

THE NORTH LAWNDALE COMMUNITY NEWS

1211 S. Western, Suite 203 Chicago, IL 60608

Since 1999, More News, More of Your Issues, and More of Your Community Voices and Faces.

Serving North Lawndale, East & West Garfield, Austin, Pilsen, Humboldt Park, Near Westside & South Lawndale

PUBLISHER: STRATEGIC HUMAN SERVICES VOLUME NO. 13 - ISSUE NO. 8 ISSN 1548-6087 March 3 - March 9, 2011

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

NEEDED MONEY FOR HOMEOWNERS AND RESIDENTIAL PROPERTY OWNERS OGDEN/PULASKI TIF-NIP ROLLOUT HOSTED BY NHS AND ALD. SHARON DIXON

Needed Money is now available for homeowners and Residential Property Owners to make exterior improvements on their home or property. Up to 30% of the Grant funds may be used to correct conditions within interior of the property that pose a threat to the health and safety of the household. The maximum amount of funds available are \$12,500 for single family home, \$17,500 for a 2-unit, \$20,000 for 3-unit, and \$22,500 for a 4-unit property. The deadline for the grant is April 1, 2011 at 5 PM.

The Ogden-Pulaski TIF-NIP (Tax Increment Financing-Neighborhood Improvement Fund) Applications are available at the local NHS office at 3555 W. Ogden Ave., 3601 W. Chicago Ave., and 127*9 N. Milwaukee Ave. 5th floor. The applications can also be picked up at Ald. Sharon Dixon's office at 2100 S. Marshall Blvd. and Ald Rick Munoz office at 2500 S. St. Louis.

Neighborhood Housing Services

(NHS) along with 24th Ward Ald. Sharon Dixon hosted the information rollot session about the grant at Mason Elementary School. The auditorium was filled with homeowners and property owners and or family members who wanted to get more informed about the Ogden/Pulaski TIF Grant.

There are some income requirements for example for one person the income must be below \$52,600 per year. That amount increases with each additional household member. The information handouts listed \$111,148 for a household of ten.

If your income exceeds these guidelines you can still be eligible for a grant but you would have to provide matching funds. Also there is a limit on income for each household member for this grant eligibility. For instance a household of one person has to make between \$52,601 to \$73,640 and provide

See Money page 3



Homeowners, residential property owners, and family members attended TIF-NIP meeting and reviewed handouts of information. The event was hosted by 24th Ward Ald. Sharon Dixon and Neighborhood Housing Services

SCOTT'S CREATIVE CATERING

COMPANY PRESENTS



Jackie Scott

An accomplished certified chef Jackie Scott specializes in exquisite selections of food dishes that are healthy without the compromise of delicious taste. He graduated at the top of his class and he has earned numerous certifications.

He accomplished this in Lexington Ky. The name of the college is called CTE (College For Technical Education) for the Culinary Arts. Jackie Scott graduated on April 8th of 2010 with a distinguished student award and a GPA of 3.46.

He grew up on the west side of Chicago, lived on 18th and Springfield and went to William Penn Elementary School. He graduated from William Penn and Went to Collins High School, located at 1313 S. Sacramento in the year 1990.

He then transferred from Collins H.S. in his senior year and went to Kelly Thomas High School and graduated there. From that point He went to Harold Washington College to acquire an Associate Degree in health sciences.

Afterward, he moved to Kentucky in the city of Lexington. There He pursued the Culinary Arts program and nutrition to become well rounded concerning health matters.

Jackie Scott left his neighborhood on the West side of Chicago after disappointment and lack of opportunity. He has just moved back as of 2010 to start a restaurant business and hold classes on nutrition and cooking for kids and adults.

Among his certificates and certification are: Food Network Culinary Capstone, Culinary Safety & Sanitation, Catering Practical Applications, Nutrition, Meat Seafood, Poultry. Bakeshop productions, Certified Food Service Manager, Catering Theory And Practice, Culinary Arts Internship, Culinary Arts Graduation Certificate,Basic

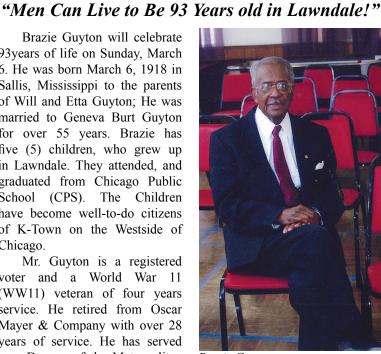
See Scott page 6

WORLD WAR II VETERAN **CELEBRATES 93RD BIRTHDAY** Happy Birthday to Brazie!

Brazie Guyton will celebrate 93 years of life on Sunday, March 6. He was born March 6, 1918 in Sallis, Mississippi to the parents of Will and Etta Guyton; He was married to Geneva Burt Guyton for over 55 years. Brazie has five (5) children, who grew up in Lawndale. They attended, and graduated from Chicago Public School (CPS). The Children have become well-to-do citizens of K-Town on the Westside of Chicago.

Mr. Guyton is a registered voter and a World War 11 (WW11) veteran of four years service. He retired from Oscar Mayer & Company with over 28 years of service. He has served as a Deacon of the Metropolitan M.B. Church, Greater Love M.B. Church, and he helped begin a church named: Body of Christ M.B. Church, where his son, Rev Ricky Tyrone Guyton has been the pastor for 21 years in Chicago. At Metropolitan, and Greater Love, he served as a Deacon and Usher; and helped delivered Christmas baskets to the needy families at Christmas time. He also had his own janitorial service.

Presently he is a disabled veteran; however, he sends his



Brazie Guyton

tithes and offering to church, so others can have a good place to worship on Sundays. We wish Mr. Guyton, (Bazie), a happy birthday and celebration with his five (5) adult children, six (6) grand-children, two (2) greatgrandchildren, and many relatives and friends.

For more information, please contact Margaret Jean Guyton, daughter of Brazie at 773-522-

INSIDE THIS ISSUE



It's A New DAY AND AGE FOR THE NORTH Lawndale's WORLD OF ART PAGE - 4

VEGETABLES: WHAT MANY Don't Know **ABOUT** Nutrition **PAGE - 5**

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

North Lawndale Community News Winner of the 7th Congressional District 2004 **Education Champion Award** Presented By Congressman Danny K. Davis & Residents of the 7th Congressional District

NLCN 2010 Focus

Health and Education

Ten Years has past since the New Millenium scare of the year 2000, a time of uncertainty. In 1999, we began by thanking God for making the newsletter possible. Much has happened since October of 1999 when we first published the North Lawndale Community News more than eleven years ago. Many have contributed, supported, volunteered, written, taken photos, done research, and/or completed our workshops. We have helped many and many have helped us. Health is essential to a good life. Education is necessary for the pursuit of happiness in an economy driven society.

In 2001, our focus targeted the "Revival of the Family". In 2002, we targeted "Wholistic Wellness". In 2003, we targeted "Education and Training". 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. In 2006, the primary focus for SHS/ NCLN was Health, Education, and Welfare. In 2007, the primary focus for SHS/ NLCN was People and Education. In 2008, the primary focus for was the Church, Financial Literacy, and Technology. In 2009, the primary focus for SHS/NLCN was HEALTH & THE ECONOMY. In 2010, our primary focus was to live and reflect on our previous years of focus, as we progress to a better quality of life.

So many things remain a high priority in our life. As we struggle to enjoy life, many have neglected the necessary choices that preserve and extend a healthy and abundant, spirit, mind, and body. So along with health, there is education (knowing) and the need to have the resources to act upon the knowledge for a better quality

The North Lawndale newspaper was and is created to help fulfill the mission of Strategic Human Services. That mission is to provide information on resources and events that improved the lifestyle of individuals and families. This is our primary objective under that are all of the sub-objectives that help to reach the primary objective. There is a saying that if your're not sure where your're going, your're liable to end up someplace else- and not even know it.

Even though tough times are among us setting positive objectives and staying committed to them will be the focus of our news for this 2011 year.

Writer's Meetings!! Where: 1211 S. Western, Suite 203

Time 6:00pm

Date March 17, 2010 Free Training in Community Journalism!

Everyone Interested in Writing is Welcome! **For More Information** Call 312-492-9090

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.

Board of Directors Dennis Deer, Director Frank Bass, Chairman Marlo Kemp, Treasurer **Creative Scott, Director** Carolyn Lewis, Secretary Marlone Finley, Director Norman Baldwin, Director Vivian Lewis, Director

Dr. Betty J. Allen Green, Director Betty Mason, Director Former Founding Board of Director: Larry Leonard

Advisory Board: Cong. Danny K. Davis, Rev. Randall Harris, Fred Mitchell, Laura Wash-

ington, Susan Munro, Marta Foster, Margaret Davis, Larry Leonard **Consulting Editors and Writers:**

Nicholas Short, Travles Lane, Tali Bakhit, Valerie Leonard, Wilbert Cook, Dr. Shemuel Israel, Tamiko Bowie, David Schultz Reggie Lewis, Mary Moran, Clemolyn (Pennie) Brinson, Priscilla Lucas, Todd Thomas, David Tenario, Smalley Mike Cook, Founding CEO & Publisher: Isaac Lewis, Jr.

Production/Layout Coordinator: Marquita Ware IT (Information Technology) Manager: Ronnie Allen Staff Accountant: Kelly Florian

Communications Manager: Resource Project Director: John Moore Marketing Consultant: Dr. Shemuel Israel **Advertising Manager:** Andre Stokes

Advertising Consultant: Jim Allen Technical Assistant:

Website Consultant: Lamont Simmons **Photography:** Community members and writers

Strategic Door to Door Distribution (Weekly) Community Youth

Circulation: 15,000 copies

Drop Site Distribution: Phillip Lewis, Dennis Allen, and Caprice Ware, Mac Strong distributed weekly over 280 dropsites, and over 340,685 potential readers throughout North and South Lawndale, East and West Garfield, Humboldt Park, Austin, Pilsen and the Near West Communities. Weekly Mail Subscription Rates: \$20.00 for 3 months. \$35.00 for 6 months \$60.00 for 1 year \$110 for 2 years

For Advertisement Rates and all other inquiries contact us at: **North Lawndale Community News** 1211 South Western Avenue, Suite 203 Chicago, IL 60608

Phone: 312/492-9090 Fax: 312/492-7162 Website: www.nlcn.org

The North Lawndale Community News is funded by the dedicated work and support of the community, and made possible with grants from The Steans Family Foundation, The John D. and Catherine MacArthur Foundation, Harris Bank Foundation The Leo S. Guthman Family Fund (Lynne C. Rosenthal), The Soderquist Family Foundation, U.S. Department of Housing and Urban Development (HUD), J-Lab Institute, AfterSchool Matters, SBC (now AT&T), The Illinois State Board of Education (State Senator Rickey Hendon), State of Illinois Depart of Commerce and Economic Opportunity.DCEO through Sate National Black Caucus of States Institute, Advocate Bethany Fund, and contributions from our community, advertisers, and readers. The North Lawndale Community News was started with a grant from the North Lawndale Small Grants Initiative now known as the Small Grants Human Development Corporation, and the Steans Family Foundation.



Circulation Verification Council is a third party agency that audits and verifies our circulation which is currently at 15,000 issues per publication.

Looking for life insurance?

March 3 - March 9, 2010



(773) 638-1700 elindsay@amfam.com







773-533-0147 773-533-0148

773-533-0172 773-533-9528



District Office Hours: March 1, 2009

Saturday: 10:00 a.m. - 1p.m

Business Cards

Quantity	Black & White	Spot Color	Full Color
250	\$15	\$25	\$40
500	\$25	\$35	\$60
1000	\$35	\$50	\$75

You Need Them, We Make Them!!*

The North Lawndale Community News 1211 S. Western Suite 203 - Chicago, IL. 60608

(*Bring in your old card or we will design you a new one for free.)

You can call at: 312/492-9090

You can Fax us at: 312/492-7162

COME IN AND TALK TO SOMEONE IN PERSON.

LEGAL SERVICES

(312) 806-0646

Need A Lawyer?



We Can Help!

- * CONSULTATION
- * LETTER & PHONE CALLS
- * CONTRACT REVIEW
- * EVICTIONS BANKRUPTCY
- * DIVORCE
- * WILL PREPARATION
- * EXPUNGEMENT

CALL THERESA TODAY (312) 806-0646

AS LOW AS \$38.95

WESTSIDE TRANSFORMATION (WST)

1211 S. Western Avenue, Suite 206 Chicago, Illinois 60608 GENERAL CONTRACTORS CONSTRUCTION MANAGERS WK. 312-666-0445. FAX 312-563-0565 CELL 312-576-4509

> Email: hlyons@lyonsconsulting.com Web: www.lyonsconsultinginc.com HOMER LYONS, JR.



MBE CERTIFIED DBE CERTIFIED REHAB CONSTRUCTION *BASEMENTS* *KITCHENS* *BATHROOMS* **OUR SPECIALTY**

Money from front page



24th Ward Alderman Sharon Dixon coordinating a question and answer session as residents get answers to about Odgen-Pulaski TIF.

matching funds through the applicants own funds or a loan. A loan can be obtained through NHS or another lender.

The general boundaries for the Ogden/Pulaski TIF grant are Albany on the east, Kostner on the west, Cermak on the south, and Roosevelt on the north. The frequently asked questions handout instructs a person to submit their application anyway, if you don't know if your home is within the TIF boundaries and NHS will notify if your application is ineligible because of the location of your property. For more information call NHS at 773 522-4637.

A similar session was held for Small Businesses rolling out the TIF-SBIF (Small Business Improvement Fund on February 3rd at the 10th district Police Station. The applications for the TIF-SBIF can be obtained on line at SomerCor.com. Also LBLDC (Lawndale Business and Local Development Corp. at 3333 W. Arthington or SomerCor will help you with the application. The telephone number for LBLDC is 773 265-8500.

Writer's Meetings!! The North Lawndale Community

News

Where: 1211 S. Western, Suite 203

Time 6:00pm Date March 17, 2010

Free Training in Community Journal-

Everyone Interested in Writing is Welcome! **For More Information** Call 312-492-9090

BE COOL. WEATHERIZE. CALL (CEDA

Apply For Home Weatherization Today!

The Illinois Home Weatherization Assistance Program (IHWAP) is performed free of charge to income qualifying residents. Visit any CEDA Energy Service Center to apply for Weatherization.



Weatherization may include:

- Attic and wall insultation
- Safety testing on all gas appliances
- Furnace and boiler improvements Refrigerator upgrades
- Windows and door repairs and

improvements

For documentation requirements visit CEDA online at www.cedaorg.net or call (800) 571 - CEDA(2332)



This project was conducted with funds provided under the American Recovery Reinvestment Act adminstered by the Illinois Department of Commerce and Economic Oportunity and it does not necessarily represent in while or in part the viewpoint of the Illinois Department of Commerce and Economic Opportunity



It's A New Day And Age For The North Lawndale's World Of Art

April 9, 2011

1:00PM - 4:00 PM

Saint Anthony Hospital

Conference Room 8



African American Artist throughout the city of Chicago swarm the Murphy Hill Art Gallery which is currently located at 3333 W. Arthington Avenue in Homan Square in the North Lawndale section of Chicago. North Lawndale is known for it's oppressed conditions but also known for it's historical roots, where the original Sears Tower was located and as well is currently where our Congressman Danny Davis's office is located. The African American Artist who have displayed their art work speak of the significance and beauty of their Art work and why it is important for the Art work to be in the the North Lawndale area. Featured Artist, Aaron Ben Noah has a collaboration of art work called the Noahites collection. This collection represents the children of on the history of Kaballah as it relates to the holocaust that is taking place right now in the African American community. Aaron says "I was not able to complete the

COMMUNITY BAIRY/SHOWER



Noah. This particular collection focuses Noahite collection until after I studied with the Ashkenazi Jews, which helped make many of the visions have meaning and

As a featured Artist at the Murphy Hill

Art Gallery Aaron states that "My pieces continuously ask for more and more based on the spiritual interpretation," as Aaron feels that all of his art work has a spiritual meaning. His art work has elaborate spiritual pieces connected to it, such as the Merkabah, The Sun, Angels, The All Seeing Eye, The Tree Of Life, and fine stones. Aaron explains that he receives vision of his art work before he begins any piece. He adds "The average time for my art pieces to be completed takes about 2 months, however I usually work on about three pieces at a time." Aaron had no idea that he was an

March 3 - March 9, 2010

Artist, it all happened about six years ago when he came in contact with a crystal spider. Aaron believes that the spider spoke to him. When Aaron first came in contact with the spider, he looked at it and walked passed it, but couldn't get it out of his mind. However, Aaron went back to the store that he saw the spider residing---the next day and purchased the spider. After he purchased the spider, this is when it all

began, Aaron says, "The spider told me to glue him to a mirror with a diamond spider web, and I did." Aaron revealed that after he glued the spider to the mirror, he began to have visions of the art work that he was to create and one of his very first pieces is called---"Montage In Silver."

One of Aaron's most controversial pieces is called "Thank You Ladies And Gentleman For My Next Trick." This particular piece has a second name called "The MAAFA," which refers to the African American holocaust. This piece has a collaboration of reminders of the African American holocaust which has happened in the past and that is currently taking place today in ghetto's across our nation. This piece has a collaboration of very dark and dreary elements such as the angel of death standing on a stage holding an African American child in black face with a lawn jockey ring in his hand, and the angel of death also holds an automatic weapon in the opposite hand. At the top of the art work you will find an audience, on the side of the art work you will find the plagues of egypt, on the bottom of the art work you will find hand cuffs and an African American mother of the children in the ghetto. This particular piece to Aaron tells a magnificent but sad story that he would love to tell to all who want to understand the woes and the oppression that African American's are faced with each and everyday in ghettos across our nation. As all of Aaron's work has a great interpretation, North Lawndale, is a great place to help people, especially the youth to understand what the community is going through in terms of the MAAFA and how it could be resolved with the understanding of Aaron's art work.

If you would like to make an appointment to see or purchase Aaron's art work please call Aaron to set up your appointment at 312-933-8021 or call the Murphy Hill Gallery at (Local) 312-260-7670 (Toll Free) 1-888-204-7503 The Murphy Hill Gallery's website address is www. murphyhillgallery.com

Join us for a free community baby shower where we'll have games, gifts, education and resources for moms-to-be!

- ✓ FUN GAMES AND RAFFLES
- ✓ REGISTRATION FOR PRENATAL CLASSES
- ✓ ASSISTANCE FILLING OUT APPLICATIONS FOR HEALTH INSURANCE (FOR PREGNANT MOMS AND ALLKIDS)
- ✓ LEARN BABY AND PREGNANCY TIPS FROM MIDWIVES, NURSES **AND DOCTORS**
- ✓ PHYSICIAN REFERRALS AND APPOINTMENTS AVAILABLE

ILLAMA PARA REGISTRARTE! CALL TO REGISTER! 773-484-4FUN(386)

The first 60 moms-to-be that register will receive a baby shower gift basket and free lunch!

Attention ALL Renters...SECTION 8 WELCOME Equity Investors, LLC Single Family & Flats Available...RIGHT NOW!

- Investor Property Available throughout Chicagoland area
- "Opportunity Areas"
- 3-4 Bedrooms

Call Sandy with Real People Realty today: 630-297-8039

Attract landlords, be the 1st choice, we will SHOW YOU HOW!

2011 McDonald's All Americans from **Chicagoland With Derrick Rose**



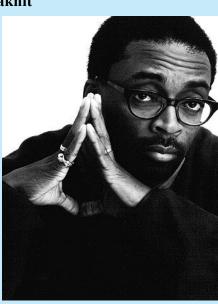
The 2011 McDonald's All Americans® from Chicagoland recently received their official game jerseys before a Chicago Bulls home game. Pictured from left to right are: Branden Dawson (Lew Wallace High School - Gary, Ind.), Derrick Rose (Chicago Bulls), Anthony Davis (Perspectives Charter School) and Wayne Blackshear (Morgan Park High School). The McDonald's All American Games return to Chicago for the first time in 29 years, March 30th, at the United Center.

SPIKE LEE SPEAKS AT SAINT SABINA CHURCH ABOUT THE YOUTH AND THEIR EDUCATION

Tali Bakhit

"No color, no religion, and no gender is based on intellect," according to Spike Lee as he relates his statement to the many inner city African American youth that claim that if you speak correct English you are acting white. On Friday, February 25th Spike Lee was invited by Father Pfleger to speak at Saint Sabina church to help the youth and adults of our contemporary world to understand the importance of education. Spike says "Being black doesn't mean that you have to be ignorant and being intelligent doesn't mean that you have to be white." "Many inner city youth have become accustomed to this way of thinking and something needs to be done immediately to stop this ignorant way of thinking." Spike wants parents and the youth to know the importance of family structure and how it got him through his youthful years and groomed the career that he has today as a film Producer and Director. Spike says "Right now we are in a crisis-

--where do we go from here?" He goes on to say that the most important way that we can get African American youth out of the drug and gun crisis is by planting a seed in them while they are very young, just like his parents did for him. Spike said "If it wasn't for my mother, father, grandmother, and grandfather I don't know where I would be." Spike's father and grandfather are both Morehouse alumni and his mother and grandmother are both Spelman alumni in which Spike mentions that education was key in his household while he was growing up. Spike's grandmother's mother was a slave and this is probably one of the most important reasons why education is so important to Spike and his family. Spike feels that the youth should be given as much exposure as possible while they are very young. Exposure to museums, movies, and other artistic outings will help them to tap into their gifts/talents. This is how he believes film discovered him, through the seeds that his parents planted in him as a young boy. It is Spike's understanding that modern day parents are not putting enough emphasis on education as the parents of the 60's and 70's did. One reason is due to the crack epidemic in many African American



Spike Lee

communities that almost completely wiped out the family structure and left a lot of young children to take care of themselves. Spike says "Our ancestors must be turning over in their graves because the youth are more focused on video games, guns and TV rather than education." Where our ancestors fought and died to be able to read a book the youth of today take education for granted.

Spike says that right now is the time to change. "The time is now to get our youth back on the right track, we cannot allow for African American youth to believe that getting intelligence is acting white." "We have to give African American young men options so that they can stay out of the prison system and become educated." Spike explains that it is okay for young children to want ot become musicians and basketball players, but he feels that when their parents expose them to more options at a young age their minds will change. Spike adds that "Parents must also know that if the gift isn't groomed and given exposure then the gift is left to die, and we don't want this to happen." Spike ends letting us know that "We can't waste any more time, the time is now to get our youth back on the right track allowing them to know their history, roots and gifts that God has given them."

VEGETABLES: WHAT MANY DO NOT **KNOW ABOUT NUTRITION**

Crystal X Hale

It is common knowledge that vegetables add benefit to the life of the human being, relative to other unhealthy types of food. In fact, many of us have been taught at a young age which foods are good for us and which ones aren't; and vegetables seem to always make it to the top of the list when describing its positive effects, however rarely is there literature over 3,000 ailments that eating vitaminavailable expressing the negative side of what society deems 'health foods.

Just like everything in life, nature's duality is also present in the food we eat. Many of us perceive everything as either good or bad, due to the effects of these things. Nevertheless, although this rationale is a logical and sometimes accurate considering specific circumstances, rarely do we give credence to relativity; the grey area. The grey area signifies in this context, the area wherein we realize that all things consist of more than one nature. So with that said, observe on the surface are merely the effects of underlying interactions between various elements within a particular environment. Hence, vegetables carry benefit to the human in one aspect however on the flip side they can also deplete the body of vital nutrients to maintain health.

"Most fruits and vegetables supply only between 10% and 25% of nutrients. The rest are chemicals such as oxalic acid, phytic acid, malic acid and cyanide that will disrupt our health by depleting B vitamins and chromium...Plants must produce harmful alkaloids, acids and they don't have legs to run away from their enemies as animals do" according to Dr. Maxwell Nartey (D.H.M., N.H.D.), author healthy lifestyle.

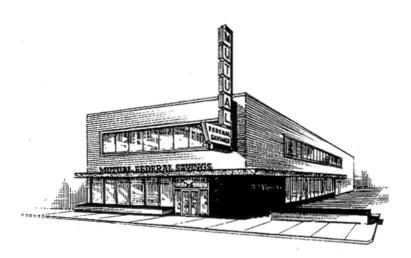
of The Downside of Nutrition: Part1. Nartey explains that in nutrition, there

are two aspects. The first is the upside which magnifies the nutrients in foods and drinks, while the other aspect deals with the downside of food and drinks wherein lay both nutrients and health disrupters. "Nutrition creates an illusion...There are enriched and mineral-enriched foods will never help us to prevent or cure... departments of nutrition don't teach that there are health disrupters in most fruits, legumes, vegetables, cooking oils and grains...Also, teaching that eggs, fish, and seafood and meat are good sources of protein is very misleading...It is health disruptors that make people sick. How do they make people sick? It depends on the chemicals that the item which was ingested releases into the body...Symptometry discovered that when cells are congested or the negative and positive aspects that we they are deficient in certain nutrients they cause behaviors or symptoms that signal a deviation from normalcy" (Nartey, 2008).

It should be clear that the above words do not glorify the consumption of meats and other foods over fruits and vegetables, however Nartey merely expresses that ALL types of food contain health disruptors. including vegetables; that although they may provide some benefit in one area, they may cause disruption in another. Thus we should be mindful that all vegetables are not the same in degree, so research concerning all foods and their interactions within the body (including knowledge poisons to protect themselves because of the depletion of vital nutrients in the body by consuming them and other foods) is suggested when trying to maintain a



Don't Spend It All. Save some.



We offer passbook savings accounts. "Everything in one little book."



2212 West Cermak Road Chicago, IL 60608 (773) 847-7747 www.mutualfederalbank.com



Serving our community for over 100 years.

FOR RENT

AT THE FLICKS

Dave is not allowed to tell anyone.

So a few years pass, and suddenly again Dave

Dave determined not to lose her again that

Richardson is eventually unable to stop. So he

Richardson sends in the top gun, Thompson

If Dave can leave Elise alone. She will be come

a great dancer and choreographer. While Dave will

have several successful election wins that will make

him the future U.S. President of the United States as

with such mystery on one side And yet, the film is

often switches over to light hearted humor between

Dave and Elise that suggest Matt Damon could pull

off the right kind of romantic comedy. It's a bit

ironic, since the romantic angle in this film was not

conceived in Phillip K. Dick's story. In fact, romance

in his short stories was never a strong element in

Dick's previous screen adaptations of "Total Recall

"and Blade Runner". But ii seems to work best here

notions within its shift from humor and romance

against suspense and drama toward the theoretical

questions of predestination versus free will. But this

movie stumbles a bit over its identity crisis on trying

www.filchicago.com

dean@filchicago.com

"The Adjustment Bureau" brings out numerous

In watching this film unfolds that is played out



THE ADJUSTMENT BUREAU (***) Based on a Phillip K. Dick short story that almost plays like a "Twilight Zone "episode; "The Adjustment Bureau": seems to theorize while its romantizes on defeat. its story premise about forces that tries to navigate and/or conspire on us toward our individual intended destiny or fate in life

"The Adjustment Bureau" also has a religious undercoating to the story. The film's title refers to a mysterious and secret organization of suited men in Stetson hats with angelic powers who act less like angels and more like CIA or FB agents

They stand about town reading from a unique book that has graphic movement on its pages that helps them insure their orders are carried out. They can encounter, interferes or nudge (without being seen by others!) back an individual on their designated plan. Or is it HIS plan? These men claim to be

ON VIDEO Compiled and reviewed by **David Schultz**

FASTER (**1/2) Dwayne "The Rock" Johnson returns to the macho action forum as a recently paroled convict out on a one man crusade to avenge the murder of his younger brother during as robbery heist that is interrupted by a another group of criminals. One by one Johnson's character enacts terminally retribution on each responsible leading up to the reformed criminal turned revival preacher (well played by Adewale Akinnuoye-Agbaje) While proving himself meaner than a youthful hitman sent to kill him and a crooked cop (Billy Bob Thornton) aiming to survive this case to reconcile with his family. It's an interesting diversion from Chicago born director George Tillman Jr. who gave us "Soul Food" and "Notorious" that has its moments, but not enough to make the difference here. R; 98min. Sony Pictures Home Entertainment; Available:

BAMBI: Diamond Edition (**)** Walt Disney's enduring animated coming of age classic tale of a young fawn into deer-hood who learns life lesson that encompass friendship, love, survival and the miracle of life. The restoration quality for this first time high def blue-ray treatment that heights the quality and clarity of this entertaining yet breathtaking wildlife tale set to animation perfection. G; 70min Walt Disney Entertainment; Available: March 1

BURLESQUE (*1/2) A poor man's movie musical that appears stuck in a seedy "Cabaret" type purgatory. While the script tries to mock the old MGM musicals of "Let's put on a show" scenario to save the club that is in debt for its owner played by Cher. But the film was made and co executive produced by Christina Aguilera making her screen acting debut as small town Iowa girl who decides to break free from her dead end job to pursuit her dream in Hollywood who wants to sing and perform a the burlesque lounge. The film has life and energy when the women strut their stuff and perform in song numbers. But when the music stops, the incidental drama and characters show the lack of texture and depth in its script that becomes one clumsy cliché movie that grows unintentionally funny and predictable that this film can't redeem itself from its schmaltzy presentation here. PG-13; 116min. Sony Pictures Home Entertainment; Available: March 1

following the orders of someone or thing called "the Chairmen". Cold this reference be a euphemism for God and the "adjusters" be guardian angels? Could be, depends on one's different spiritual beliefs

Anthony Mackie plays Harry who's one of these men sent to quietly observe from a distance and secretly intervene to insure one particular human subject's destiny that could be his punishment from because they wouldn't be good for each other in his supervisor, Richardson (John Slattery) or Harry's redemption for something in the past.

Matt Damon stars in this less than "Bourne" role. Dave Norris, an aspiring N.Y. politician whose first election bid takes a sudden blow of defeat from the fallout of a news photo of him in a high school prank scandal that might have been .planted by Harry. But this occurrence seems a bit premature considering phoning her. he's already on track with his destiny.

But one thing the bureau can't stop is when something happens by chance. Naturally, this contemplate his concession speech. Where Dave discovers a woman hiding in one of the stalls from notel security. Elise Sellas (Emily Blount) who diffuses this awkward encounter with some amusing banter that makes seems right for Dave.

She writes her phone number on a paper from him as an invitation to call her. Dave smiles with interest the next JFK and delight that savages his day from his election

Meanwhile, Harry misses his order to meet with Dave that was meant to alter his life toward his ultimate goal before he encounters Elise on the

Even after Mackie's character does his impression of Jesse Owens chasing after the bus for several blocks. Harry had missed his opportunity to keep chance from happening again to the same couple that leads to a visit from Richardson to step in to try because of Damon and Blunt's screen chemistry. to clean up his mess.

But there's also a chain reaction caused by Harry missing his rendezvous with Dave that leads Dave to arrive a little early than he should have for his new office position at an investment firm

Instead, Dave walks into the board meeting to find to be too many types of movies almost at the same the "bureau" men with a device that is zapping his

March 3 - March 9, 2010

best friend and campaign manager, Charlie Trainor (Michael Kelly) and the board members' brains. Dave is unable to escape and forced by Richardson to give up Elise's phone number, Richardson won't initially explain but advises Dave to disregard Elise the long run. And from what Dave's already seen, Kennedy –type in Dave's "presidential" future. Richardson reveals a little about the bureau that

But I can't help but wonder; why can't these kinds of characters in these movies ever have both? What is so wrong with having a successful career occurs as Norris enters the men's restroom to (Terence Stamp) who's known as "The Hammer" to and falling in love? Just goes to show you some theory has no logic to them. Still this doesn't distract from how intriguing and entertaining this movie turns out to be. R; 110min. A Universal Pictures Release – Presented at selected theaters

TAKE ME HOME TONIGHT (**1/2) Every decade or so, there is a movie that aims to represents its generation, "Take Me Home Tonight" comes close in its coming of age comedy set during the 1980's that is sort of "American Graffiti" meets "Dazed and Confused" with a hint of John Hughes type dialogue revelation between the characters confronting the truths in themselves.

Based on a story idea co-conceived by its star and executive producer Topher Grace stars as Matt Franklin, a former Shermer H.S. class of '84 now recent MTI graduate with an engineering degree. A brainiac who did what was expected of him by his father (Michael Biehn) that would prepare himself for the rest of his life.

Especially since we know what Matt Damon's

character wants to do. Even though, the film takes us through the temporary break up that Dave tries to live out his destiny without her. When Elise suffers a leg injury that hospitalizes her that might have been a warning caused by the Bureau who see a John F.

Even though, delayed from its initial theatrical release last year, this doesn't reflect badly on "The Adjustment Bureau" through its theoretical premise bumps into Elise who's now a ballet dancer in it remains an interesting and entertaining cinematic training working for a dance company. After being exercise that tries to re-invent romance that still glad to see her again, Elise chews Dave out for not offers a familiar notion of what one person might give up in exchange for love.

Trouble is, Matt doesn't like much of the materialistic world around him. So Matt is at a crossroads in his unfulfilled life that he decides to See Flicks page 7

APT FOR RENT 3-1/2 RMS (1BDRM) 1807 S. ST. LOUIS Conveniently located near public transportation. Conveniently located included cooking gas and heat, sec 8 welcome near schools. 2 bedroom units starting at \$725 /+1 month security. Call (773)960-3817

HEAT INCLUDED! 1/2 OFF SEC. DEP. updated BDRM APT (14th Kostner), Ceiling Fans, Hrdwd Floors, New Kitchen cabinets and floors, Ceramic

2-1/2BEDROOMS HEAT-INCL. \$800

APT FOR RENT 7 rms. 3bdrms at 1654 S. Homan 1st Fl., Newly decorated for \$700/ mo plus security. Call Rose Sanders 773

TWO APARTMENT. Located near Cermak and Keeler, 1st floor, 2 flat building. Remodeled Bathroom, Heat Included, \$750.00/month, plus one (1) month security deposit. Call

2 BEDROOMS 16th & Kedzie \$800/mo plus two months security Call 773-522-0733 2 BDRM SPACIOUS APT 2nd Fl 2 Flat Bldg Garage Space available, stove & efrigerator included Garfield Park area, 2 Blocks from Blue line Express 5 Blocks from Green lineTenant pays own heat Call

773-259-2637 3 BEDROOMS Hardwood floors, ceiling fans new kitchen cabinets, new stove and refrigerator. 1124 N. Hamlin. Sec. 8 Welcomed, \$1000/mo, Call (773) 882-9424

secure building 1501 S. Kilbourn, appliances

APT FOR RENT 1500 S. Hamlin, 1st Fl.

unit. 3 bdrms, 1 bth, garage park, Lv rm/Dn

FOR RENT 2, 3, 4, AND 5 BDRM

HOUSES AND CONDOS. Newly

remodeled with appliances. Some of my units

have heat included and some have no security

3506 W. Huron and 2115 W. Farwell, both

one bdrm, 2133 W. Howard, 2 bdrms, 1840 S.

Harding 4 bdrms, hardwood floors, washer

dryer, and dishwasher. (no security). 3708 W

Lexington 3 bdrm condo, first fl, hardwood

flrs, washer, dryer, and dishwasher. 3840 W.

Van Buren 4 bdrms and 4300 W. Adams 4

LAWNDALE AND AUSTIN AREAS 2

bedrooms \$775 - 2416 W. Roosevelt. 1

bedroom \$675.00 @ 320 N. Mason and

Studio apts - \$585.00 @ 320 N. Mason.

Immediately available. 1 month security

Plus 1st month rent required. No Pets,

Contact Ms. Kilgore (773) 447-7377 or

9712, Also Commercial space available @

CLEAN SPACIOUS THREE BDRM

apartment-newly rehabbed, large living room

and kitchen, with appliances, hardwood

floors, tenant pays heat, forced-air. Contact

2416 W. Roosevelt.

bdrms. Call Vincent at 708-473-5464.

APARTMENTS FOR RENT

rm Hrdwd flrs, Call 630/625-2812, Avail, 2/1

\$700 per month call 773-522-4024

& Marble bath, Walk-In Pantry. 7 rooms, 3 bedrooms, enclsd back porch. Sec 8 w/ employmt accepted. \$1050/mo in wellmaintained 2Flat. Call Today-A MUST SEE!!!!! 773-988-0144

a month 1-month rent & 1month security Mr. or Ms. Hudson- 773-339-5684 or 773-

815-577-0773

HAIRSTYLISTS WANTED

Your Ad Belongs Here Call 312 492-9090

is, he's not the only one in this film at odds with their life.

Here In the North Lawndale Community News

Call 312/492-9090 To Place Your Classified Ad!

THE NORTH LAWNDALE COMMUNITY NEWS

CLASSIFIED MARKETPLACE

Do You Have Something to Buy, Sell, Trade, Rent or Announce?

Are you Looking for Employment or Looking to Hire? You Can Do it

Still, while working as a video store clerk, Matt happens to meet as a customer, Tori Frderking (Teresa Palmer), the former popular high school girl that he secretly had a crush on that he still wants to impress.

So Matt acts like a customer in the rideo store claiming to be employed at Sach & Goldman. Since Tori works for an investment firm with a skirt chasing boss. Tori offers an invitation to Matt to join her at the annual (but last) Labor Day house party by rich kid, Kyle Masterson (Chris Pratt) who is the prosaic boyfriend to Matt's insecure sister, Wendy (Anna the self discoveries and the eventual Faris) who has more going for her than

Wendy just received but out of fear of rejection refuses to open a letter from Cambridge that might have her college bound in England that she later allows Kyle to read, only lie about its content.

Meanwhile, cherubic comic actor Dan Fogler plays the usual bumbling yet opinionate best friend to Matt, Barry Nathan who is suddenly fired from his iob as an auto salesman

With no prospects in his future (except perhaps learning how to better communicate with women through the course of this film); Barry goes on a drinking bilge with Matt who together attends Kyle's party. But not before Barry decides to retaliate by stealing a and "Pirates of the Caribbean" trilogy car that happens to contain a small bag of director Gore Verbinski is a wonderful cocaine in the glove compartment from animated homage to the movie westerns the dealership to help blend in with the snobbish social elite.

Naturally, the latter is what enrages Tori thinking their time together was meant to only fulfill his high school fantasy. This makes Matt finally taking risk with his life to prove his love and honesty toward Tori. By almost taking cocaine with Barry while driving the stolen car off the road. Where Matt's father who happens to be a cop with his black partner offer some "scared straight" tactics.

And afterwards, Matt's father offers

take a break during the summer, to figure words of encouragement to stop being out what he really wants to do The thing so afraid to live his life that he almost missed living his life. This leads to Matt and returning back to Kyle's party to accept his dare to ride inside a steel ball.

> Still, for a movie that isn't meant to be mocking the 1980's. The goal of "Take Me Home Tonight" is to represent a generation and an era. But where are and do the black folks "fit in? this decade? This kind of omission is a bit bothersome in such a nostalgic geared movie that seems to contradict its own

> Even though this movie has honorable intentions. The film doesn't do enough to tie up all the loose ends of its supporting cast compared to reconciliation, between Tori and Matt that makes the movie less of ensemble than it should have been.

And this movie seems to do more to remind us of those aforentioned coming of age teen movies than this film intends to pay homage to. Yet only seems to show us how better they were over this film. R; 107min. A Rogue Pictures Release - Presented at selected theaters

RANGO (***) "Rango" is a computed animated feature that adults might better appreciate that still entertains their kids by its critter characters and moral lesson about finding one's purpose in life.

As the first time computer animated feature from the special effects wizards at Industrial Lights & Magic set to the creatures of the desert; with a particular wink and nod to the late Sergio Leone's spaghetti westerns like "Once Upon a Time in the West' and "A Fistful of Dollars" and its subsequential sequels.

Already a chameleon for his live action roles, Verbinski makes the obvious choice by reteaming with his "Pirates" star Johnny Depp providing the voiceover for the titular character. Rango is a lonely pet lizard who daydreams of own adventures inside his terrarium.

Where his confined world becomes altered and literally shattered; When the glass terrarium is suddenly thrown from its passenger car onto Mohave Desert

Where Rango find himself competing with an iguana in dodging a hungry hawk from the sky and talks with a mystic and partially flattered armadillo, Roadkill (Alfred Molina). Before Rango is befriended by a female lizard, Beans (Isla Fisher) who drives him to the drought stricken, small, ramshackle frontier town called Dirt

While Beans visits The Mayor (Ned Beatty) to ask his assistance to save her father's farm. Rango fascinates the amphibian residents with his "heroic "tall-tales" that involved subduing a band of outlaws with one bullet shot.

Soon after Rango achieves some dumb luck when that hungry hawk reappears and a ricocheting bullet hits a large artifact that flattens the feathered predator that leads to Rango becoming the towns' new sheriff by the Mayor to protect the residents and safe guard the bank that holds a week's supply of emergency water in large water cooler iug in its vault

This sets up the character into this quest for an identity. When he proclaims to the resident "to believe". Only Rango fails when he allows the bank to be robbed from literally under him stealing the town's water reserve. Rango gathers a posse together to ride out to retrieve the waters from a redneck family who outnumber them. Yet when Rango manages to retrieve the water jug on the run. It leads to an accident that has Rango returning back to the town despondent and without any water.

With an amusing quintet of mariachi band -playing owls to introduce and occasional narrating the story, "Rango" is an entertaining offering that signals a new direction for animation to leap into; that can be mature and satirical enough to be geared more to adults without losing the kids. PG; 110min. A Paramount being a swashbuckling hero creating his Pictures Release - Presented at

Scott from front page

Food Practical Applications, Basic Food Preparation, Garde' Manager and Fundamentals Of Culinary Arts.

Jackie Scott has made effective use of his background in the food industry as a cook to Head Chef. Also, having shared his experience working in the United States Navy and numerous other restaurants and caterings, he even catered for events at the governors' mansion in Frankfurt Kentucky.

CURRICULUM FOR PROPER FOODS AND NUTRITION

I will start curriculum out by asking students to write down what they know as healthy foods. Next I will ask them to list healthy foods that they eat atleast once a week, once every 2 weeks, once every 3 weeks or once every 4 weeks. And then I will explain to them why the foods they consider healthy are or not so. Tell them why certain foods are bad for them. Furthermore I will explain the nutrition concerning foods. List proper healthy foods for them by category oppose to the bad ones in place as they may consider or eat on a regular. I will Give definition of nutrition. I then will talk about proper healthy foods nutrition contained in them and where they are indigenous from.

On going I will talk about acidic foods and why they are bad for you and the ills of them. Teach them of sanitation and pathogens concerning unsanitary environment and developed harmful bacteria in foods. I will also show them how to put together balanced complete meals such as full course meals by catergory. I then will prepare them to acquire their sanitation licence by taking the test. I will continue to teach them how to put together vegan meals and non vegan meals.





Dean S. Santo poals





What We Do

We help manufacturing companies to promote from within by training and coaching their frontline leaders to effectively engage and lead their teams

URBAN ART RETREAT is providing space for a project sponsored by NHS to beautify the neighborhood a bit when it comes to boarded up vacant buildings! We need help getting area residents to register to help!!!

The help we need is to interest 20 residents of the N. Lawndale community and beyond to get involved and register to show up for Saturdays starting March 12 (3-5) at URBAN ART RETREAT, 1957-59 S. Spaulding Ave. corner of 21st, to work together to design and paint these mini-murals so we can make the boarded up buildings look a bit better. We have 2 artists who will lead our part in this project at our site. We need civilians (6-90 yrs. old) to come together and make it happen!!! Can you help us reach out to kids and adults to get them

Dianna C. Long The URBAN ART RETREAT 1957 S. Spaulding Ave. Chicago, Il. 60623 Dianna@urbanartretreat.com www.urbanartretreat.com (773) 542-9126

Don's **Parts** 4433 W. GRENSHAW

CHICAGO, IL 60624 OFFICE: 773 638-1554



Lawndale Community Daycare Center

1800 S. Lawndale Avenue 773-257-0497 - 773-257-0499 fax

NOW ENROLLING

Open 6am - 6pm - 2 yrs.-6yrs. No Co-payment for 3 months! Parents must meet the following

requirements: * WORKING

* IN SCHOOL/TRAINING PROGRAM

~ FUN ~ FUN ~ FUN ~ LICENSED BY THE STATE OF ILLINOIS

NLCN Disclaimer

The Views and Opinions Expressed by writers are not necessarily those of the North Lawndale Community News

We Support Our Troops ARE YOU A VETERAN? DO YOU NEED EMPLOYMENT?

CHECK OUT THE VETERAN'S

MULTI-PURPOSE EMPLOYMENT CENTER 1211 S. WESTERN - CHICAGO, IL 60608

(312) 492-9090

Veteran's Focus Group Meetings - Friday's at 2p.m.

WE ALSO OFFER CLASSES IN THE FOLLOWING: Administrative Assistant/Accounting Clerk,

Website Design/Development (Basic, Intermediate & Advance),

Export/Import & Microsoft Office (Financial aid available to those who qualify)

FREE:

- * Benefit Guide Book
- PTSD Assessment and Counseling support
- Referrals to VA Agencies
- * Referral to other supportive service agencies
- * Assistance with GI bill
- * Retreving your DD214 and other benefits you earned

FDFF.

- * Access to computers
- * Internet
- * Fax Machine, Laser Printer and Phone
- * Periodicals
- * Career Training Information
- * Job Postings from Chicago Area Employers

Sponsored by Department of Commerce and Economic Opportunity, Strategic Human Services, Steams Family Foundation, Advocate Bethany Foundation and Mayor's Office of Workforce Development

INTERSTATE

Muffler & Automotive Repair 2158 South Pulaski (corner of Cermak & Pulaski) Chicago

773-522-0122

Diagnostic Testing §39.99	FILTER, TOP OF THE FLUIDS & ENGINE FLUSH \$39.99	Radiator Flush \$59.99 Pink Antifreeze Extra
Struts	Mufflers	Converter
Front or Rear Installed	§19.99	INSTALLED
\$199.00	Inspect exhaust system for leaks. Labor Extra.	⁸ 129. ⁹⁹
MOST CARS & LIGHT TRUCKS	MOST CARS & LIGHT TRUCKS	MOST CARS & LIGHT TRUCKS

Full Tune-Up Front or Rear Service Brakes Service 4 cyl. \$59.99 5169.00 Front or Rear Includes installation of front pads, inspect inspect rotors, Includes plugs, wires, fuel filter, air wheelbearing, calipers, filter, P.C.V. valve cap, rotor, oil sydraulic system and road test change and filter. Pads and shoes extra.

MOST CARS & LIGHT TRUCKS



Time to punch in.

Opening early at 5:30am in Jan./Feb.

Save money now when you purchase more months*:

1 month - \$15

3 months - \$40 (save \$5)

6 months - \$75 (save \$15)

9 months - \$110 (save \$25)

12 months - \$145 (save \$35)

Never any joiner fees.



Lawndale Christian Fitness Center

MOST CARS & LIGHT TRUCKS

Loving God, Loving People

3860 W. Ogden Ave. 773.843,3219

Bring in this ad for a free one day workout.

Classes available now include: Cardio Flex 1, Cardio Mix, Cardio Punch, Circuit Training, Exercising with Arthritis, Full Body Toning, Get on the Ball, SilverSneakers®, Six-Pack Attack, Strength Toning

*Prices listed are for individual plans. Savings apply to all plans. Call or stop by for more details.