaski Road a business where fish loving clients are considered family, and when they walk in the door to shop at Duwell's, they're treated like visiting relatives.

"We treat our customers like company," said Juanita White at the small West Side fish market at the corner of Pulaski and 5th Avenue where it has operated for more than 44 years. Since Cliff died in 2006, Juanita and John have changed little about the place or the people who carry on Duwell's legacy of providing fresh fish and friendly, hospitable service to its customers.

Although about a month ago, they had to restore one of the brick columns in front of the business to its upright position after an out-of-control motorist's car rammed it down, little else has knocked the fish market off its stride.

Responding to a lifelong love for fishing, Cliff, who moved to the Windy City from Mississippi in the 50's during the Great Migration of blacks from the South, opened Duwell's Fish Company in 1967, after attempting a number of other entrepreneurial ventures on the West Side. And despite the large swat of black enterprises that were destroyed a year later or withered on the vine following the 1968 rioting and looting that enveloped the West Side after Dr. Martin Luther King Jr.'s assassination, Duwell's managed to not only stay in business, but thrived.

"We give our customers good service here; when you do that, they keep coming back," Juanita said recently, speaking over the roar



Skinning the Catfish: Earnest Matlin prepare selected fish for customers at Duwell's Fish Market

Matlin completed the orchestral cacophony of sounds as he cleaned selected catfish for waiting clients.

Duwell's Fish Company supplies retail, wholesale and commercial clients with varieties of catfish, buffalo, perch, bass, brim and shrimp and other seafoods throughout the city. And the company's own "Duwell's Shake-N-Fry Fish Breeding" provides a tasty complement for frying them.

Juanita, who hired on as a fish cleaner at Duwell's in 1985, before she and Cliff married two years later, continued to explain that while the market has stayed afloat on its commitment to top quality products and A-1 service, Duwell's has also survived because of the quality of the people who operate the business and work there.

"You have to have a good personality and be a people person," she said. If you don't have that, people are not going to want to do business with you" no matter how good your goods are. "Here, we treat everyone like one big family. That's everybody who walks through the door."

Defying the old paradigm concerning the relationships of step moms with stepsons, Juanita says she and John, 45, are equal partners at Duwell's in a relationship forged solid through their common anchor in the spirit of the man who loved them both.

John, who journeyed back to Chicago from the slow motion comfort of farm life with relatives in Mound Bayou, Mississippi in 1995 to support his then ailing father and Juanita in keeping the market afloat, echoed her devotion to the legacy of his father. He'd left Chicago as a child to live with grandparents in the little southern town



(above) Still Afloat: Juanita White and John White are keeping the passion of the late Cliff "Duwell" White going strong at Duwell's Fish Company in North Lawndale. (left) Fresh Out the Water Brother Rufus nets live catfish from Duwell's huge fish tank.

along Highway 61 famous for its distinction as the first city in America to be incorporated by black people.

"My dad was and remains my role model," said John of his father, who owned a printing business, a dry cleaning firm, a restaurant and grocery store before fulfilling his passion at Duwell's.

"And he taught me that it is a calling to accept the responsibility for other people and their families, and for the community in which you do business.

FROM SISTAH TO SISTER: HELP THE YOUTH TO COPE, WITH HIGH SELF ESTEEM

The Oscars, Soap Opera's, Sitcom's, Reality Shows, BET and MTV seem to be the popular trends/outlooks on life that our youth/teens seem to relate their lives to. Whether it is to be thin and cool, rich with a nice ride at the age of 16 or smart and an over achiever heading to Harvard, it seems that our youth have gotten their priorities of a happy life mixed up with the material world. It's almost as if they don't fit into any of these categories they will be laughed at, looked down on, or excluded from the best of what the world offers according to Donathan Black a 12th grader on the West Side of Chicago. Donathan says that "Life is hard as a teenager, you don't know if you are coming or going." So much is expected of you without understanding the most important things about life, especially in the inner city of Chicago." Donathan is an African American young man who attends church every Sunday, goes to school everyday with perfect attendance and has an averaged report card. Some A's one B, C's and two D's. Donathan admits that he doesn't know if he will be going to college but if he does go, it certainly won't be an enrollment at Harvard or Yale because of his grades and he also admits this is due to his lack of self esteem which holds him back on many occasions.

Self esteem holds many of the youth back especially as it relates to the world around them. As they constantly try to keep up with the trends of society—many who can't, become victims of suicide, gang violence, drug dealing and negative aggression not able to focus or enjoy the most important parts of life. Julian a Caucasian 11th grader in downtown Chicago says that "Life is simply what you make it." Julian has parents who are wealthy, sends him to school by driver and he has the opportunity to go to school in one of the best parts of town "Down Town Chicago." Julian has been given all of the essentials of life and doesn't have to worry about what college he will be attending because his father is a Princeton alumni. But still Julian's self esteem is at a woe, because he feels that he just doesn't fit in. Julian is homosexual and feels that the world will not except him as he is, he also is not able to tell his parents what his sexual preference is because he comes from a family of known heterosexuals and feels that he will be judged. Julian admits that he has had thoughts of suicide and just running away from everything because he feels like know one will except him as he is, especially the people that he loves the most, his family.

Just recently I was informed that a friends son committed suicide, but no one seems to know exactly why he committed suicide. This young man was only 16 years old, an honor student and had both parents in

"He always said 'fish don't get no fresher than live' and he taught me that loyal, consistent customers are the blessing of the Lord.

"So we don't take that for granted. We try to keep prices as low as possible. And we don't hesitate to let our customers know that we understand the old 'one hand washes the other' brand of doing business."

With two daughters (Zahkah and Keturah) still studying at Northern Illinois University, Juanita added the fish market is facing its biggest challenge ever in the midst of the current recession. Eldest daughter Shekelia is a married mother of three. But though the downturn of the economy may delay plans for further growth, she and John remain optimistic better times are ahead.

"We're just having faith and carrying on the way my dad would have wanted us to," added John, who at 45, sports a similar gray beard as his father did.

"We have to keep going for our customers and our employees. That was something my dad always reminded me of. He said, 'Never forget people are depending on you.' And if I manage to keep that in mind half as well as he did, we'll be fine."

his life, however, with the hustle and bustle of work that the parents have to deal with on the everyday basis it is very easy to ignore or not acknowledge the signs of a child who suffers from low self esteem, unhappy with self, or simply is struggling with peer pressure. When a child or anyone in general is not fully in tune with self and are constantly trying to fit the status quo or trends of society it becomes a mishap to self if one is not able to keep up. Which causes all types of unusual behaviors to take place, especially in a child. According to studies low self esteem is cause by a number of factors. (See <http://www.buzzle.com/articles/causes-of-low-self-esteem.html>)

Negligence: Children who are brought up in situations where love and affections is lacking. They feel abandoned and insignificant and find it very hard to trust people.

Achievements: When a person has worked so hard to achieve success and they have failed at it they begin to treat their failures as the ultimate truth which results in loss of self esteem.

Excessive Criticism: Telling a child that he/she is no good, could result in depression

Child Abuse: Most people with low self esteem have a history of some type of abuse whether physical, mental or both.

Negative Experience: Children are like sponges, they absorb everything that happens around them, good or bad. When parents indulge in certain negative activities children catch on.

Physical Appearance: People who feel they don't look good feel inferior when compared with what they may believe is a better looking person. This feeling of repulsion, isolates them from an active social life.

Influence of Parents and Family: Parents use the child to fulfill their unfulfilled dreams. They make the mistake of choosing a career for the child that the child is not happy with.

Does your child know who he or she is? Does your child battle with the truth about who he or she is? Is he or she battling with the fact that she is black or white, short or tall, thin or thick, rich or poor or simply not able to fit in at all? If your child is battling the condition of low self esteem due to not fully excepting self, there are many solves to this problem but you must help your child to understand that they are only half of the problem and everything that society is forcing them to believe that they are to except and are suppose to be is the other half of the problem. Once the child taps into self and appreciate the greatness of who they are, they will begin to see a more beautiful side of who they really are. According

See Sistah page 7



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At The Flicks

David H. Schultz, film critic



OUR FAMILY WEDDING (*)** The secrets behind the impending nuptial of an inter-racial marriage of a black man into a Latino family and vice versa offer some amusement and insight mainly caused by their disapproving fathers

that makes "Our Family Wedding" is pleasantly warm and funny urban comedy that engages both its audiences through its "baby steps".

In an upper scale Los Angeles environment away from the usual street light attitudes and descriptions, A young interracial couple in love, Lucia Ramirez (America Ferreira) and Marcus Boyd (Lance Gross) arrive with a pre-agreed plan to gather their parents together at a restaurant to announce their engagement.

Initially, their fathers who don't know each other; have had a prior introduction that began their contemptible rivalry.

When Brad Boyd (Forest Whitaker), a quiet storm-format radio DJ who's a single dad dating multiple women while ignoring the "signs" from his lawyer--best friend, Angela (Regina King).

Brad is unable to reason for his car from being towed by Miguel Ramirez (Carlos Mencia), the owner of a auto towing and customizing business and has gotten to stall and comfortable in his 25 yr marriage to his neglected wife, Sonja (Diane Maria Riva).

Naturally, when the same men meet and hear the announcement, the outrage is more personal toward Mencia than Whitaker. While each man resents the other as their impending in-law that turns the wedding plans into their personal rivalry between them while trying to break up the couple.

This rivalry that nearly disrupts the couple's relationship from marriage that recalls a similar situation in "Guess Who", the 2005 ill fated "Guess Who's Coming to Dinner?" remake with the late Bernie Mac and Ashton Kushner that went too much for the laughs.

Thankfully, co-writer- director Rick Famuyiwa who bought us other contemporary urban comedies like "Brown Sugar" and "The Wood" shows more balance and restrain not to always go for the cheap humor and outlandish sight gags.

Even although in one scene, the appearance of a goat for a potential Mexican wedding ritual that ransacks Boyd's hip bathroom and into his viagra pills for a horny reaction is a singular moment that comes close to being funny but stupid.

Even the comedic energy of Charlie Murphy paired with Tate Diggs as Boyd's buddies who offer their different of opinion toward marriage, is limited to a cameo moment that helps keep the film grounded

In "Our Family Wedding", Most of the film plays it humor off the Mexican traditions during the wedding preparations that are bring forced upon Brad to host at his ultra swank bachelor house. But the wedding plans get predictably put on hold when a moment occurs that Marcus doesn't feel Lucia loves him enough to defend his honor against her father and tell him her secret of dropping out of law school and living with him.

But out of all the performances here, Regina King shines the most. Even though her dialogue should have made her more apparent as the film's conscience, but settle as Brad's stabilizer to his playboy ways until he finally hears the words that makes him see "the signs" he's long neglected.

"Our Family Wedding" like Famuyiwa's other urban movies aren't too deep as maybe they could be. But at least, "Our Family Wedding" shows the effort that should entertain its audiences without hurting race relations.

PG-13; 100min. A Fox Searchlight Pictures Release – Presented at selected theaters

GREEN ZONE (*)** "Green Zone" gives a vivid dramatization of how the US got into the mess that led to the Iraqi war. The film centers on the early years of the war that we were initially introduced from CNN's infrared video news coverage of the bombing and gunfire streaking across the night skies of Baghdad.

Matt Damon delivers another strong performance as Sgt. Roy Miller, and Army Chief warrant officer who arrives with his crew in Baghdad amidst gunfire from a tower sniper and street looting for local residents in search of water.

120 Million Households to Begin Receiving 2010 Census Advance Letter Early Notification Increases Awareness That Census Forms Will Arrive Soon

The U.S. Census Bureau today began mailing advance letters to about 120 million addresses nationwide, notifying households that 2010 Census forms will be arriving March 15-17. The one-page letter urges households to complete the 10-question census form when it arrives and to return it in the accompanying prepaid envelope as soon as possible.

"The advance letter helps people know that their 2010 Census form will be arriving soon," said Census Bureau Director Robert M. Groves. "It's an important reminder about the impact the census has on our communities, that the census is important and that everyone needs to participate."

Census Bureau research shows that reaching out to respondents with an advance letter and reminder postcard if necessary can boost census mail-back rates and save money. For every 1 percent increase in households that respond by mail, taxpayers save about \$85 million in operational costs associated with census takers going door to door to follow up with households that did not mail back the form.

The more than 120 million households that receive both the advance letter and 2010 Census form by mail represent about 90 percent of

all residential addresses in the country. Census workers last week started hand-delivering census forms to another 9 percent of addresses in areas where many households lack traditional city-style postal addresses. Hand-delivery of 2010 Census forms is also occurring along hurricane-affected areas of the Gulf Coast. Less than 1 percent of households are in areas where it's more efficient for census takers to conduct census interviews rather than drop-off and require mail-back of the form.

The advance letter includes messaging in five languages other than English (Spanish, Chinese [simplified], Korean, Vietnamese and Russian) directing people to visit the 2010 Web site for in-language assistance. For the first time in U.S. census history, the Census Bureau is sending a bilingual advance letter and form to more than 13 million households in areas where Spanish is predominantly spoken at home.

The text of the advance letter is as follows:

Dear Resident:

About one week from now, you will receive a 2010 Census form in the mail. When you receive your form, please fill it out and mail it in promptly. Your response is important. Results

from the 2010 Census will be used to help each community get its fair share of government funds for highways, schools, health facilities, and many other programs you and your neighbors need. Without a complete, accurate census, your community may not receive its fair share. Thank you in advance for your help.

Sincerely, Robert M. Groves

Director, U.S. Census Bureau

Go to <2010census.gov> for help completing your 2010 Census form when it arrives. [Note: this sentence is repeated in Spanish, Chinese, Vietnamese and Russian]

ABOUT THE 2010 CENSUS

The 2010 Census is a count of everyone living in the United States and is mandated by the U.S. Constitution. Census data are used to apportion congressional seats to states, to distribute more than \$400 billion in federal funds to tribal, state and local governments each year and to make decisions about what community services to provide. The 2010 Census form will be one of the shortest in U.S. history, consisting of 10 questions, taking about 10 minutes to complete. Strict confidentiality laws protect the respondents and the information they provide.

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2010CENSUS.GOV

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Paid for by U.S. Census Bureau.

Eagles from front page

something. And I wanted to bring something back for myself," Cox said.

And the Marshall team was prepared to play their best chess at the state tournament. They practiced every day as they usually do, but they put in extra work with chess master Angelo Young who tutored them at his north side facility.

Practicing with Young helped Cox improve his middle game and he was confident he would play well.

"I wasn't nervous at all, I'm always ready to go out there and attack," said Cox, who also plays football, runs track and bowls for Marshall.

Cox has been playing chess since he was a freshman, but he didn't really plan on it being the sport that he would be most noted for.

"I wanted to be recognized for other sports I love doing, but things didn't go how I had planned it. I got recognized for playing chess, and now it's something I love doing," he said.

Joshua Williams also went to the state tournament with a goal to win a medal. He did well, winning six of his seven chess matches, but he wanted more.

"I'm not going to just let you beat me. I'm a competitor and I want to win," Williams said. "I don't want to lose - I hate it with a passion."

But Williams still enjoyed his experience going to the state meet, and he learned a lot from it.

"It's like a vacation," said Williams. "You go down there with your friends, you have fun and you play the game that you love to play. I also learned that I can perform with people watching me."

And there was a bit of a spotlight on the

Marshall team. They were one of only three teams that were African-American, and there was some extra motivation to prove that Marshall students can win at more than basketball.

"There were only two other teams that were all African-American - so you're definitely cognizant of it," Williams said. "But you don't think about that going into your match, you think about what you've got to do to beat that person."

In addition to being adept on the chess board, both Williams and Cox are good students. Cox scored an 18 on the ACT, and Williams had the top score in the school with a 22. Williams thinks chess has helped him academically, especially when it comes to taking critical aptitude tests.

"Chess is about critical thinking," said Williams. "You need to be able to think on your toes and on your feet to be able to finish a test same as you finish a chess match."

Cox takes it a step further and believes that chess can help develop mental skills that help in all areas of life.

"Everything in life has a consequence and chess helps you learn to think ahead before you do something," he said.

Cox's Mother has encouraged Lorenzo to play chess, as well as other sports since he came to Marshall as a freshman. She agrees that chess helps develop a student's mind.

"Chess is a mind thing - it helps you to think. And you use it in daily life and in school," said Mrs. Cox. "It helps them focus on homework and using strategy helps them to think."

Chess coach Joseph Ocol has been a believer in the benefits of chess since his high school years in the Philippines. He's played chess for a long time and when he had a chance to bring it

to Marshall five years ago he knew it would be beneficial.

"I've been coaching for many years and I've seen the positive impact of chess on the students," Ocol said. "It's hard for someone who doesn't play chess to understand but chess helps with focus, and it improves concentration and

critical thinking skills."

Ocol also sees chess in a larger framework and thinks that win or lose you always learn something from a chess game.

"Every time you go down you get back up," Ocol said. "It helps strengthen your fiber and helps you move on in life."

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Sistah from page 4

Miller's only objective is to find the weapons of mass destruction. After taking out the sniper, Miller and company enter the designated building site, but find nothing.

Meanwhile, the film introduces us to Wall Street Journal reporter Lawrie Dayne (Amy Ryan) who confronts Washington bureaucrat, Clark Poundstone (Greg Kinnear) trying to get information about the source that is code named "Magellan" whose WMOD claims leads to nothing.

A fact that Miller tries to bring out during a military debriefing, in questioning the credibility of the source that keeps yielding no evidence of WMOD. Miller is shut down by his superiors during the debriefing. But the question remains that leads to Miller to deviate from his initial orders because he knows "there is a problem with the intelligence".

Adding to his certain and curiosity for the truth; a country-conscience Iraqi villager turned informer. Freddy (Khalid Abdalia) manages to survive any assault by Miller's men who wants to meet with him to enclose information about a secret Iraqi meeting being held with one of Saddam's top officers, Mohammed Al Ravi, a wanted fugitive from the infamous U.S. deck of playing cards called the "Jack of Diamonds".

During the US raid on the house, while Mohammad Al Ravi manages to escape, Miller's men capture three of his advisors. One of them has in custody an important black book listing all the Iraqi safe houses.

But when Miller is about to interrogate the

men. From high tech tracking satellite devices, Poundstone (Greg Kinnear) who obviously has something he wants to keep secret; sends out his own military forces to taken the captured men away from Sgt. Miller in a squad of helicopters. During this fracas, Miller manages to avoid giving them the black book that he slips to Freddy who becomes employed as Miller's unofficial translator

Also, Miller meets up with an "old school" CIA officer, Martin Brown who recruits Miller to somehow bring in Al Ravi alive to verify the truth behind the faulty intelligence.

Later, there's a verbal exchange between Poundstone and Brown who share their accusations on what's being happening in Baghdad. In which there is the belief that the US forces thinks they've beaten the Iraqi army. And are preparing to take over the entire country to the democratic way.

But Mohammad Al Ravi and his advisor were trying to take a wait and see approach. To see if the US would wisely seek their help with the country. Or would have to fight the military to prevent their homeland from being taken under US rule.

Something that is quite familiar to how the British took over Africa during the 1800's for their valuable resources. Anyway, where the black book is later taken from Martin Brown, Miller is in a race against time to search and find Al Ravi alive before Poundstone's renegades find them to kill both to protect his secret of deception and fraud.

Director Paul Greengrass makes a solid companion piece out of this drama to his "United

93". Even though, I think the presence of well known stars over unknown to barely known actors in "93" tends to take some of the edge off the suspense that "Green Zone" should have had. Along with the tight edited action sequence finale that mirrors those in their "Bourne" films

Still, director Greengrass makes "Green Zone" crackling with intensity and interest from Brian Heigeland's script that took its inspiration from Rajiv Chandrasekaran's book, "Imperial Life in the Emerald City" and follows on the heels of the Oscar winnings of "The Hurt Locker".

Even though, the total impact of "Green Zone" comes up a littler short; The film delivers enough insight and interest to confirm some of our suspicions and concern toward this unnecessary and unpopular war.

R; 115min. A Universal Pictures Release - Presented at selected theaters.

SHE'S OUT OF MY LEAGUE (1/2)**
In this aptly titled comedy that captures this sort of coming-of-age premise for late bloomers. Kirk Kettner (Jay Baruchel) is the film's center character. A person who is not comfortable in his own skin. A skinny nerd whose lack an over abundance of insecurity, self-esteem and confidence adds to his inept romance history and home life.

In the opening scene, Kirk is desperately trying to reclaim his repugnant ex-girlfriend, Marnie (Lindsay Sloane) who dumped him. Even though, Marnie hangs out with Kirk's unsupportive family with her new handsome boyfriend. A more stranger setting than Kirk's "shrinking violet" demeanor.

Kirk works at airport security for TSA with three other buddies; Stainor (T.J. Miller); Jack (Mike Vogel) and Devon (Nate Torrence). Each offer their opinion and advice to Kirk. In particular, Stainor offers advice based on a relationship with a mall store clerk girl who dumped him without an explanation. While the amusing Devon whose the only married member offers his romantic observations based on Disney

animated characters

Enter, a hot and sexy-looking Molly (Alice Eve), an event planner on route to here next assignment who gets hassled by one of security checkers when Kirk steps in to get her to her flight and later realizes she's lost her cell phone.

When Kirk returns Molly's phone she offers to reward by inviting him to an art exhibition and later a hockey game. Molly's best friend and working partner, Patty doesn't much of Kirk and feels Molly is dealing from the bottom of the social deck with him.

As it turns out, Molly begins to enjoy company as a safe and nice alternative after being hurt by her former, self centered boyfriend, Cam who suddenly re turns back in town from NY and because of odd and unbelievable pairing between Kirk and Molly. Cam intends to sabotage their relationship to win her back.

The film plays the humor (often raunchy at times, from the abrupt and foul mouthed Patty to a unique body part shaving scene) on the oddity of Kirk and Molly's unlikely relationship. Even through Kirk is unaware of her true "motive" until later. While Kirk causes his own riff with Molly from his insecurities. Where they are bring to have sex on the couch when they are suddenly interrupted by the arrival of her parents.

Sort of a cross between the films of Judd Apatow and the late John Hughes in areas; "She's Out of My League" is an amusing, often raunchy yet warm comedy that has its moments.

At its moral fiber, the film explores how we shouldn't think so less of ourselves over others. But the movie still isn't fair enough with most of the characters surrounding Molly and Kirk who are left to be one dimensional caricature that takes some of the honesty out of this movie that is only saved in part by most of this appealing cast that helps this movie barely make the grade.

R; 106min. A DreamWorks SKG Pictures Distributed by Paramount Pictures - Presented at selected

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Sistah from page 4

to Judy Lavin Author of Special Kids Need Special Parents there are several different steps in helping children to cope with or get over the condition of low self esteem. These are as follows:

1. Be generous by giving your child lots of hugs and kisses.
2. Take baby pictures. Everyone would like to see how they looked as a baby.
3. Don't allow your child's condition to define him/her.
4. Listen to your child when he/she wants to talk, try to understand where your child is coming from, even if you disagree.
5. Always be honest and open when you communicate with your child.
6. Don't compare your children with each other unfavorably.
7. Be aware of your own attitude of people. Try not to make negative comments about people.

(See <http://www.parentingbookmark.com/pages/PC02.htm>)

These are only a few steps in the healing process of getting your child to be happy with who he or she is and ridding themselves of all self esteem issues. As Pastor Celius says "He believes that God is missing in the lives of the youth." Psychologist believe that children won't succeed unless they have high self esteem and society is failing because there is a need of moral discipline in education. (See Psychology IV: Children's

and to move forward to academic success and to build a brighter future. Please contact your local Church, Psychologist, Psychiatrist, or the Chicago Healers if your child has any of these symptoms:

1. A lack of social skills and self confidence, which leads to avoiding a social life.
2. A disturbed and depressed appearance most of the time.
3. Suffering from an eating disorder such as anorexia, bulimia nervosa, or obesity.
4. Suffer from negative thoughts.
5. Failing to recognize their potential.
6. Fearing criticism.
7. Take compliments negatively.
8. Afraid to take responsibility.
9. Afraid of forming their own opinion.

Let's begin to take better care of our future by building up the esteem of the youth. For more information on helping your child to build their self esteem for academic success log on to: www.selfesteem.org/menu/stories/true/index.htm

<http://jackcanfield.com/page/?PageID=110>

<http://www.parentingbookmark.com/pages/PC02.htm>

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