



CHICAGO PEOPLES VOICE

Trinity African Methodist Episcopal Church Celebrates Land Mark Status



Dignitaries and Church Officials join Pastor Barbara Brown after the Historical Land Marking Worship Service for a meal in honor of the occasion. See story page 6



State Representative Rita Mayfield, Princess Hemphill, Yolanda Brooks, Regina Stewart, Dr. Daisy Brooks, State Senator Adrienne Johnson and Ceaser Moore at the event. See story page 5.

Johnson, Brooks Recognized by National Executives Network

Much More Inside



**When someone
throws you a
ball, you don't
have to catch it**

The E.Reed Report: October

Editor's Note: I abdicate the pen this month to Katherine R. Oyson who wrote this expose on taking on other peoples problems to a fault. You don't hve to be donw with OPP. Think about it.

LIFE'S ESSENCE

-by Katherine R. Oyson - The Freeman

There are times when life becomes more stressful for us after hearing someone's problem. We feel obligated to give the troubled person a shoulder to cry on. Eventually, his or her problem becomes our problem.

Along this line of thinking, Richard Carlson, Ph.D. in his book, "Don't Sweat The Small Stuff... and it's all small stuff," shares his experience: "My best friend... taught me this valuable lesson. Often our inner struggles come from our tendency to jump on board someone else's problem; someone throws you a concern and you assume you must catch it, and respond. Remembering that you don't have to catch the ball is a very effective way to reduce the stress in your life. Like, when your friend calls you, you can drop the ball, meaning you don't have to participate simply because he or she is attempting to lure you into it. If you don't take the bait, the person will probably call someone else to see if they will become involved."

My friend had been catching a ball every time it was thrown

in her path. She became a participant in other people's problems to the point that people whom she helped had become dependent on her. Inside, she was blaming herself why she couldn't say no.

Not until one Sunday while attending Mass, the priest said in his homily: "If you want to help people, don't give them fish; but teach them how to fish." At that moment she realized that she had to stop catering to everyone who knocked at her door. She became selective in extending her help.

Why is it important to be selective in helping others? Manuel Blanco of manuelblancoblogspot.com website has this to say:

- We all have a responsibility towards others, to help improve everyone's lives by sharing our gifts, talents, and offer the best of us. What we give to others, we give to ourselves. There's enough abundance on earth to provide for the needs of everyone, only that we have to prioritize. We have to be selective for obvious reasons. While helping others is a responsibility, it is also a voluntary decision. We do not have to do anything for anyone unless we want to. First we must provide for our own needs.
- If helping someone means that we have to sacrifice something that it is essential to us, then we have to consider and think twice.
- It is important to know if the person asking for help is truly committed to change and do their work.
- For whatever reasons people might have to ask for help, it is not to be judged. There are many reasons why people ask for help. The task of the helper is to decide whether to help them or not.
- Most of all, helping others is also a learning process. Along the way, we must learn to recognize those who ask constantly, almost daily, and those who truly need.

The Chicago Peoples Voice is a publication of the Soaring Eagle Community Development Corporation, the Soaring Eagle Publishing Division. The Chicago Peoples Voice, now in it's 28th year of publication is a community newspaper dedicated to providing positive news and information to the communities of Lake County. Letters to the editor and other correspondence may be sent to The Chicago Peoples Voice, PO Box 1038, Waukegan, IL 60079. Email correspondence may be sent to info@chicagopeoplesvoice.com. Our telephone number is 847-473-5501.



National Executives Network

presented awards to area professionals for their outstanding work in the community. State Senator Adrienne Johnson (Right) and Educator Yolanda Brooks (Left) were recognized at the September Networking event. Princess Hemphill is the Founder and Director of NEN.

Monthly networking meetings are held at the Greenbelt Cultural Center. Call 310-770-1345 for more information.



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United Way Expands HACES Program

Program helps Waukegan parents step into classrooms to help bridge learning gaps

United Way of Lake County and HACES (Hispanic American Community Education and Services) announced an expanded partnership with five schools in the Waukegan Public School District to deliver an expanded Parent Mentor program that puts parents in the classroom to mentor Waukegan students, kindergarten through fifth grade.

Namely, the schools are Carmen-Buckner, Glen Flora, Glenwood, North, and Lyon Magnet Elementary Schools.

Parents are invited to be trained as mentors and volunteer in a classroom four times a week for a minimum of 100 hours per semester. Parent Mentors provide direct support to students to improve their math and literacy skills and to provide additional social emotional support. The Parent Mentors also have weekly training on financial literacy, computer skills, leadership, and more. They help to fill the equity gap by volunteering in schools and creating positive change through parent engagement. The program has English and Spanish-speaking mentors with the goal to serve more than 600 students this school year.

According to the HACES website, the program helped improve math and reading skills in the participating schools by 28%.

“After a successful first year, it became clear that there was a need for



even more parental involvement,” said Maria-Elena Jonas, Founder and Executive Director of HACES. “The support United Way provides will allow us to serve many more students, helping us make an even bigger impact in the community.”

According to Gale Graves, Vice-President of Community Impact at United Way, this is a national initiative to get more parents engaged in the classroom experience and that the program has been very successful.

“We are looking forward to working with HACES and parents to support Waukegan students achieve even greater success,” says Graves.

Recruitment is currently underway for parents to serve in the classroom for two hours per day in their child’s school. The program is open to all parents who are looking to learn valuable life skills and make a positive impact on their child’s school and community.

Parent Mentors work one-on-one or in small groups with students who need extra support in the classroom. They are provided with the necessary training, offered weekly workshops on professional development skills in academic instruction and leadership, and compensated with a modest stipend.

Other school districts where this model of parent engagement has been successful include Atlanta, St. Louis, and the Southside of Chicago.

For more information, visit LIVEUNITEDlakecounty.org/parent-mentors or www.haces.org/education. Or simply stop by your child’s school and see how you can become involved.

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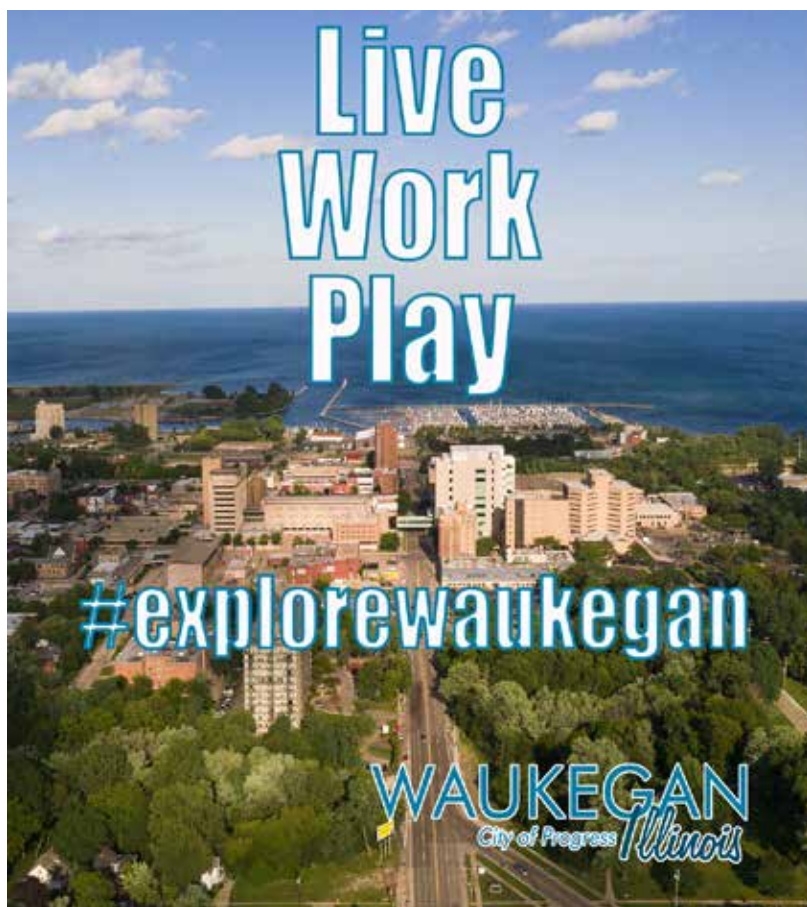


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October is Learning Disabilities Awareness Month

(SPM Wire) Learning disabilities can impact an individual's opportunities in school and in life. Though 1 in 5 students across the country have learning and attention issues, many classroom environments are not currently designed to help them thrive.

October, which is Learning Disabilities Awareness Month, is an annual reminder to parents, educators, policymakers, and the community at large of the importance of creating inclusive learning spaces that accept and understand all students.

Fortunately, resources and solutions exist that can help impacted individuals of all ages and abilities get the accommodations they need to succeed. Visit the Learning Disabilities Association of America website at <https://ldaamerica.org> to learn more.

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5 Weight Loss Tips For Busy Parents

(StatePoint) For parents, juggling the demands of work and home life can no doubt take a toll on physical health. In fact, a Cornell University study of 50 working moms and dads found that more than half turned to unhealthy eating options – pizza, chocolate and fast food, because they were too busy to start a new healthy eating plan.

With the weather changing and kids back in school, there is no better time to focus on your health. Here are five tips to fall back into a healthier routine and conquer your weight loss goals:

Eat enough protein. Protein is the key to feeling full and satisfied, especially when you're trying to lose a few pounds. That's why finding a high-protein plan like Nutrisystem is so important. Nutrisystem is easy to follow, and offers a variety of protein-rich meals and snacks that taste great and are made in minutes – a great choice for the busy mom or dad on the go.

With up to 30 grams of protein, Nutrisystem's Hearty Inspirations meals will control your appetite for up to five hours. With menu items like Sesame Beef & Broccoli and Bourbon-Style Chicken, you're going to enjoy what you're eating and lose weight.

Get moving with fun, 15-minute workouts. As a busy parent, finding time to exercise may not be top of mind. Committing to just 15 minutes daily will do wonders for your health and help you stay on track with your weight loss goals. Look for new and exciting workouts to try, such as Pilates, dance and boxing, so that you don't get tired of doing the same exercises.

You can also get the family involved. Go on an evening walk together or take all the boredom out of exercise and have a dance competition!

Stock your fridge with healthy, seasonal op-



tions. Fall is the perfect time to enjoy in-season fruits and vegetables. During the cooler months, you'll find mouth-watering produce like apples, squash, salad greens, broccoli and Brussels sprouts that will satisfy your tastebuds. If you like trying new things, consider beets. Low in calories and high in fiber, vitamin C and potassium, beets make a great vegetable to add to your grocery list.

Nutrisystem plans allow you to add a variety of fruits and vegetables to your day, and offer hundreds of recipes, including some seasonal favorites, on its lifestyle blog, The Leaf.

Plan your menu for the week. You're busy, so opt for easy, convenient options. That's where planning your weekly menu using healthy and simple ingredients comes in. Make sure to include variety so you don't risk getting bored. If you find yourself saying, "I had this last week. I don't feel like having that again," you may find yourself ordering takeout.

Another option is to look for a service that will deliver nutritionally-balanced, portion-controlled meals to your door. Nutrisystem offers delicious, easy to prepare options that you can be confident will not only taste good, but help you lose weight.

Prioritize yourself. Being a busy parent can be exciting, but it could also mean having difficulty prioritizing yourself. Write yourself encouraging daily reminders and hang them around your home and workplace. Set aside time to read a book before bed. Do yoga for 15 minutes in your living room to unwind. Finding something new you love – be it meditation, crafting or listening to a podcast – can motivate you to stay committed to yourself.

For more great weight loss tips, healthy recipes and more, check out <https://leaf.nutrisystem.com>.

Utilizing these simple tips will help you balance your busy work and home life and guide you on your successful weight loss journey. If you slip up, don't harp on your mistake instead, forgive yourself and start again.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."
— Maya Angelou

Steven Panos Wins National Youth Build Award for Commitment to Service

WAUKEGAN, Ill., September 20, 2023 - Steven Panos, a graduate of YCC's YouthBuild Waukegan, has been nationally recognized for his outstanding leadership through service. Panos, 24, was selected from thousands of members across the country to receive one of four awards given out by YouthBuild USA for their annual Spirit of Service Awards.

The winners were announced at the State of YouthBuild USA AmeriCorps and Member Award-Presentation on August 15. Panos was selected to receive the Full-time Member of the Year award for his commitment to serving the Waukegan community.

In 2019, lacking direction and purpose, Panos enrolled in YouthBuild Waukegan to turn his life around. While in the program, he earned his National Center for Construction Education and Research and OSHA construction certifications, and was an integral part of building the Gilboa Avenue housing project in Zion, Illinois. He organized service projects to help the formerly incarcerated and participates regularly in Operation Clean Sweep with the City of Waukegan's Department of Public Works.

"I am honored and proud to win this award" says Steven. "It is truly amazing to be where I am today, from where I was just a few years ago. Thank you to YCC, YouthBuild USA and AmeriCorps for giving me the tools to rebuild my life and help others do the same."

Panos served as a construction team leader through AmeriCorps, helping the construction supervisor and foreman organize and guide members on housing sites. With his strong leadership skills, he is simultaneously continuing his AmeriCorps service and honing his construction and management skills while earning his associate's degree in business. Over the past few years, he has developed strong conflict resolution, managerial and servant leadership skills. With a strong work ethic and a desire to transform lives through service, Panos embodies the values of the YouthBuild AmeriCorps program.

"All of us at YCC are delighted that Steven's achievements and impact on our community are recognized on the national stage!" said Karen Rios, program director of YouthBuild Waukegan.

YouthBuild USA has been an AmeriCorps grantee since AmeriCorps' inception in 1994. Since then, YouthBuild USA has enrolled more than 49,000 AmeriCorps members who have generated millions of direct

service hours, including developing or repairing thousands of units of affordable housing for low-income individuals and families. Nearly 13,000 YouthBuild AmeriCorps members have earned their high school equivalency and a total of \$40 million in Segal AmeriCorps Education Awards.

Approximately 2,387 YouthBuild AmeriCorps members in 61 communities and 28 states build affordable housing and provide community healthcare, conservation efforts, recycling and sustainability, computer infrastructure, and child development services for individuals and families. Over the next year, YouthBuild AmeriCorps members will provide more than 750,000 direct service hours and will build at least 240

units of affordable housing for low-income individuals and families.

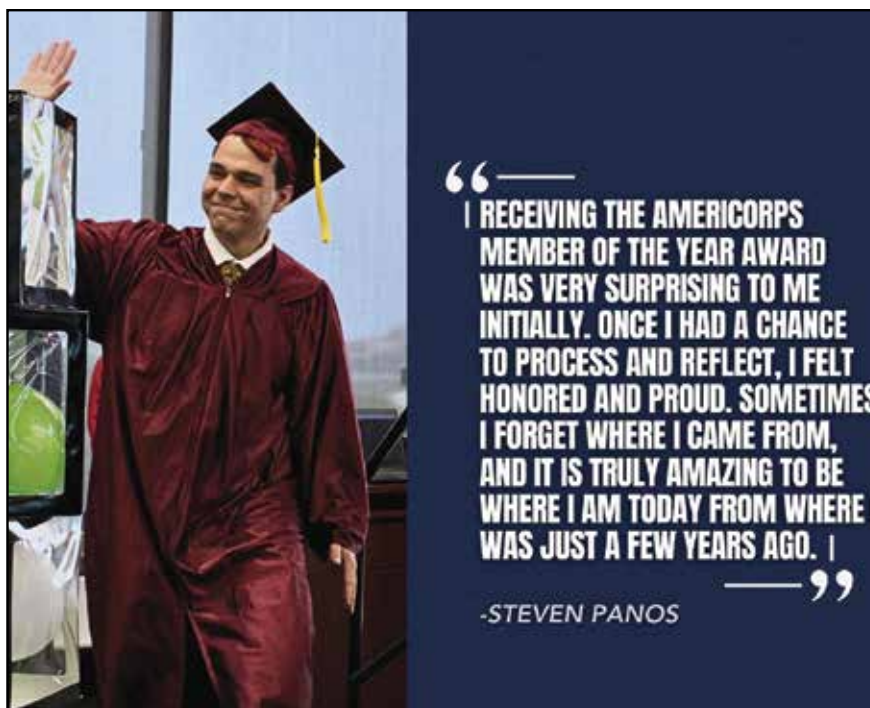
YouthBuild USA is the nonprofit support center for a global network of more than 280 local YouthBuild programs in 15 countries, with 223 programs in 47 U.S. states and territories and 61 programs in 14 other countries. With love and respect, YouthBuild partners with opportunity youth to build the

skillsets and mindsets that lead to lifelong learning, livelihood and leadership.

Responding to the urgent need for knowledge, training and opportunity, YouthBuild primarily serves young people who lack a high school diploma and financial resources.

"While transforming their lives through service, YouthBuild AmeriCorps members become the leaders they were always meant to be – and that the world needs" said John Valverde, president and CEO of YouthBuild USA. "Their commitment and example reverberate across the country, and YouthBuild is honored to partner with them in their journey. We are so proud of Steven and his service to the Waukegan community."

YCC empowers and mentors young adults to succeed through education and training in life skills, career pathways, and environmental stewardship. YCC envisions a community where every young person has a pathway to success.



Trinity AME Celebrates Land Mark Status with Ceremony



Mayor Ann Taylor, Alderman Keith Turner, Alderwoman, Edith Newsome, Alderwoman Syvilia Sims, and Waukegan City Clerk Janet KilKelly join Rev. Barbara Brown - Senior Pastor, Trinity AME Church of Waukegan during Landmark Marker installation ceremony

September 11, 2023 - The Trinity African Methodist Episcopal Church of Waukegan celebrated their 119th Church Anniversary and the dedication of their sanctuary by the Waukegan Historical Society as a historical landmark in Waukegan. Trinity AME is noted to be the oldest Black Church in Waukegan, and the second oldest Black Church in Lake County. Lake Forest Baptist Church in Lake Forest is considered to be the oldest that is still in operation. The installation of the official Historical Landmark Marker was installed in a ceremony on Thursday, September 9 by the Waukegan Historical Preservation Commission and the City of Waukegan. Lori Nerheim is the President of the Waukegan Historical Preservation Commission. Ann Taylor is the Mayor of the City of Waukegan.

The installation was followed by a reception at the Dandelion Gallery.

Resolutions were presented on both days including two resolutions by the Lake County Board of Commissioners read by Commissioner Angelo Kyle, and Commissioner Mary Ross Cunningham. The City of Waukegan presented a resolution introduced by Alderwoman Syvilia Sims and a resolution presented by State Senator Adriane Johnson. In several of the resolutions, Trinity AME was recognized as being the “Mother of All Negro Churches in Lake County”. This is a warm acknowledgement because Trinity has spawned several churches and numerous pastors of other churches from its membership.

Pastor, The Reverend Barbara Brown holds the distinction of being the 2nd Female Pastor of the church that has hosted about 23 pastors

down through the years.

“I have know Pastor Brown for many years....,” says The Reverend Walter R. Bauldrick, keynote speaker for the Sunday Dedication Service.

“She is going to be your Moses,” Bauldrick, a presiding Elder in the church said.

Pastor Brown, a noted and sought after public speaker, is engaged in several ministerial efforts in the region, most notably a weekly outreach in the newly rebuilt Barwell Manor Public Housing project.

“Our ministry is outside the walls or the church,” says Pastor Brown.

“Trinity has been a strong tower and a beacon of light in Waukegan, We strive to equip the people of God with the word of God by evangelizing, educating, and encouraging God’s people. We are humble and continue with this line of wisdom.” Pastor Brown wrote in a message to the congregation.

Members of the Anniversary Committee were Dr. Harlene Shipley, Shala Adams, and Valerie Carter. Members of the Trustee Board are Otis Langston (Trustee Emeritus and oldest living member of Trinity), Rayevelyn Curry, Bill Jones, Barbara Wallace, Jerome Clark, Dorothy Bulls and Tim Clark.

The Rev. Dr. James M. Moddy is the Presiding Elder for the Trinity AME 4th Episcopal District Chicago Conference.



An entourage of family and friends facilitated by Cathy McBride journeyed into the city to see A Taste of Soul at the Black Ensemble Theater.

A Taste of Soul Play Review

By Elroy Reed

I thoroughly enjoyed the live theatrical production of Daryl D. Brooks' original play "A Taste of Soul". It was a delicious mixture of nostalgic story telling, food recipes and soul music that kept you smiling. If you every had a mother, or grandmother where everyone would go over to their house for the holidays and enjoy a festival of food, then this play brought back those memories.

They shared recipes for Macaroni and Cheese, Collard Greens, Potato Salad, Catfish, and more, but the highlight was the accompanying tunes which spiced the production with Old School Music that took you back.

The lead performers were Marquetta Jackson and Ricky Harris who served as excellent Head Chefs who introduced the musical talent and even sang. Sous Chefs dished up renditions of favorite legendary songs beginning with Otis Redding, and followed by Gladys Knight, Ashford and Simpson, Bobby Caldwell, the Del-fonics, the Isley Brothers, Simply Red, the O'Jays, and the Whis-pers. Not to mention the performance by Britt Edwards as Tina

Turner, which stole the show.

There were other musical numbers including greats like Chaka Khan, Cool and the Gang's (Celebration) as well as my all-time favorite, "Ain't No Stopping Us Now" by McFadden and Whitehead.

Well written, well executed. The only problem that I had with it was the sound, the band was too much louder than the singers on some songs. At times, you couldn't clearly hear the singers, nor understand what they were saying. Fortunately, most of the audience knew the words by heart, so it didn't matter.

Featured cast were Makenzy Jenkins, Percy Nesbary III, LaRon Jones, Brandon Lewis, Qiana McNary, Vincent Jordan, Trequon Tate, Spencer Davis Milford, Caitlin Dobbins, and Britt Edwards.

The play runs through October 15, 2023 and then the Black Ensemble will enter into their holiday season with a return of their most popular play, The Other Cinderella. It begins Nov. 19th and runs through December 31, 2023

Tickets for A Taste of Soul are \$56.50 to \$66.50 a good deal for live action theater and the sheer enjoyment of the wonderful play. For more information, check out their website at www.blackensembletheater.org or give them a call at 773-769-4451.

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*then
think
again...*

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~ **WORSHIP SERVICES ~**
& CLASSES

Sunday:
Bible Classes 9:30 AM
Worship Services 10:45 AM & 6:00 PM
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Thursday
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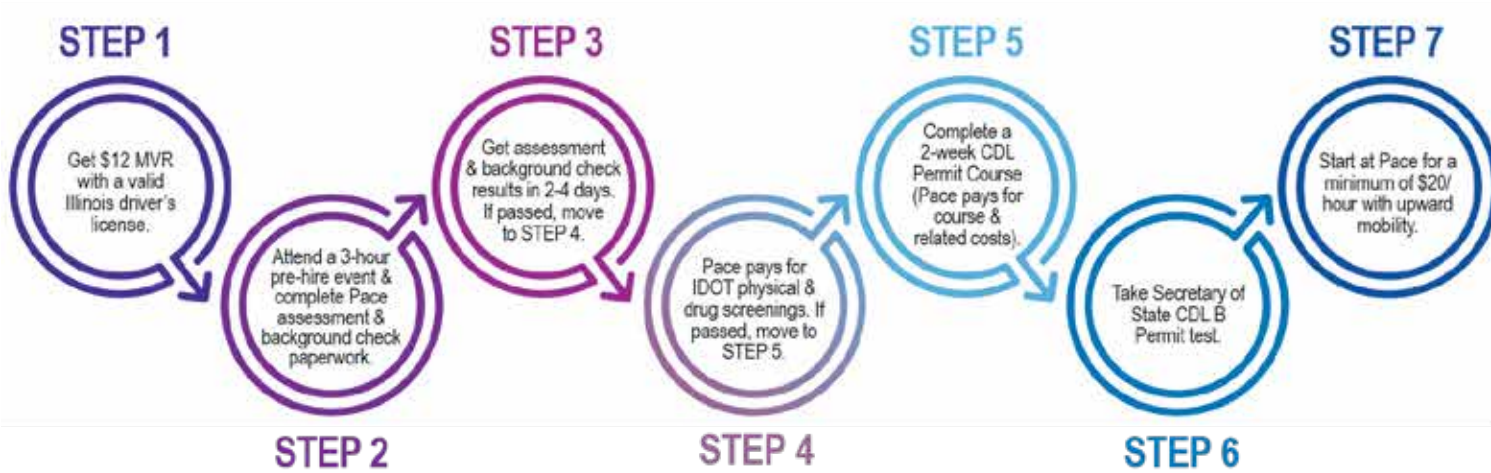
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Thursday
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