

THE HEART & SOUL
OF CHICAGO

NOVEMBER 2022
FREE



CHICAGO PEOPLES VOICE



Meryl Fury

Introduces

Six Million Seeds

See story page 8



The E.Reed Report: November 2022

Breast Health Tips for Women

Breast Cancer accounts for roughly a third of all new Cancer diagnoses in women—second only to Skin Cancer in terms of total

cases. According to the American Cancer Society, nearly 290,000 women will be diagnosed with new cases of invasive Breast Cancer in 2022, and more than 43,000 women will die as a result of the disease.

Breast Cancer is especially lethal among Black women. In fact, while Black and white women experience Breast Cancer at about the same rate, Black women are 41% more likely than white women to die from the disease. During Breast Cancer Awareness Month in October, Zing Health is sharing advice on best practices for managing Breast Cancer risk:

1). Self-exams are crucial for early detection—make a habit of checking regularly: No one knows your body like you do; after all, you’re the one who lives in it! As a result, no one is better placed to notice changes in your body when they occur. That’s why the first line of defense against Breast Cancer is regular self-examination. As with so many aspects of life, the key is routine. By making regular self-exams a habit, you give yourself the best chance of catching changes early. We recommend monthly self-exams. Just pick the day of the month that works best for you and stick to it!

2). Insurance will cover your exam AND your Mammogram—it’s the law: We all know medical care can be

expensive, and the fear of a surprise bill can all too often make us postpone seeing a doctor. But, since 2009, all health insurance policies offered in the state of Illinois have been required by law to guarantee coverage “for a complete and thorough clinical examination of the breast” for all women over the age of 20, as well as “routine mammograms for all women age 35 and older,” thereby eliminating concerns about cost. Whether you’re on an HMO, Medicare Advantage, or anything in between, it’s important to make full use of these important benefits.

3). Medical exams can be scary and stressful—but they don’t have to be: There are many reasons people put off going to the doctor. No matter one’s age, it can be a very stressful—or even scary—experience. It can also be embarrassing or awkward, especially when it comes to talking about sensitive issues like breast health. But letting such feelings rule your decisions is misplaced—plus it’s downright dangerous.

Regular medical exams are critical for catching Breast Cancer early, and no number of self-exams can substitute. So, rather than avoiding the doctor, try making the trip less stressful. For example, consider scheduling your exam to coincide with those of other women in your family or friend group. By going together, you can transform an otherwise lonely and isolating experience into one of solidarity and mutual support.

While Breast Cancer Awareness Month was in October, maintaining good breast health is a year-round job. To learn more about breast health and Breast Cancer prevention, visit the blog section of Zing Health’s website, getzinghealth.com, or call 1-866-946-4458 (TTY 711).

Content Curated By AJ Mulhall/Purpose Brand

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 its 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.

Pritzker's \$14 Million For Farmers

The Illinois Department of Agriculture (IDOA) and Illinois Department of Human Services (IDHS) worked jointly to secure United States Department of Agriculture (USDA) funding that provides opportunities for underserved farmers. The Local Food Purchasing Cooperative Agreement (LFPA) will allow the State of Illinois to purchase food directly from underserved farmers.

Food will then be distributed to communities in need, including schools, non-profits, and the food bank system. State-wide partners will convene in year one of the program to develop an implementation plan. This planning process will also examine how culturally appropriate fresh foods can be made more accessible to food-insecure communities.

"I'm grateful to the USDA for their partnership with IDHS and IDOA in creating a coordinated program like the Local Food Purchasing Cooperative Agreement," said Governor JB Pritzker.

"Being hungry is a reality for far too many people in this country and in our state. That is why Illinois is using creative re-sourcing and dedicated collaboration with stakeholders to fight food insecurity," said Lt. Governor Juliana Stratton. "Promoting economic equity in food access and agriculture has been among my top priorities as a legislator," said State Representative Sonya Harper. For more information, email agr.lfpa@illinois.gov.

North Chicago Tree Lighting




- **Community Tree Lighting**
- **Food/Candy**
- **Games**
- **Pics w/ Santa & Mrs. Claus**



November 28th @6-8 pm

City Hall, 1850 Lewis Ave.



...And Rocky!



Leon Rockingham, Mayor

DEC.
3-6

2022 Child Nutrition Summit

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DECADE OF CHILD NUTRITION!





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- (2) Sessions Daily: 10AM Eastern & 7PM Eastern
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6
million
SEEDS

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Beware of Flood Damaged Used Cars

Illinois Secretary of State Jesse White is alerting consumers interested in purchasing used vehicles to beware of flood-damaged cars resulting from flooding caused by Hurricane Ian or other natural disasters. "We are taking steps to ensure that flood-damaged vehicles from hurricanes do not receive clean titles in Illinois," White said.

"While my office will do everything it can to protect Illinoisans, it is always important that consumers also take active steps to protect themselves from purchasing damaged vehicles." In an ef-

fort to protect Illinois consumers, White has instructed his office to closely monitor title applications involving potential flood vehicles. This includes ensuring vehicles coming from counties impacted by flooding are properly identified and labeled as flood vehicles when applicable. White urged consumers to gather as much information as possible about a vehicle before making a purchase.

Consumers are encouraged to obtain a National Motor Vehicle Title Information System (NMVTIS) vehicle history report by visiting <https://vehiclehistory.bja.ojp.gov/>. In addition, White said that CAR-FAX is providing a link to check for flood vehicles. To visit the free link, go to www.carfax.com/flood.

One Liner Jokes To Make You Think...

Yesterday I saw a guy spill all his Scrabble letters on the road. I asked him, "What's the word on the street?"

Once my dog ate all the Scrabble tiles. For days he kept leaving little messages around the house.

Hear about the new restaurant called Karma? There's no menu: You get what you deserve.

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Seniors May Now Use Ride Lake County

Introducing Ride Lake County! Lake County, Pace Suburban Bus, and the Lake County Coordinated Transportation Services Committee (LCCTSC) came together with members of the community to launch Ride Lake County, a borderless, countywide paratransit service that provides transportation to anywhere in Lake County for seniors ages 60+ and people with disabilities.

Registration

Before scheduling their first ride, residents must register through Pace by calling their call center at 1-800-201-6446. Residents can register as either a senior (60+) or as an individual with a disability:

The Pace Call Center will ask for birthdate information for residents registering as a senior.

The Pace Call Center will ask for an *RTA Reduced Fare Permit number for residents registering as an individual with a disability

Registering as an individual with a disability

For riders registering as an individual with a disability, Ride Lake County is using the Reduced Fare Permit to verify the status of an individual's disability to determine eligibility. Riders registering as an individual with a disability can either provide proof of disability benefits or have their doctor fill out a proof of disability form to obtain the Reduced Fare Permit.

Riders can apply for the Reduced Fare Permit in the following ways:

Online at fares.rtachicago.org

- 1) In-person at one of the RTA's local offices.
- 2) Please call 312-913-3110 to find the RTA office located nearest to you to fill out an application.
- 3) By mail or downloading application. application from the RTA website and mailing to the address listed on the application



Booking a Trip

Residents can call the Pace Call Center at 1-800-201-6446 daily between 5:30 a.m. to 6 p.m. to book a trip.

Riders can schedule a trip any day of the week from 6 a.m. to 6 p.m. with the exception of certain holidays. Riders can reserve a trip as far as seven days in advance or as little as two hours in advance.

Ride Lake County is sponsored by Lake County and Pace Suburban Bus. The service is funded in part by grants from the Regional Transportation Authority. Local matching funds for these federal grants are provided by Lake County.

Are You at Increased Risk of Getting Pneumococcal Pneumonia?



(StatePoint) Pneumococcal pneumonia is a potentially serious bacterial lung disease that can be contracted any time of year. In fact, according to the Centers for Disease Control and Prevention (CDC), pneumococcal pneumonia causes 150,000 annual hospitalizations nationwide. It can even be life-threatening in serious cases.

To help reduce the burden of this lung disease, the American Lung Association and Pfizer are

partnering to share important facts about pneumococcal pneumonia for adults 65 or older and adults 19-64 with certain underlying health conditions. Here's what to know:

What is pneumococcal pneumonia? Many people think pneumococcal pneumonia is a cold or the flu, but it's not. Pneumococcal pneumonia is caused by bacteria that live in the upper respiratory tract, and it can spread to others through coughing or close contact. Common symptoms include high fever, excessive sweating, shaking chills, coughing, difficulty breathing, shortness of breath and chest pain. Some symptoms can appear quickly and without warning.

Who is at risk? While anyone can get pneumococcal pneumonia, some people are at higher risk of getting severely ill, including those 19 or older with certain medical conditions such as asthma, COPD, chronic heart disease or diabetes, and adults who smoke cigarettes. Additionally, even healthy adults 65 and older are at increased risk because the body's immune system naturally weakens with age. Visit Lung.org/pneumococcal to take a two-minute quiz to determine if you

are at elevated risk.

How can you help prevent pneumococcal pneumonia? The CDC recommends pneumococcal pneumonia vaccination for adults 19 or older with certain underlying medical conditions, and for adults 65 or older. Unlike the flu shot, you don't need pneumococcal vaccination every year. Your healthcare provider can help you determine when you should be vaccinated against pneumococcal pneumonia. Infection can strike anytime, anywhere, in any season, so now is the time to talk to a healthcare provider about pneumococcal vaccination.

"Low vaccination rates leave far too many people vulnerable to pneumococcal pneumonia," states Dr. Albert Rizzo, chief medical officer for the American Lung Association. "Keeping up to date with vaccinations is important for everyone, especially those living with chronic health conditions such as asthma or diabetes."

For additional information and resources, visit Lung.org/pneumococcal.

Pneumococcal pneumonia is a potentially serious disease you shouldn't ignore. Fortunately, you can help protect yourself by asking your doctor or pharmacist about vaccination.

You will face many defeats in life. But never let yourself be defeated.
-Maya Angelou



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Meryl Fury Sows Six Million Seeds

There is one profound thing which may be said about the fun-loving, classy and charismatic Meryl Fury, “she is mad about healthy eating”.

Meryl Fury is President and CEO of Balance Forward Health and Wellness, LLC, which focuses on playfully supporting people who want to attain vibrant health over their lifespan. A registered nurse, Meryl has specialized in public health and underserved populations over the course of her career. The new project that she has launched, Six Million Seeds, focuses on healthy eating choices to help the community achieve the healing power and benefits of whole food plant-based eating.

Six Millions Seeds is not only a project, it is considered a plant-based nutritional movement that Meryl has been working on for the past three years. According to Meryl, the mission is to educate people and encourage them to move away from unhealthy ways of eating to healthy ways of eating.

“There are plenty of people promoting animal-based products, dairy, cheese, meat and processed foods. This greatly effects the black community where diet is critical,” says Fury. “The result is that children are getting sick by eating high processed foods, drinking sugary sodas, and eating high saturated fats in foods.”

Fury further explains that the masses are being encouraged all day long to eat unhealthy food in commercials, songs on the radio, and video games.

“We have been trained away from eating healthy foods,” says Fury.



Continued next page...

Meryl Fury *continued*

The Six Million Seeds project is a child nutrition-based program where students are educated in environment, diet and sustainability. It consists of six food groups: fruit, vegetables, nuts and seeds, beans and legumes (peas, beans, peanuts and lentils), whole grains (brown rice, oats), and mushrooms.

The Six Million Seeds Program teaches children, parents, caregivers, etc. about the value of eating more dense plant-based foods.

“This is the only known way to prevent, stop and reverse a lot of the chronic illnesses that effect the black community without medicine,” Meryl explains.

The program has a three-part strategy:

1. Education in schools - this strategy is focuses on youth. Meryl engages young people in various settings such as school, during after-school clubs, Boys and Girls Clubs, and Boy and Girl Scouts. Meryl speaks directly to the students and engages them in the growing process.

“Have them grow it, and they are more likely to eat it”, says Fury.

2) Educational Podcasts - this strategy is aimed at adults. Meryl en-

gages with educators, medical doctors, research scientists, chefs, organic gardeners, and climate change activists. The goal is to share the importance of plant-based food in the diet from several perspectives.

3) Coalition Building – This strategy is to build a coalition and to collaborate with like minded individuals nationwide and internationally.

“If we don’t make a change soon, it will be much harder to make a difference in future years,” Fury shares.

On December 3-6, 2022 there will be a free Live Online Summit. THE DECADE OF CHILD NUTRITION SUMMIT. It is 4 days, two sessions per day. It will consist of internationally recognized speakers presenting including climate change researchers, educators, and medical doctors.

The Summit will consist of twelve professionals telling the story of food and how it is fundamentally critical for life.

You can read more about Meryl Fury on her website at www.balance-forwardhealthandwellness.com.

SEEDS is an acronym that stands for Students Educated in Environment, Diet, and Sustainability.

-Yvonne Mason and Elroy Reed contributed to this story

DEC. 3-6

2022 Child Nutrition Summit

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Spice Up Game Day With This Mouthwatering Recipe

(StatePoint) It's football season, and there's only one thing to make game day a bigger win: delicious game day food!

Looking to add some kick to kick-off? Take flavor and heat off the bench and put them into the game with these recipes from Frank's RedHot, America's number one hot sauce. Whether you're tailgating or hosting from home, Frank's RedHot Original Cayenne Pepper Hot Sauce, made with a premium blend of aged cayenne peppers, is a must-have ingredient.

Classic Buffalo Chicken Wings

If you're someone who agrees that no



tailgate or watch party is complete without wings, you're in good company. According to Chef Jordan Carfagno of Frank's RedHot, chicken wings are the brand's most searched recipe during football season. And it's no wonder, Frank's is the original Buffalo wings

sauce flavor. Anyone looking to kick their wings up a notch can try this mouthwatering recipe for a classic take on wings, and it can be made in the oven at home, or in an air fryer if you're tailgating.

Ingredients:

- 1/3 cup butter, melted
- 1/2 cup Frank's RedHot Original Cayenne Pepper Hot Sauce
- 2 and 1/2 pounds chicken wing pieces

Directions:

1. Preheat oven to 450 degrees F. Mix butter and RedHot Sauce in medium bowl; set aside.
2. Arrange wings on large foil-lined pan. Bake on lowest oven rack for 30 minutes or until crispy, turning once.
3. Toss wings in sauce mixture until well coated. Serve with blue cheese, celery, and cut up veggies.

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2-1-1

ad
COUNCIL

United Way
United Way of Lake County



What's the difference between 988, 911, 211/311 and other local hotlines?

988

- Suicide prevention and mental health crisis lifeline
- Access point to statewide community-based crisis resources such as mobile crisis outreach teams
- Specialized intervention by certified crisis workers with advanced training in de-escalation and clinical suicide prevention
- Confidential, free, and available 24/7/365

911

- Emergency line for public safety emergencies, medical emergencies, and law enforcement
- Provides limited de-escalation or emotional support; staffed with public safety answering point dispatch workers
- Offers de-escalation under emergency situations rather than de-escalation under a mental health crisis situation that 988 offers
- If the public safety or medical emergency is pertaining to someone who has a mental health condition, or appears to be experiencing a mental health crisis, a crisis intervention team (CIT) trained officer with basic training in mental health crises may be available through 911 dispatch
- Free, and available 24/7/365

211/311

- Resource support line that links callers to resources
- Ability to transfer callers to the Lifeline Line
- Free, and available 24/7/365
- 311 is specific to Chicago and Cook County, while 211 is available in Lake County facilitated by United Way of Lake County

Living With Diabetes? Why You Need to Pay Attention to Your Feet

(StatePoint) Diabetes can impact the body in a number of ways, especially creating potentially serious complications for your feet.

“Foot care is a central component of overall diabetes care,” says Bryce Paschold, DPM, FACFAS, a board-certified foot and ankle surgeon and a fellow member of the American College of Foot and Ankle Surgeons. “Without precautions, even small foot problems can lead to amputation or be life-threatening.”

To help those living with diabetes understand potential complications and how to avoid them, ACFAS is sharing these important insights:

Potential Complications

Nerve damage that affects arms, hands, legs

and feet known as diabetic peripheral neuropathy not only makes you more likely to experience numbness, burning, and loss of your protective sensation, but losing sensation in your feet can also make it easier to miss common minor skin pathologies and other foot issues while they’re still relatively easy to treat.

With diabetes, the blood vessels below the knee often become narrow and restrict blood flow, causing infections that don’t heal. This common and serious complication can lead to the loss of your foot, leg or your life.

Stress fractures and sprains are commonplace among all athletes, but those living with diabetes who experience neuropathy are more likely to be unaware of foot and ankle injuries and exacerbate them by continuing their activities.

While still relatively rare, Charcot foot seems to be growing in prevalence as more Americans develop diabetes. This sudden destruction and erosion of the foot’s bones, caused by severe nerve damage, can trigger an avalanche of problems, including joint

loss, fractures, collapse of the arch, massive deformity, ulcers, amputation and even death. Symptoms appear suddenly and include warm and red skin, and swelling, but commonly without pain.

Prevention

You can play a vital role in reducing your risk for complications. Here’s how:

- Inspect feet daily. Check for cuts, blisters, redness, swelling and nail problems. Use a magnifying mirror to look at the bottom of your feet. If you need assistance, have someone else do it for you. Be proactive by knowing what is going on with your feet on a daily basis.
- Don’t ignore pain. Seek care immediately if you experience pain in your leg at night or with little activity. It could mean you have a blocked artery.



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Prevention (continued)

- Don't perform "bathroom surgery." Never trim calluses or corns yourself, and don't use over-the-counter medicated pads. See a foot and ankle surgeon for proper treatment.
- Keep floors clear. To prevent injury, make sure no needles, insulin syringes or other sharp objects are on the floor. You should also always wear shoes, indoors and outdoors.
- Prevent Irritation. Shake shoes free of small objects you may not be able to feel and ensure your socks aren't bunched up. Wear lighter colored socks so you'll notice blood or drainage if they occur.
- Be temperature aware. Never use heating pads, hot water bottles, ice or electric blankets, and never put your feet in hot water without testing the temperature; you can easily burn your feet without noticing.
- Stay active. Improve circulation by wiggling your toes and moving your ankles for five minutes, two to three times a day.



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~ WORSHIP SERVICES ~ & CLASSES

Sunday:

Bible Classes 9:30 AM
Worship Services 10:45 AM & 6:00 PM
Mid-week Bible Study
Wed. 7:00 PM Thurs. 9:30 AM

Thursday

Youth Life & Learning Center—7:00 PM

~ COMMUNITY SERVICES ~

Substance Abuse Programs
Sunday; Tuesday; Friday;
Saturday, — 7:00 PM
Saturday
Food For Body & Soul (Soup Kitchen)
11:00 AM—12:45 PM

STATEPOINT CROSSWORD

November 2022

THEME:
CIVICS 101

ACROSS

- 1. Tart spicy quality
- 5. *Senators each represent an area on it
- 8. Jamaican rub
- 12. Succulent medicinal plant
- 13. Tiny piece
- 14. Home to Burj Khalifa
- 15. Sail support
- 16. Sensory input
- 17. Bedazzle, e.g.
- 18. *One making SCOTUS nominations
- 20. Grape holder
- 21. Japanese cartoon
- 22. Drunkard's sound?
- 23. *First Lady, acr.
- 26. Singer, songwriter, musician Jon _____
- 30. Stumblebum
- 31. Kind of monkey
- 34. In a little while, to Shakespeare
- 35. Speedily
- 37. M in rpm, abbr.
- 38. North face, e.g.
- 39. Toy brick
- 40. Typical revolver
- 42. "The One I Love" group
- 43. The _____ Man, internet meme
- 45. Table linens
- 47. Wow!
- 48. Instruct
- 50. Delhi draping dress
- 52. *#18 Across' branch

- of government
- 56. Shipping weights
- 57. Three blind ones
- 58. Field worker
- 59. Spot for FitBit
- 60. Defender of skies, acr.
- 61. Actor Wilson
- 62. Bookie's number
- 63. Wilbur's home
- 64. Back of the neck

DOWN

- 1. Pack down
- 2. Resembling wings
- 3. Rudolph's beacon
- 4. Reaches (2 words)
- 5. Computer accessory
- 6. Do penitence
- 7. Chipper
- 8. *SCOTUS' branch of government
- 9. Jet black
- 10. Steak option
- 11. Kith partner
- 13. In style
- 14. Part of affidavit
- 19. Harden
- 22. Owns
- 23. Mare's babies
- 24. Spot for boutonniÈre
- 25. Allowed into a bar (2 words)
- 26. Plug for a barrel
- 27. *Zzzz*
- 28. Drinker
- 29. Opposing military force
- 32. Arabian chieftain
- 33. *U.S. Senator's term, in years
- 36. *Legislative assembly with power to declare

CROSSWORD														
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- war
- 38. Mix-up
- 40. Monkey _____, monkey do
- 41. United Nation's children-benefiting org.
- 44. Type of believer
- 46. Kaa of "The Jungle

- Book"
- 48. Be
- 49. Tooth trouble
- 50. Deep-red variety of chalcedony
- 51. Bone-dry
- 52. Outback birds
- 53. Between Minnesota

- and Missouri
- 54. *Same as V.P.
- 55. European sea eagle
- 56. *U.S. Representative's term, in years

The Rodney Marsalis Philadelphia Big Brass

Brothers on the Battlefield: The Power of Love



**Saturday,
November 12
8 p.m.**

*America's premiere large brass ensemble
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