

EMPOWERMENT

A Quarterly News Magazine
The Metropolitan Board of the Chicago Urban League

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The Sights, Sounds and Style of Carnaval

By Jennifer Gist

A little bit of Brazil was definitely in Chicago on the night of February 28th. Kaleidoscope was the place and *Rio De Chicago: Experience Carnaval* was the theme of the Metropolitan Board's first fundraiser of 2004. Over 500 people attended this highly anticipated event, but just in case you were not one of them, (or you want to experience Carnaval one more time), we'll take you back to the sights, sounds and style of Carnaval.

carnaSIGHTS

Upon entering Kaleidoscope, rays of light could be seen peeking from around the corners, offering an anticipated glimpse of what was awaiting inside the main room. Once inside, casual mingling could be seen and lively conversation could be heard in both the upper and lower levels of the building. Purple, teal and white fluorescent lights stretched across the ceilings and walls to add a festive and exotic feel to the atmosphere. Every great party has great food and drink. *Rio De Chicago* was no exception. A friendly staff served a delicious Caribbean cuisine, and kept drinks flowing throughout the entire night.

carnaSOUNDS

An eclectic mix of African, Caribbean and Spanish music was the signature sound of this fundraiser. A live band provided entertainment for the first half of the event, followed by a festive parade that included members of local dance groups and some of our very own Metropolitan Board members. The parade led onlookers to the dance floor, and soon after, the room was filled with people dancing to the



sounds of hip-hop, old-school and R&B.

carnaSTYLE

The traditional Carnaval parade is definitely an event where creativity and color rule supreme. In terms of personal style, guests of *Rio De Chicago* were encouraged to be as creative as possible. The men were dressed in a little bit of everything from festive attire to professional suits. Women were seen wearing classic eveningwear, sequined cocktail dresses, and brightly colored shirts and skirts.

Every weekend, we spend our money to go out and see the same people at the same places doing the same things. *Rio De Chicago* was a breath of fresh air because it offered something different to young professionals. Chicago (and beyond) is quickly realizing that the premiere upscale events executed by the Met-

ropolitan Board are the places to be because they simultaneously offer attendees an extraordinary experience and the opportunity to contribute to the community. The sights, sounds and style of Carnaval were incredible, and the efforts put forth by all Metropolitan Board committees were recognized and appreciated by all.



Saturday, August 21, 2004
9am - 9pm
Midway Plaza - Hyde Park
www.chicagocarifete.com

Reflections from the Landing

By Zakia Davis

As I stood on the staircase landing at Kaleidoscope the night of *Rio De Chicago* next to Michelle Connley, my fundraising co-chair, both of us bubbling with excitement, waiting for CUL President and CEO James W. Compton and Metropolitan Board President Edgartt Melton to give their opening

contagious. The mingling, networking and snippets of conversations I caught throughout the night reminded me of why I was proud to be a member of such a unique organization. As I looked around the room, my heart felt like it skipped a beat.

thing was perfect. Does each table need two chairs or three? What colors should the linen be? What happens if someone tries to walk in with a stolen ticket? Will someone have an allergic reaction to the coconut dipping sauce? Will anyone notice or care if the Parade is 32 minutes instead of 35 minutes?



remarks, I surveyed the crowd congregated on two levels for the first time all evening and was in total awe of what I saw: 500 festively and impeccably dressed young urban professionals from varied walks of life together in an amazing venue, ensuring the hard yet purposeful work of the Metro Board would continue. The positive energy in the room had been

It was on that landing that I finally had a chance to reflect on the four months of planning that led to that night, that moment. I thought about the fun times, the numerous planning meetings, the endless phone calls and e-mails, the ticket sales spreadsheets, and the dozens of conversations with subcommittee chairs trying to make sure every-

I thought about the contingency plans and the back-up contingency plans should plans A and B fail. I thought about the prayers that people on the Fundraising Committee uttered at one time or another such as, "Please don't let the goldfish in the fishbowl centerpieces die before the night is over!" While standing on the landing looking into the crowd that was looking at me, I realized what was truly important: the Fundraising Committee members. These individuals thought about all the details and back up plans and had the answers before Michelle or I had ever thought about the question. These members displayed remarkable dedication and far exceeded all the expectations Michelle and I had. My heart skipped another beat.

While standing on the landing that night listening to Edgartt speak, I thought about the meaning of success and finally allowed myself to accept that the Fundraising Committee and the Metropolitan Board had smashed all of the previously set goals for *Rio De Chicago*: 1) Raise at least \$10,000; 2) Create a memorable event; 3) Serve as a medium to promote the Metro Board mission and membership.

I remembered four months ago I planned to measure the success of

Continued on page 4

(Reflections-Continued)

Carnaval by how much money the Fundraising Committee raised and how much under budget we finished. Not a surprising thought process for a pragmatic, cynical banker who usually sees everything in black and white. I thought about the nights I hovered over a spreadsheet trying to account for every penny that had been spent on Carnaval.

Success became more than numbers. It was defined through the decorations at Kaleidoscope such as the handmade fishbowls and posters with information about countries like Haiti, the Dominican, and Brazil that celebrate Carnaval in varied ways. The elaborate costumes and routines that the parade participants put together on their own and the fact that guests traveled from all over the city and as far away as California and Washington, D.C., to join the Metro Board also defined success. Seeing traditionally uptight individuals dancing with little inhibition, seeing newly acquainted people talking while nibbling on beef skewers and hearing people yell like they won the lottery when the raffle prizes were announced all contributed to the success of Rio De Chicago.

Thank you Metro Board for coming out to show your continued support of the organization's fundraising events. Thank you sponsors for realizing that the Metro Board's mission was worth your support. Thank you, most of all, to the Fundraising Committee for the energy, manpower and dedication each member demonstrated to ensure the night was flawless!

**Next Great Fundraiser
SUMMER 2004 — Stay Tuned!**

The Way Forward

By Edgartt J. Melton



"Precisely at the point when you begin to develop a conscience, you must find yourself in conflict with your society. It is your responsibility to change society if you think of yourself as an educated person."

-James Baldwin

Just as slavery benefited whites, institutional reforms such as the New Deal and Great Society increased the wealth, opportunity, and living conditions of whites significantly more than those of African Americans. That unequal distribution of benefits has impeded the economic and political advancement of the African American population as it still tries to recover from centuries of bondage. It is important to note that these inequities are not perpetrated solely by individual racists. Instead, they exist within the framework of local, state, and federal government.

Political participation is a necessity within a democratic society. Exclusion from political participation was the defining reason that African Americans participated in mobilizations surrounding political and civil rights. As long as African Americans are excluded from participation, our needs cannot be met and our issues cannot be addressed. Although Afri-

can Americans have gained legal citizenship and the right to vote, there are other factors that have prevented us from achieving full participation and, arguably, full citizenship in American democracy. The new roadblocks are poverty, socio-political isolation, and persistent racism.

As part of The State of Black America 2004: The Complexity of Black Progress, the National Urban League unveiled its first "Equality Index." This index is a statistical measurement of the disparities that exist between African Americans and whites in the areas of economics; housing; education; health; social justice; and civic engagement. By assigning whites a weighted index value of 1, an Equality Index value less than 1 means that African Americans are doing worse than whites in a given category, while a value of 1 or more means that African Americans are doing equal or better. The report finds that despite substantial progress, the overall status of African Americans is .73, or 73%, when compared to their white counterparts. Highlights of the Equality Index Findings include:

- **Economics** – African Americans' economic status measures 56% of white counterparts
- **Health** – African Americans' health status measures 78% of whites
- **Education** - Total educational performance is 76% compared to whites
- **Social Justice** – When it comes to equality under the law, African Americans' status is 73%
- **Civic Engagement** – African Americans out measure whites in the area of civic engagement (voter registration, volunteerism, government service at 1.08)

The Way Forward (continued)

“African-American progress has been precarious since the civil rights era. While there have been increases in business formation, home ownership and educational attainment, equality gaps remain between blacks and whites, particularly in the area of economics. As our nation becomes more racially diverse, we must work together to close these disparities. This is crucial if America is to maintain its position as an economic power and world leader.”

-Marc H. Morial

To underscore one of Mr. Morial’s points, one of the most important factors contributing to inequality in the political sphere for the African American community has been economic inequality. Politics can be an influential way for impoverished people, who often are minorities, to change their situation. However, the more impoverished an area becomes, the more African Americans in that community become pessimistic that a solution can be found for their problems. Pessimism is especially debilitating for these communities because political representatives are more likely to tie the needs of the community to the needs of the most vocal members of their constituency. If blacks in communities with high concentrations of poverty do not believe that collective political action will change their circumstances, they are less likely to participate in the democratic processes. The lack of political participation by members of severely impoverished communities is not only the antithesis of

American citizenship and, therefore, democracy, but it perpetuates the inequality of their representation and, consequently, the inability to address their needs.

The African American population no longer wants to be singled out as a racial group that has “problems” with the areas listed in the “Equality Index.”

However, remedying these problems requires the massive mobilization of financial and political capital that simply will not happen under current political and economic conditions. True advancement of the African American population cannot take place in the present political landscape. To attack the inequities of institutional racism, the people who control the institutions must have an awareness of the situation and the motivation to do something about it. The most important question, then, is what should be done first? To eradicate the inferior condition of African Americans, every American must understand what the African American wants and why. This requires a new generation of African American leaders such as Marc Morial, CEO of the National Urban League, to propagate a campaign of information dissemination. We all must see the issues from the perspective of a common history and we must all have the same definition of the problem. Only then do feasible and effective policy measures become a possibility.

The challenge is great. However, knowledge of basic civics would lead more African Americans to

have an interest in politics, and greater portions of the population would come to understand whiteness and the feeling of those left behind. It is not perfect, but civics education is a start. As Baldwin says, those who understand are a threat. Each person who does not understand it strengthens institutionalized inequity. An increase in political knowledge will lead to a decrease in fatalism and an increase in political participation. This is important because in order to mobilize political will and address the grievances of African Americans, their voices must be heard loudly.

This can only be done with active political participation that increases the power of the African American voting bloc. Such participation creates a snowballing effect. As more African Americans vote, more African Americans will be elected. As African Americans see more people of their race in office, they will be empowered and more active themselves. All of the policies and actions mentioned require massive information dissemination and knowledge retention. The process will not be easy and requires significant leadership.

In closing, the issues of poverty, class struggles, and racism are all age-old and related. These issues persist because responses to them are always dictated by power and are in conflict with democratic ideals. Whether in regards to citizenship or political representation, the threat that the white majority would cease to be the dominant political force in American society has driven popular opinion, legislation, and political action.

The fear of powerlessness has led to the marginalization, and, historically, the systematic oppression of African Americans, thus depriving our rights as citizens of a democracy. It is important that all American citizens seek to identify and address the perpetuation of historical inequalities in their present day forms.

References:

- A White Problem Addressing the Legacy of Institutional Racism – Drobis
- Contemporary Inequalities in American Political Life – Harris
- State of Black America 2004 – National Urban League
- Last Rites For Voting Rights – Light
- Yale-New Haven Teachers Institute Changing Times Here And Now – Roberts
- Emotional responses of African American Voters to Ad Messages – Morris, Rodgers, and Baker

Mission: Voter Registration By Candace Doby

On January 31 at 8:45 a.m., I arrived at the Jewel-Osco on 87th Street with a little more than groceries in mind. I was there as a Chicago Urban League (CUL) representative to register people, black people, to vote. The CUL partnered with several Jewel grocery stores on the South Side of Chicago to register community members to vote.

The first half of my three-hour shift was less productive than expected. Shoppers who passed my table ad-

justed their hasty step just enough to smile and skim over my poster which read “Control Your Future: Register to Vote Today!” Other shoppers stopped by to inquire about Smokey Robinson, who was scheduled to appear at the Jewel to promote his new gumbo soup. I didn’t think I was going to have any luck, and I certainly didn’t want to report back to the Chicago Urban League that I failed to register anyone.



By 10:30 a.m., though, I registered my first person to vote. After that, I was on a roll. People who were already registered began stopping by to praise the CUL for its voter registration efforts. A Jewel worker commented that it would be great for the Chicago Urban League to set up a table every Saturday for shoppers to register.

At 12 noon, which marked the end of my shift, I had registered seven people to vote. These seven people walked into Jewel with one goal in mind and walked out with two accomplished. I packed up my things feeling extremely satisfied with the outcome of my shift. Mission accomplished.



2004 National Urban League Conference

Empowerment: Building on
the Civil Rights Movement

Meet the who’s who among
African American
professionals and leaders

The National Urban League Conference is the largest gathering of the Urban League movement, and it’s relatively close to home this year. The 2004 NUL Conference will be held **July 21-25 at the COBO Center in Detroit.**

In addition to the annual career fair and conference, there will be a “Training Ground” designed especially for the Urban League Young Professionals across the nation. Visit the “Special Events” section of the National Urban League website to view highlights from last year and future updates for the 2004 conference.

www.nul.org

Giving Our Community a Second Chance

By Josefina Aguayo



The Justice Department has predicted that 630,000 individuals are going to be released from prison this year. About 30,000 of them will be in Illinois. Too often ex-offenders lack job experience, skills and support services to help them return to mainstream life. In Illinois alone, 57 job titles are denied to ex-offenders for life.¹

What happens to the individual who can not find an employer willing to give him/her a second chance? What happens when he/she cannot receive subsidized housing or obtain educational or medical assistance? Unfortunately, the incarceration cycle continues.

On Saturday, March 21, the Metropolitan Board (MB) carried out what it hopes to become a quarterly 2nd Chance for Success Program. This series of career development workshops assisted ex-offenders who desire to return to the workforce. The program presented participants with one-on-one sessions with Metropolitan Board volunteers who reviewed proper resume for-

mat, interview techniques, appropriate work attire and job search techniques on the Internet. There were also several representatives from various industries present to provide insight on how to build steady employment.



An added piece to this program was the professional clothing drive. Metropolitan Board members collected and donated professional clothing and accessories for participants of this program. The clothing drive was a great success, leaving many of the attendees (and volunteers) very happy. "I helped one young man get fitted into one of the suits that I brought in. He looked great

NEXT 2nd Chance for Success Workshop:

Saturday June 5, 2004 at the Chicago Urban League

See page 13
"June-Serve-A-Thon"
for more details.

in it! This program has really re-energized my commitment to this organization," said MB member Dwayne Bryant.

The state of ex-offender employment and job-training is one that continues to decline but the Metro Board is prepared to help by continuing to offer that second chance

¹<http://www.house.gov/davisoffender.htm>

Technology Day Excels By Marjavis J. Matthis

The Metropolitan Board hosted our 7th Technology Day workshop on March 27th at Trinity United Church of Christ (TUCC). Once again, we were able to present a quality program that enabled participants to seek out advantages and instill a sense of urgency about technology and its presence in today's world. We brought the talents of our esteemed membership to a group of eager students who belong to a Math Tutorial Ministry that meets



every Saturday morning at TUCC.

Introduction to the Personal Computer, a workshop led by Sean T. Kelly, educated students on the inner workings of a desktop computer. I witnessed 9- and 10-year-old kids locating memory modules, modems and CD-ROM drives on desktop computers. They understood their function and how they were assembled. Sean masterfully piqued the children's interest by using clever analogies equating computer components to parts of the human body.

Introduction to the World Wide Web, a workshop led by Kevin E. Henderson, explained how computers network across the globe to form the Internet. Kevin also incorporated a fun online game that en-

abled users to solve math problems using ancient African hieroglyphics. Students who successfully answered questions throughout both workshops were rewarded with gift certificates from Game Crazy, Blockbuster and McDonald's. At the end of the day everyone enjoyed



pizza donated by Reggio's.

A sincere thank you is extended to the workshop leaders, Tech Day committee, and volunteers who took time out of their busy schedules to help make Technology Day a great success. The unbridled dedication of our membership has positioned the Metropolitan Board of the Chicago Urban League as a leading advocate in helping bridge the digital divide in our city. Let us continue to strive forward in fostering the education of our young people.

The Metropolitan Board Congratulates...

Dwayne Bryant

Dwayne Bryant has a new television talk show, *Know Your Heritage*, that airs at 11:00 a.m. every Saturday on UPN. For more information on Dwayne and his work, visit <http://www.dbryant.com>

Steve Casey

On March 5, The John D. & Catherine T. MacArthur Foundation honored Steve with the MacArthur Staff Excellence Award for giving extra efforts to fulfilling his responsibilities completely and at the highest level of quality. Steve is a Program Associate for grant administration in the Program on Human and Community Development and has been with the Foundation since May of 2000.

Steve's activities outside the Foundation show his strong commitment to strengthening Chicago's neighborhoods. His dedication to community development led him to be identified as one of tomorrow's leaders by the German Marshall Fund. This fall Steve will spend four weeks overseas as a Marshall Fellow learning about European institutions. He will be exploring economic, political and social issues with 55 other Marshall Fellows.

Eddie Jones

Eddie was asked to join the John Kerry for President Campaign. He is in charge of creating motorcades for the Democratic presidential candidate. Eddie's first motorcade occurred on March 9 in Chicago, and he will be developing others across the country as his schedule allows.

Melody Waller

Melody recently secured a new job as Account Coordinator at E. Morris Communications, one of the nation's leading African American-owned advertising agencies. Prior to working at E. Morris, she managed the production of *Chicagoplays*, one of Chicago's leading theatre publications.



MB Empowerment Card



Do you own a business that is seeking to grow its customer base? Do you frequent businesses that are looking to establish themselves as leaders in their industry? Do you know of businesses that are looking to reach out to young professionals? If you answered yes to any of these questions, then these businesses need to become part of the Metro Board Empowerment Card program. This special program is being offered to financial members as a reward for their hard work to the Metro Board. The Empowerment Card will provide members with discounts at various national and local businesses and provide our business partners with opportunities to market themselves to our membership. Several national and local businesses are already on board, but more are needed. For information regarding the program, please contact LaTonya Ford at deltapearl21@msn.com

Member of the Month



*Member of the Month
Michelle Gaskill*

Each month the Metropolitan Board selects one member who has shown an outstanding level of commitment to the organization as “Member of the Month.” Congratulations to our First Quarter recipients!

January Member of Month

LaTonya Ford is a long-time member of the Metro Board and has served very diligently. She is a past executive board member and serves on several committees such as fundraising, membership and community service. LaTonya has led several community service projects, ranging from the Glass Slipper Project, to a Halloween celebration at the Lamb Shelter (a transitional home for women and children), to

the MB’s Empowerment Rewards Program. LaTonya has a true love for the MB and that alone makes her worthy of the recognition of Member of the Month.

February Member of Month

Rebecca Dailey is a prime example of a new member jumping on board. Within a month of joining the MB, she not only joined the Public Relations committee, but also took a leadership role as co-chair for the year. In addition, she has done her part in the community having served over 15 community hours to date. Her creativity and background in media has been an integral part of the accomplishments within PR. Her impressive work ethic has landed the Metro Board appearances on NBC and WGN in addition to numerous mentions in publications in Chicago. Rebecca’s leadership and accomplishments in community service have definitely helped the Metro Board in reaching its goals.

March Member of the Month

Leon Blair has only been a member of the MB for a short time. He came to the organization wanting to help out wherever needed, and he’s done

just that. In the short time Leon has been a member, he has been the executive chef at the Living Room Café a couple of times. He currently serves on the fundraising committee where he has been an amazing team player. He has hosted meetings at his home, assisted when others wouldn’t or couldn’t and made himself available whenever there was work to be done. Leon is truly an asset to the organization.

So, you want to be the next Member of the Month?

Contact any of the committee chairs to find out how you can get involved:

Community Service
service@metroboard.org

Fundraising
fundraising@metroboard.org

Membership
membership@metroboard.org

Public Relations
pr@metroboard.org

Celebration of Service in Honor of MLK

By LaTonya Ford

For the third year in a row, the members of the Metro Board came out in full force to honor and celebrate the life of Dr. Martin Luther King Jr. by making January 17, 2004, "A day on and not a day off."

In collaboration with Chicago Cares, Metro Board members spent the day at the Loyola & Ridge Assisted Living Apartments to help bring a little cheer to the residents.

Members and residents put their creative skills to test by assembling and designing their very own key

holders. Some keyholder designs included the African and Philippine flags, which were left behind for the residents.

The day spent with the seniors would not have been complete without a friendly game of Bingo. As usual, this was the highlight of the day because it was filled with much excitement by both the residents and the volunteers.

Thanks to the 20 volunteers who helped to make this day special for the residents.



MB volunteers gather for a group photo at the end of the Chicago Cares event



Pearl's Place: A Soul Food Gem

By Tina Battle



She had been the owner of Army & Lou's for over a decade when a long-time friend, Alma Dodd, approached her about Pearl's Place.

"At first, I thought it would be impossible to run two restaurants. Army & Lou's was already a full-time job, but it turned out that they

became sister restaurants. So when we needed a chef at Pearl's, I brought my second chef at Army & Lou's over." Many south siders and even folks all over the world are familiar with the down-home cooking of Army & Lou's, but Pearl's Place is probably one of the best-kept soul food secrets in our city.

The menu at Pearl's is southern soul with a touch of Creole, and it is absolutely delicious like your grandmother's Sunday dinner, I want to smack somebody kind of delicious! I've had just about everything on the menu from their farm-raised fried catfish; plantation fried, smothered and herb-baked chicken; to their salmon croquettes;

lamb chops, turkey burgers and Philly steak; all served with sides that include collard greens, candied yams, macaroni and cheese, spaghetti and whipped potatoes. Desserts include Georgia peach cobbler, sweet potato pie, ice cream and "Pearl's special sweet."

When asked the secret to the success of Pearl's Place, Reynolds replied: "The only formula to success I know is hard work. You have got to be resilient. People often ask me why I do this because there is not much money in the restaurant business and it is a 24-hour a day job. But I find a sense of pleasure in maintaining this kind of tradition in our community. And when people walk up to me and say they enjoyed the food and atmosphere, that is my check for the week."

For information about catering or having a group celebration at Pearl's Place Restaurant, call (773) 285-1700 or email PearlsPlaceChicago@hotmail.com

Bronzeville is not only one of Chicago's most rapidly transforming communities, it is the home of Pearl's Place, arguably one of the best soul-food joints in town. Delores Reynolds, owner of the historical South Side soul food restaurant, Army & Lou's, is also responsible for the emergence of Pearl's Place Restaurant. Located at 3910 S. Michigan Ave., adjacent to the Amber Inn Hotel, Pearl's has been in existence for the past five years. Reynolds commutes back and forth each day from Pearl's to its sister restaurant, Army & Lou's, which has been in existence for 59 years.

Recipe: Creole Pralines

By Lucille Lindsay

Ingredients:

2 cups of granulated sugar
1 cup of brown sugar
1 stick of butter
1 cup of milk
2 tablespoons of Karo syrup
4 cups of pecan halves

Directions:

Put all ingredients except pecans in a 3-quart saucepan and cook for about 20 minutes after boiling starts. Stir occasionally. Add pecans and cook the mixture until the liquid forms a soft ball when dropped

into water (for testing only). Stir well and then drop by the spoonful on waxed paper. Make sure a few sheets of newspaper are beneath the wax paper.

ENJOY!

Walking and Running to a Whole New You!

By Rudy Christian



As the temperature climbs and we shed our winter layers, our thoughts turn to getting fit and leading a healthy lifestyle. For some, this means going back to the resolutions made on New Years Eve; whereas, for others this could simply mean taking the first step toward a better you. When making lifestyle changes, you should first consult your health care provider to ensure you are medically fit. Once clearance is given, here are a few simple steps to help make the transition into a whole new you!

Start today

The biggest step is getting started. As educated people, we often consider 20 different ways to get fit, but never put these steps into action. Kiss the excuses goodbye! Some can't seem to find 30 minutes to exercise, but have come to accept a 20-minute wait in Starbucks or McDonald's. You can carve time out of your lunch hour, or even hit the gym immediately after work, while waiting for the traffic to subside. You'd be amazed at how many "time traps" there are in your day where you could sneak in a quick 30-minute workout.

Others complain that they don't have the right workout gear. You don't need Nike or DKNY sports-

wear; almost any comfortable clothing and shoes will do. Start the journey to a whole new you with something as simple as walking or running 20 minutes non-stop and increasing each day. The key is to be consistent and to increase your efforts with time.

Set realistic goals

If you haven't worked out in a few years, then it's unrealistic to expect to run in a marathon next week. By starting with a small, attainable goal, you can build your confidence as each goal is met—up to the day you accomplish your ultimate goal, which could be completing a 10K or losing 10 pounds!



Grab a partner (or group)

Finding a workout partner can help you to stay committed to your workout plan on the days when you would have skipped out. Your fitness quest will be paved with potential obstacles. Workout partners help to navigate these obstacles, whether physical or mental.

Structure a program

Create a chart of planned workouts or join a program that does it for you. Chicago's MaxFitness Marathon and Half-Marathon Training program trains athletes to walk or run a half marathon or marathon through weekly workouts and daily "homework." Participants have

met goals that they thought weren't possible. Some health clubs and parks also sponsor similar programs.

Change your "entire" life

Remember to include your diet, hours of sleep, and spiritual wellness in your change process. Improve yourself from the inside out!

Reward yourself

Once you've accomplished your goal, treat yourself to a pleasure day at the spa, dinner at your favorite restaurant, or a new article of clothing. The quest is not easy, but your satisfaction afterwards will be worth it.

With these simple steps, you can walk or run your way to a whole new you. Now that you know what to do, what are you waiting for?

Rudy Christian is the Founder and Director of the MaxFitness Marathon and Half Marathon Training Program. On April 17 at 8 a.m., the program kicked off its 2004 season to help walkers and runners take the first step toward their fitness goals. You can learn about the program at :

<http://www.maxfitchicago.com> or send fitness questions to maxfit-

“Finding a workout partner can help you stay committed to your workout plan.”

June Serve-a-thon

By Renee Byrd

The annual June Serve-a-thon is comprised of weekly service projects during the month of June. Metro Board members have the chance to give back to the community in several different areas. For more information on any of the projects, contact Renee Byrd, Interim Community Service Chair, at: service@metroboard.org



1st Wednesdays @ The Living Room Café

Wednesday, June 2 is the designated day for the kick-off of June Serve-a-thon. The event is a BBQ at The Living Room Café, an organization that provides housing, meals and social services in an atmosphere of dignity and respect within the Woodlawn community to assist men, women and families to exit homelessness and remain housed. The MB will prepare and serve from our pre-planned menu.



2nd Chance Workshop & Expo

On Saturday, June 5, the MB will hold a career development workshop for ex-offenders attempting to return to the workforce. This event will feature a job fair with employers who hire ex-offenders. Attendees will also have an opportunity

to receive business attire donated by members. Finally, there will be workshops geared towards resume writing, internet job searching, interviewing techniques, time management skills and a wealth of other useful information for the attendees.



Chicago Cares Serve-a-thon

On Saturday, June 12, Chicago Cares will help change the face of many city schools and agencies by leading close to 70 community service projects. The Serve-a-thon is an annual citywide day of service, which joins corporate and individual volunteers as they give back to their neighbors and communities. On this one day, Chicago Cares will bring together more than 8,000 volunteers who will dedicate their time and energy to schools, parks and agencies throughout Chicago. Volunteers will paint, clean, landscape and much more



“Pop-Tops” for Ronald McDonald House

On Saturday, June 19, the MB will donate “pop-tops” that are collected from general body meetings in April to June to the Ronald McDon-

ald House near the University of Chicago Children's Hospital. These facilities house families of children residing at the hospital. They help overcome the stresses associated with a child's illness by encouraging supportive interaction with other parents in a comfortable, homelike environment.



National HIV Awareness Day

On Saturday, June 26, the NULYP National HIV/AIDS Awareness & Education Program aims to target African Americans between the ages of 15 and 40 across the U.S. The goals of this national program are (a) to deliver focused education to at least 5,000 young professionals on the enormity of the HIV/AIDS epidemic; and (b) to promote volunteer service among young African American professionals in support of HIV/AIDS awareness.

**Contact Renee Byrd
to sign up for an upcoming community
service project.**

service@metroboard.org

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The advertisement features a large, bold, red headline "TRUER." at the top. Below it, the text "In a you-can-paint-other-papers-red but-you-can't-paint-them-good" is written in white, with "KIND OF WAY." in red below that. The central image is a red vending machine with a large red globe on top. The machine has a coin slot and a display showing "25¢ DAILY". A newspaper is being dispensed from the machine, with the headline "Pod culture" visible. In the bottom left corner, there is a logo for "RED EYE" with a red globe above it, and below that, the "metromix" logo with the text "WITH metromix INSIDE". At the very bottom, it says "An edition of the Chicago Tribune".

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The *Know Your Money* program, which is an initiative by Altria, Inc. in partnership with The National Urban League, includes a three-class curriculum taught by business and academic experts over a 12-week period. It will provide African American professionals, ages 21 and over, with a more comprehensive understanding of personal money management. In addition to Chicago, the *Know Your Money* program will be offered in other major U.S. cities, including Los Angeles, Atlanta, Houston, Washington, D.C., Baltimore, St. Louis and Philadelphia.

Classes start in the fall of 2004 and will be held at Chicago Urban League headquarters (4510 S. Michigan). Dates for classes are Sept. 18, October 9, and November 13. For more information, check for updates on our website @ www.metroboard.org or call (773) 451-3527.

