CHICAGO INDEPENDENT

BULLETIN

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WEEK OF AUGUST 18, 2025

















BULLETIN PHOTOS BY HURLEY GREEN III

Community Calendar

Do you have an announcement that you would like placed in our weekly Community Calendar of events? Send them in to us at:

HGIII@comcast.net

AUGUST BIRTHDATES:

August 3rd, Roland Burris and Lamont Gibson; August 4th, former President Barack Obama and Rev. James Meeks; August 5th, Presiding Bishop Emeritus Charles E. Blake, Sr.; August 6th, Betty J. Jones; August 10th, Rev. Donald Sharp; August 16th, Carol Moseley Braun; August 19th, Sharon Richmond; August 20th, Makari McCray; August 21st, Mozila Renfro Sigur; August 22nd, Terry Ross; August 23rd, Becky Wright and Julian Goff-Buford; August 24th, Roscoe Dixon; August 25th, Doris Colon; August 26th, Ruby J. Scott; August 27th, Sumayyah Muhammad, Kiara & Tiara Jones; August 28th, Hezekyah Israel Rawlings; August 29th, Elizabeth Prowell, Cynthia Stewart, Matthew and Armando Rivas; and August 31st, Joy Sigur Ramza...

"HEALTH NEWS WE CAN <u>ALL</u> USE" (See Page 9)

"DPS PROCUREMENT SYMPOSIUM"

(See Page 10)
"FUN AT SOULFUL BOOK FAIR!"
(See Page 11)

QUOTE OF THE MONTH:

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." ---Barack Obama

CLASSIC POETRY

Caged Bird... by Maya Angelou

A free bird leaps
on the back of the wind
and floats downstream
till the current ends
and dips his wing
in the orange sun rays
and dares to claim the sky.

But a bird that stalks
down his narrow cage
can seldom see through
his bars of rage
his wings are clipped and
his feet are tied
so he opens his throat to sing.



The caged bird sings with a fearful trill of things unknown but longed for still and his tune is heard on the distant hill for the caged bird sings of freedom.

The free bird thinks of another breeze and the trade winds soft through the sighing trees and the fat worms waiting on a dawn bright lawn and he names the sky his own.

But a caged bird stands on the grave of dreams his shadow shouts on a nightmare scream his wings are clipped and his feet are tied so he opens his throat to sing.

The caged bird sings with a fearful trill of things unknown but longed for still and his tune is heard on the distant hill for the caged bird sings of freedom.

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TCA HEALTH HOLDS GRAND OPENING FOR NEW HEGEWISCH LOCATION

TCA Health announced the grand opening of its newest clinic in Chicago's Hegewisch community. The former bank building underwent a total gut rehab that transformed the site into a clinic with five exam rooms, a triage space and pharmacy. **TCA Health's** newest location at **13336 S. Baltimore Ave.**, was open for tours on August 7. This clinic marks TCA's seventh facility on the city's South Side, including its **Mobile Student Health Clinic**.

"Like all of the other communities where we've expanded, we've seen the ZIP codes from those areas come into our main site in the Altgeld Gardens/Riverdale area. So, we know Hegewisch is underserved. As a Federally Qualified Health Center we are able to provide affordable and high quality primary health care," explains **CEO Veronica Clarke**. She told the **BULLETIN:** "In addition to there being a pharmacy desert, there is a huge behavioral health need in that community."

Established in 1970 as a privately-owned clinic, **TCA Health** was founded to provide quality health care services to Chicago's medically underserved and underrepresented communities. Now, as then, the need to provide accessible, comprehensive health care to local residents is the clinic's primary goal. TCA expects to see 15-20 patients a day with Saturday hours once a month.

Hegewisch has a population of mostly white, Black and Latino residents. With the largest age groups ranging from five to 34 years old and residents over 50. The majority earn less than \$25,000 a year.

According to the **National Association of Community Health Centers**, community health centers is the largest primary care network in America. A recent report shows they served nearly 34 million patients in 2024, an increase of over 1 million people.

The **Hegewisch Health Center** will employ a full-time physician and medical director. Clarke plans to add another doctor as the demand grows.

As a Health Resources and Services Administration grant recipient, **TCA Health** serves all patients regardless of their ability to pay.

September is National Prostate Cancer Awareness Month...

REAL MEN Charities is mobilizing 100 Black churches to take action in raising awareness about prostate cancer during their Sunday morning services in September. We ask that you dedicate five minutes on the following Sundays: **September 7th, 14th, 21st, and 28th** to educate and encourage the men in your congregation.

Key Points to Share:

- 1. Early Detection is a Man's Best Protection Prostate cancer is highly treatable when detected early. Encourage regular screenings.
- 2. Know the Risk Factors Age, race, and family history matter. African American men and those with a family history are at higher risk.
- 3. Symptoms May Be Silent Many men experience no symptoms in early stages. Screenings are crucial.
- 4. Healthy Living Reduces Risk-A balanced diet, exercise and healthy weight can lower risk.
- 5. Support & Brotherhood Matter Encourage open conversations and support for men diagnosed with prostate cancer.

<u>Special Addition — A Testimony from the Congregation</u>

We encourage ministers to invite a man from the congregation who has experienced prostate cancer to share his story. A personal testimony can inspire other men to get checked and take control of their health.

How to Participate:

Choose any or all of the four Sundays in September. Set aside five minutes during the service to discuss prostate cancer awareness. Invite a member of the congregation to share their journey. Encourage men to schedule their prostate screening. Together, we can save lives through awareness, education, and early detection.

For more details or to confirm your church's participation, please contact:

Ranoule "FLASH" Tatum at 312 671 5653, Text First please

Ranoule@realmencook.com or Ranoule@realmenknowtheirscore@gmail.com

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with special guest



Ciere BoatrightCommissioner, Chicago Dept of Planning & Development

Sponsorship Opportunity

If you are interested in a sponsorship opportunity, click here https://www.bronzevilletrail.org/2025-luncheon

Table Host, \$1,500

Individual Ticket, \$150

Table(s) and individual tickets are purchased via Eventbrite, click here https://BTTF-2025- Luncheon.eventbrite.com

BTTF is a 501(c) 3 organization and contributions are deductible as provided by law.



8TH WARD STREETS & SANITATION DEPARTMENT REMOVES TREE STUMP ON 90TH-RIDGELAND...

PHOTOS BY HURLEY GREEN III













Salaam Community Wellness Center Hosts Summer Health and Wellness Expo Featuring New "Reading, Writing, and Healing" Program for Youth

Salaam Community Wellness Center hosted its 4th annual Integrative Health and Wellness Expo, on Saturday, August 16th at the Salaam Community Wellness Center, 613 E. 67th. The free event was open to the public.

The annual family-friendly event offered workshops and interactive activities, resources, and information to heal and restore the mind, body, and spirit. There was a Zumba fitness sessions and free massages, along with deep breathing, yoga, meditation, and music therapy. Other highlights included health food demonstrations, tours of the Salaam Community Wellness Center Paradise Garden, fresh produce and personal care kit giveaways.

The day also featured health and wellness presentations, health screenings, and an opportunity to "Ask A Doc" session. Visitors purchased products from a variety of local vendors, listened to family-friendly music, and sampled free food.

A new component of the expo this year was the debut of a youth program called "Reading, Writing, and Healing." During a special session designed for youth 7 to 14 years old, co-sponsors Burst Into Books and Da Book Joint conducted a journaling exercise where youth learned and experienced how to address feelings of anger and anxiety through the power of writing.

Youth and parents were encouraged to attend this important session. **Burst Into Books** is a Black-led, Chicago-based nonprofit dedicated to empowering children and families through culturally responsive literacy, arts, and wellness programming. **Da Book Joint** is a Black, woman-owned business born on Chicago's South Side; committed to literary growth and positive engagement of youth.

The **BULLETIN** learned that **Salaam Community Wellness Center** is "a health and wellness center located in Chicago's historic Woodlawn neighborhood that offers a unique, innovative model of holistic healthcare that utilizes both western and non-western practices such as individual and group therapies, deep breathing, meditation, yoga, massage, acupuncture, Reiki, and sound therapy, among others."

HEALTH NEWS WE CAN ALL USE:

Encore column by Vera Evans - Senior Research Consultant

The Challenges of Cellulitis...

Dear Readers:

One of my networking associates has informed me that his family member is now suffering from **Cellulitis**, and asked if I could do some much-needed research on this serious medical condition, its causes and treatment. Of course I am happy to oblige, as this falls right in line with our "HEALTH NEWS WE CAN ALL USE" format: READ ON!

Definition and Overview

Cellulitis (sel-u-Lie-tis) is a spreading skin infection, most commonly of the lower leg. It's caused by bacteria entering through a break in the skin. Bacteria are most likely to enter broken, dry, flaky or swollen skin. Examples of entry points for bacteria are a recent surgical site, a cut, a puncture wound, a sore, and skin affected by athlete's foot or dermatitis. The affected skin is swollen, painful and warm to the touch. The infection can cause a fever and become very serious, involving deeper tissues. The most common bacteria with this condition are streptococcus and staphylococcus. The incidence of a more serious staphylococcus infection called methicillin-resistant Staphylococcus aureus (MRSA) is increasing.

Several factors put you at increased risk of cellulitis:

Injury. Any cut, fracture, burn or scrape gives bacteria an entry point.

Weakened immune system. Conditions that weaken the immune system increase the risk of infection. Examples are diabetes, leukemia and HIV/AIDS. Certain medicines also can weaken the immune system.

Skin conditions. Conditions such as atopic dermatitis — also called eczema — athlete's foot and shingles can cause breaks in the skin and give bacteria an entry point. Long-term swelling of the arms or legs. This condition is called **lymphedema**. It sometimes happens after surgery.

Cellulitis symptoms include:

Swelling. Warmth. Pain. Fever. Chills. Spots on the skin. Blisters and Skin dimpling.

When to see a doctor

It's important to find and treat cellulitis early because the condition can spread rapidly throughout the body. Untreated cellulitis can change from a mild condition to a severe one.

Seek emergency care if:

You have a swollen rash or a rash that's changing rapidly. You have a fever. See a healthcare professional within 24 hours if you have a swollen rash or a rash that's growing but you don't have a fever. Untreated cellulitis might lead to serious conditions such as bacteremia, endocarditis, osteomyelitis, toxic shock syndrome or sepsis. Repeated episodes of cellulitis may cause the lymph nodes to enlarge. This can cause long-term swelling of the affected limb.

Prevention

If you tend to have repeated episodes of cellulitis, your healthcare professional may recommend taking antibiotic medicine to prevent it from coming back. To help prevent cellulitis and other infections, take these precautions when you have a skin wound: Wash the wound daily with soap and water. Cover the wound with a bandage. Change bandages at least daily. Watch for signs of infection. Irritation, pain and pus all signal possible infection and the need for medical care. People with diabetes or poor circulation need to take extra care to prevent skin injury. Inspect your feet daily. Check your feet for signs of injury so that you can catch infections early; and moisturize your skin at least once a day.

There you have it, dear readers! Now we ALL know a little more about this painful condition

And here's a new related resource info-link that you might also find helpful! - Vera

<u>CLICK ON:</u> https://hop.clickbank.net/?affiliate=hgreensam5&vendor=shingles4&tid=smills















BULLETIN PHOTOS BY HURLEY GREEN III





St. Paul Ministries and Chicago Painters Union District Council 14 Celebrates Five New Pre-Apprenticeship Program Graduates

The **St. Paul Painters Pre-Apprenticeship Program**, a partnership between **St. Paul Community Development Ministries (St. Paul Ministries) and the Chicago Painters Union District Council 14 of Chicago**, last week announced the graduation of five recent Pre-Apprenticeship Program graduates and their placement into full time jobs. Three leading union painting contractors, Ascher Brothers, All-Tech Decorating, Inc. and ERA Valdivia, hired the graduates. Additionally, the program's new cohort began a new 12-week program on July 7, 2025.

The St. Paul Painters Pre-Apprenticeship Program helps young men and women interested in the construction trades by serving as a critical pipeline for union apprenticeship programs and union contractors in Chicago's finishing trades. The program offers access to resources and training so they can pursue careers in the construction trades and shows them how a career in the trades can offer growth, stability and an opportunity to create a better life.

"This partnership shows the commitment from local employers and leading painting contractors to hire St. Paul Painters Pre-Apprenticeship Program graduates," said **Miles Beatty,** executive director of **Finishing Contractors Association of Chicago (FCAC)**. "Our program builds skilled local finishing trade talent which strengthens the ties between labor and the community while providing a pathway for community members to build their career and flourish in their communities."

Four years ago, the partnership between St. Paul's Ministries and the Chicago Painters Union District Council 14 formed, although the first apprenticeship program came to life nearly 25 years ago as **Pastor Kevin Ford of St. Paul Ministries** and union leaders first collaborated to offer young men a pathway into the construction trades.

"This program is changing lives and creating real, sustainable career paths," said **Pastor Kevin Anthony Ford**, President, St. Paul Community Development Ministries. Pastor Ford told the **BULLETIN**: "We're grateful to our union partners for recognizing the value of these individuals and investing in their futures through the program as it uplifts young men and women and gives them purpose and pride while creating financial stability and a career path."

To date, more than 270 young men and women have completed the program with a 95% placement for program graduates. Graduates have the entry-level skills for admittance to union apprenticeship, receive industry-recognized certification and continued support services, and ultimately a career path that affords competitive wages, benefits and a retirement pension.

"This collaboration is a powerful example of what can happen when community organizations, labor unions, and employers come together with a shared purpose: building brighter futures," continued Beatty.

Apprentices train at the Painters Union Apprenticeship Program, Finishing Trades Institute of DC14 Chicago state-of-the-art training facility and receive hands-on education from top industry instructors who have spent cumulatively years in the field working. The carefully planned curriculum delivered with their individual expertise and perspective provides a unique real-world learning environment that exposes the apprentices to all aspects of the finishing trades.

Graduates of the program take away a sense of pride and purpose, investment in their trade and community and a career path that creates financial stability. Currently there are two cohorts of the St. Paul Painters Pre-Apprenticeship Program each year with a goal of expanding to four cohorts a year if additional support and funding is secured.

More information on the program can be found at https://www.finishingchicago.com/apprenticeship-program/
https://www.finishingchicago.com/apprenticeship-program/

The St. Paul Painters Pre-Apprenticeship Program is a partnership between St. Paul Community Development Ministries (SPCDM) and the Finishing Trades Institute DC 14 of Chicago. The program helps young men and women find opportunities to enhance their economic stability through the construction and finishing trades. To date, more than 270 people have gone through the program.

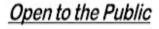
To learn more about the program, graduates and the impact it has created for young people in the Chicagoland area, visit or follow the program and apprentice stories at: https://www.finishingchicago.com/apprenticeship-program/



11th Annual Construction Conference & Expo "Step Up To Opportunity!"

Thursday, August 21, 2025 8:00 a.m. - Noon St. Paul Community Development Ministries 4550 S. Wabash Avenue, Chicago, IL. 60653





Community, Labor & Contractors coming together for the future!



We invite you to attend this Expo, where you will have the opportunity to meet representatives from various union trades and gain firsthand insight into the requirements for careers as electricians, pipefitters, plumbers, and pursue other union building trades professionals.



Attendees will receive comprehensive information to support their pursuit of a career that offers competitive wages, benefits, and pension plans. Additionally, you can enroll in SPCDM Pre-Apprenticeship Training Program, which has a proven track record of facilitating successful entry into the industry.













WHATEVER HAPPENED TO MORGAN FREEMAN?

'Living Legend' Researched by Samuel Mills

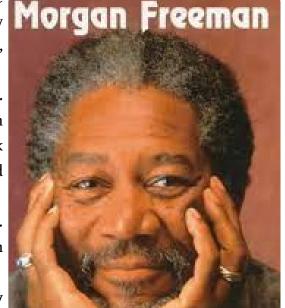
Morgan Freeman is an acclaimed actor, producer, and narrator born on June 1, 1937 in Memphis, Tennessee; and raised in

Mississippi. As an infant, Freeman was sent to his paternal grandmother in Charleston, Mississippi. He moved frequently during his childhood, living in Greenwood, Mississippi; Gary, Indiana; and finally Chicago. He made his acting debut aged nine, playing the lead role in a school play. At the age of 12, he won a statewide drama competition, and while settling into school, discovered music and theater.

He studied theater arts in Los Angeles and appeared in stage productions in his early career. Freeman made his Off-Broadway debut in 1967, opposite Viveca Lindfors in a show about the Freedom Riders during the American Civil Rights Movement, before debuting on Broadway in 1968's all-black version of *Hello, Dolly!* that also starred Pearl Bailey and Cab Calloway. In 1969, Freeman also performed on stage in *The Dozens*.

He rose to fame in the 1970s for his role in the children's television series *The Electric Company*. In 1978, he was nominated for the Tony Award for Best Featured Actor in a Play for his role as Zeke in the Richard Wesley play *The Mighty Gents*.

In a career spanning six decades, he has received numerous accolades, including an **Academy Award** and a **Golden Globe Award**, as well as a nomination for a Grammy Award and a Tony Award.



He was honored with the Kennedy Center Honor in 2008, an AFI Life Achievement Award in 2011, the Cecil B. DeMille Award in 2012, and Screen Actors Guild Life Achievement Award in 2018. In a 2022 readers' poll by **Empire,** he was voted "one of the 50 greatest actors of all time."

Freeman received the Academy Award for Best Supporting Actor playing a former boxer in Clint Eastwood's sports drama Million Dollar Baby (2004). He was Oscar-nominated for Street Smart (1987), Driving Miss Daisy (1989), The Shawshank Redemption (1994), and Invictus (2009). He also acted in Glory (1989), Lean on Me (1989), Robin Hood: Prince of Thieves (1991), Unforgiven (1992), Se7en (1995), Amistad (1997), Deep Impact (1998), Gone Baby Gone (2007), and The Bucket List (2007). He also portrayed Lucius Fox in Christopher Nolan's Dark Knight trilogy (2005–2012) and acted in the action films Wanted (2008), Red (2010), Oblivion (2013), the Now You See Me films (2013–2025), and Lucy (2014).

He made his directorial debut with the drama *Bopha!* (1993). He founded the film production company Revelations Entertainment with business partner Lori McCreary in 1996, under which they produced projects such as the CBS political drama *Madam Secretary* (2014–2019). Known for his distinctive voice, he has narrated numerous documentaries including *The Long Way Home* (1997), March of the Penguins (2005), Through the Wormhole (2010–2017), The Story of God with Morgan Freeman (2016–2019), Our Universe (2022) and Life on Our Planet (2023).

In addition to television films, in 1987 Freeman played a violent street hustler, a role that diverged from his previous roles, in *Street Smart* co-starring Christopher Reeve and Kathy Baker. Freeman's performance was praised by film critics, including Roger Ebert who wrote: "Freeman has the flashier role, as a smart, very tough man who can be charming or intimidating-whatever's needed...Freeman creates such an unforgettable villain." Freeman's performance earned him an Academy Award nomination for Best Supporting Actor. He later said that he considered *Street Smart* to be his breakthrough role. In his next film, he played Craig in the drama *Clean and Sober* with co-stars Michael Keaton and Kathy Baker.

<u>PERSONAL LIFE</u>: Freeman was married to Jeanette Adair Bradshaw from October 22, 1967, until November 18, 1979; he married Myrna Colley-Lee on June 16, 1984. The couple separated in December 2007 and divorced on September 15, 2010. Freeman has four children: Alfonso, Deena, Morgana, and Saifoulaye.

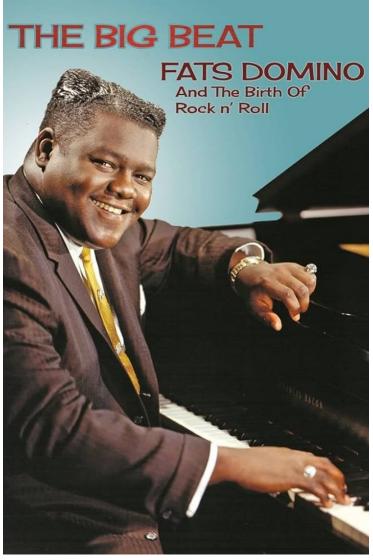
<u>Fast forward to the present:</u> Freeman resides in Charleston, Mississippi, and maintains a home in New York City. He earned a private pilot's license at the age of 65 and owns—or has owned—at least three private aircraft, including both a **Cessna Citation 501** and **Cessna 414** as well as an **Emivest S**.

Remembering Kings of the Keyboards...









(Images Provided by Samuel Mills) **Top Row:** (left - right)

"DUKE" ELLINGTON - Born on April 29, 1899 in Washington, D.C.; Edward Kennedy "Duke" Ellington was a prominent composer, pianist, and bandleader who pioneered big band and jazz music. His innovative style and compositions, which blended rhythms, melodies, and sonic movements, continue to inspire

"COUNT" BASIE - William James "Count" Basie was born on August 21, 1904 in Red Bank, New Jersey; and was a talented jazz pianist, organist, bandleader, and composer. In 1935, he formed the Count Basie Orchestra, and in 1936 took them to Chicago for their first recording. He passed away on April 26, 1984.

audiences and musicians today. He passed away on May 24, 1974.

W.C. HANDY - William Christopher Handy was born on November 16, 1873 in Florence, AL; and was a versatile composer and musician who referred to himself as the Father of the Blues. He was one of the most influential songwriters in the United States. He passed away on March 28, 1958.

"FATS" DOMINO - Born on February 26, 1928 in New Orleans to a French Creole family, Antoine Caliste Domino Jr., was a famous singer-songwriter and pianist. One of the pioneers of rock and roll music, Domino signed to Imperial Records in 1949 and eventually sold more than 65 million records. He passed away on October 24, 2017.

BLACK BUSINESS MONTH IN THE 19TH WARD

BLAC_{AUGUST 2025} BUSINESS MONTH

Celebrate Black Business
Month in the 19th Ward!
All August long, we're
spotlighting the brilliance,
resilience, and economic
impact of Black-owned
businesses across Beverly,
Morgan Park, and Mount
Greenwood. Join us for
intentional gatherings
designed to pour into our
businesses and ourselves!

FRI AUG 01

KICKOFF COFFEE

Afro Joe's Coffee & Tea • 1818 W. 99th St.

"SHOW & TELL" WELLNESS MIXER

411 Immuni-Tea • 1816 W. 103rd St.

THU AUG 07

THU AUG 28

REAL TALK ROUNDTABLE

Blu Lady Lounge • 1805 W. 95th St.

SEND-OFF FARMERS MARKET

95th Street Farmers Market • 1835 W. 95th St.

SUN AUG 31

This August, it's more than a celebration it's a movement. Join Black-owned businesses, leaders, and neighbors for events that uplift, connect, and empower!

Interested in vending at the Send-Off Farmers Market? Email market@95thstreetba.org







TAKE OUR SURVEY



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RAINBOW BEACH

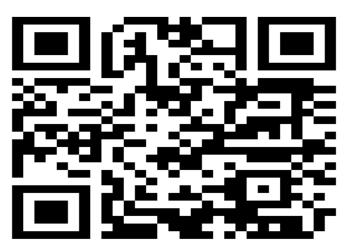
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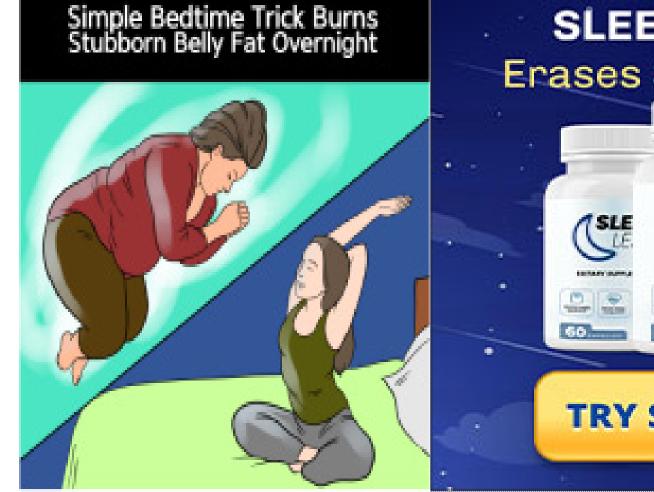
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100 BLACK CHURCHES

REAL MEN Charities Presents: Project Saving Lives in 100 Black Churches for our 2025 Prostate Cancer Awareness Campaign

The month of September is National Prostate Cancer Awareness Month

We ask each church's ministers to dedicate five minutes on Sundays, September 7th. 14, 21, 21, and 28, to briefly educate encourage the men and women in their congregations to send a clarion call: "Early detection is a man's best protection."

Churches are also encouraged to invite male congragants who have experienced prostate cancer to share personal testimonies. These stories can deeply influence others to prioritize the health and schedule screenings.

For more information or to sign up to participate, please contact:

Ranoule Tatum Rael Jackson

(312) 671-5553 ranoule@gmail.com (312) 965-5405

raeljackson@gmrail.com

Your church's participation is welcome – and urgently needed. Together, we can inspire change, save lives, and strengthen conmits.

