



Noticiero Bilingüe
LAWNDALE
NEWS

Sunday, September 22, 2024

WEST SIDE TIMES

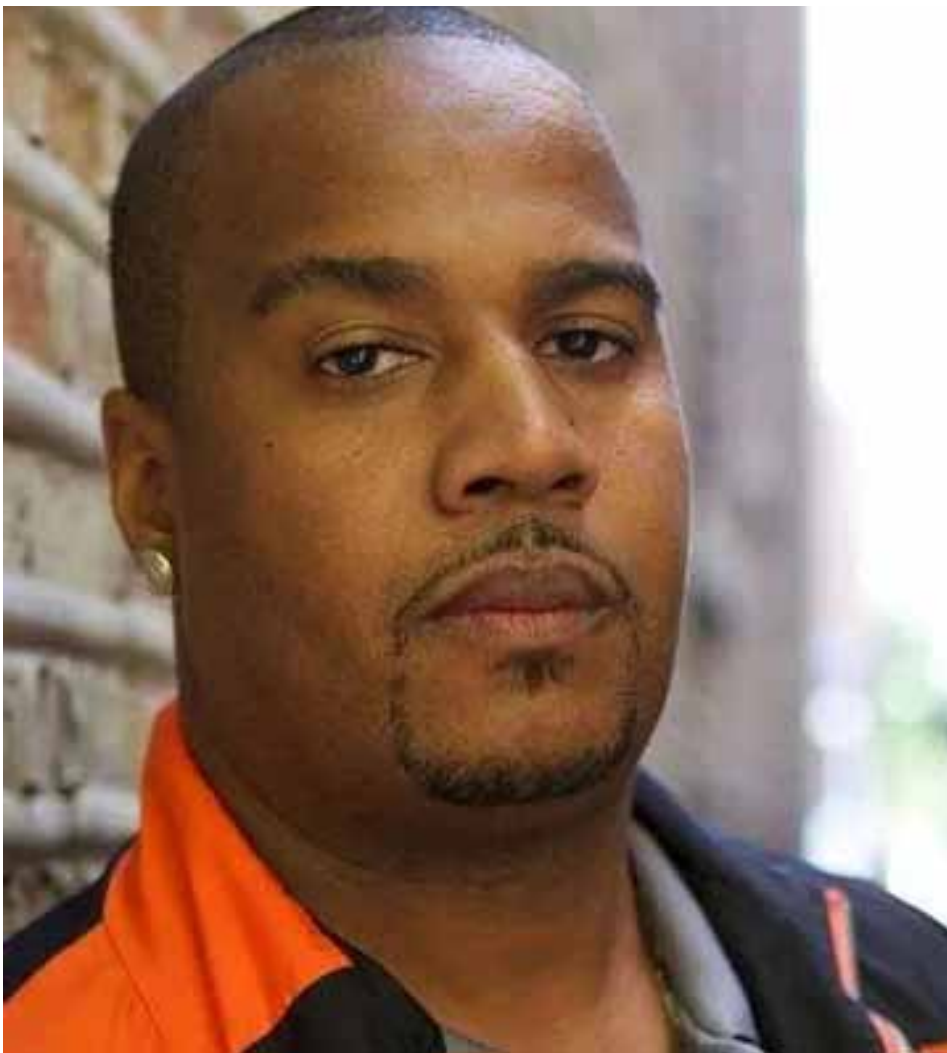


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‘Interrupting Violence’ – A Memoir of Resilience by Ex-Gang Member Cobe Williams



Department, there have been almost 1,200 total reported shootings in the city as of July.

Former gang member Cobe Williams, an award-winning peacekeeper and community activist, knows firsthand the inner trappings of violence growing up on the South side neighborhood of Englewood. Williams, whose father, a gang member, was murdered before Williams turned eleven, had a rough upbringing. “I grew up in that cycle of violence. I didn’t anything different,” said Williams. “Many young men grow up today with a family member that is in a gang, either it’s a father, an uncle, a brother. It’s part of their environment. That’s how it was for me.” Williams was a former Black Disciples member who rose through the ranks at one time commanding over one hundred men throughout the city while still in high school. Williams’ life, engulfed with conflicts with police, violence, and arrests, has transferred his life experience into a memoir entitled, “Interrupting Violence:

One Man’s Journey to Heal the Streets and Redeem Himself.”

“Interrupting Violence: One Man’s Journey to Heal the Streets and Redeem Himself,” is part memoir part blueprint for communities across the country to discover a new way to address community violence. “We need to focus on the root of the problem, we need to focus on creating a steady home life, providing opportunities for youth to choose another path instead of violence,” said Williams. “I hope this book can take readers on a journey to what plagues our inner cities, and how youth in underserved communities are misrepresented.” Williams is hopeful his memoir will serve as an aid to tackle violence through innovative, person-centered interventions focusing on two critical interventions; to prevent escalation within the first 24 hours following a drive-by-shooting and initiatives to prevent retaliation in the weeks after a prominent gang leader’s murder. Aside from author, Williams is founder and executive director of Interrupt the

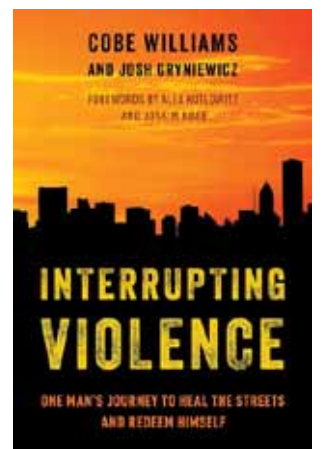
Violence (ITV), a program that for over a decade has developed violence prevention, created conflict resolution, and public safety plans throughout the country. Interrupt the Violence has partnered with community-based organizations, NGOs, city and state governments, and activists. Their mission is designed to leverage community strengths, address cultural workings that perpetuate violence, and provide hope. If you would like to learn more about ITV, visit www.interrupttheviolence.com or if you would like a copy, visit www.interruptingviolence.com.

By: Ashmar Mandou

This past summer the U.S. surgeon general

declared gun violence a public health crisis, due to the growing number of injuries and deaths

involving firearms across the country. Particularly in Chicago where according to the Chicago Police



TOPS Club Offers Ways to Boost Brain Health During World Alzheimer's Month



It's time to act on Alzheimer's. This is the 2024 theme for World Alzheimer's Month, which occurs annually in September. World Alzheimer's Month is dedicated to raising

public awareness around Alzheimer's disease and dementia, reducing the stigma attached to them, and highlighting the steps organizations take to develop a more dementia-friendly society.

TOPS Club, Inc. (Take Off Pounds SensiblySM), the nonprofit weight-loss support organization, with a "Real People. Real Weight Loss.[®]" philosophy, recognizes World Alzheimer's Month and the

need for education around cognitive decline. Factors like obesity, heart disease, high blood pressure, high cholesterol, and diabetes can increase the risk of dementia, according to the Alzheimer's Association. The following are a few actions for individuals to help slow — and potentially avoid altogether — the effects of cognitive decline:

Feed Your Brain

Eating right nourishes the brain, assisting in critical thinking, attentiveness, and memory. According to Harvard Health, while no single food, beverage, vitamin, or supplement is proven to cure or prevent Alzheimer's or dementia, certain foods are more brain-friendly, like:

- Leafy greens, such as kale, spinach, and broccoli, have been shown to slow cognitive decline.
- Fish like salmon, cod,

and pollack contain low levels of beta-amyloids that cause unhealthy build-up in the brains of those with Alzheimer's.

• Berries, such as strawberries and blueberries, contain a flavonoid that gives the berries their color and helps individuals with memory.

Exercise Your Brain

Apart from healthy habits like moving more and adopting a better diet, remaining mentally and

socially active can reduce the risk of cognitive decline. According to the Alzheimer's Association, regularly socializing can delay the onset of dementia. Try regularly engaging with family and friends, joining a volunteer group,

or making new friends. Consider focusing on your health by checking out a local TOPS chapter - www.tops.org.

Photo Credit: Getty Images



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CPS to Host Engagement Sessions as District Develops Future Arts Education Plan



As the District celebrates National Arts in Education Week, Chicago Public Schools is launching community engagement efforts to develop a new arts education plan that meets the District's evolving needs. The District will host a series of virtual focus groups as well

as seven community round tables to gather feedback from students, parents, teachers, school leaders, community members and arts partners on experiences and aspirations to inform the future of arts education across CPS. The round table sessions will be offered at locations across

the city from 5:30 p.m. to 7:30 p.m. in person as follows:

- Thursday, September 19, Irma C. Ruiz Fine and Performing Arts, 2410 S. Leavitt St.
- Tuesday, September 24, Oscar Depriest School, 139 S. Parkside Ave.
- Wednesday, October 2, Kelvyn Park High School

4343 W. Wrightwood Ave.

•Monday, October 7, Truman College, 1145 W. Wilson Ave.

•Tuesday, October 8, Site TBD

The specific site for the Oct. 8th session will be

posted on the District's arts education website section. In addition, the District will host a virtual round table from noon to 2 p.m. Wednesday, Oct. 9th. A nationwide celebration of the transformative power

of the arts in education, National Arts in Education Week was established in 2010 to highlight the benefits of and need for the arts in education.

Photo Credit: Getty Images

Villanueva Applauds Funding for Local Workforce Training

State Senator Celina Villanueva joined the Illinois Department of Commerce and Economic Opportunity in announcing \$15 million in funding for the Job Training and Economic Development program, including \$525,000 for workforce development programs in the 12th Senate District. The Job Training and Economic Development program provides workforce training and wraparound services to help bolster equitable workforce

recovery for Illinoisans struggling to gain meaningful employment. Funds from this program aim to address the economic impacts experienced by employers and individuals who are underemployed, unemployed or underrepresented who have one or more barriers to employment that are identified as risk factors. This is the second round of funding from the JTED program, awarding over \$15 million to 33 organizations across Illinois. Midwest Asian



Health Association, which falls within Villanueva's district, is set to receive \$525,000 from the program. For more information on job training services, visit DCEO's website.

Photo Credit: Office of Illinois State Senator Celina Villanueva



Triton College

Fall Family Fun Fest

Saturday, Sept. 28, 2024

10 a.m.-2 p.m.

Triton College Botanical Gardens
(East Campus)

Enjoy a variety of autumn-themed activities and games designed for all ages! Families are welcome to take home a free pumpkin (while supplies last).

The event is **free** and open to the public.

Visit triton.edu/fallfest for continued updates.

Bank of America Mobile Financial Center Drives into Chicago's South Suburbs for Three Days of Free Financial Education for Community



Bank of America announced that the company's Mobile Financial Center has arrived in the Chicago area for three days of complimentary

financial education, credit counseling, homeownership workshops, small business coaching, and one-on-one financial guidance designed to improve access to critical

financial services and enhance financial wellness in the community. Situated at OAI, Inc. in Park Forest (208 Forest Blvd., Park Forest, IL) September 16-18, the center features

free education and advice from financial specialists and credit counselors on topics ranging from building financial acumen to managing finances and helping individuals, families, and business owners learn how to save, spend, borrow, and invest to reach their goals. OAI is a local leader in skills training that helps local adults reach their career potential, work safely, and build a good life. Specific offerings include:

• **Financial education classes and specialty**

workshops on topics ranging from basic budgeting and banking, saving, building healthy credit, homebuying and starting and growing a business. These sessions will be facilitated by certified Bank of America employees through Better Money Habits® resources and tools.

• **Access to Operation HOPE financial wellbeing counselors** who will host sessions focused on money management and credit to help clients build customized plans

and solutions for creating budgets, increasing savings and improving credit scores.

• **On-site financial specialists, including business solutions advisors and home lending advisors**, to help provide tailored financial solutions and advice on individual needs.

For more information and to register for a class or workshop, visit <https://rsvp.bankofamerica.com/client/1365>.

Photo Credit: Bank of America

Sinai Chicago Nationally Recognized for Heart Attack Care



Sinai Chicago has received the American Heart Association's Get With The Guidelines® – Coronary Artery Disease NSTEMI Gold recognition for its commitment to offering rapid, research-based care to people experiencing a specific type of heart attack known as a non-ST elevation myocardial infarction (NSTEMI). Each year, more than 546,000 people experience

this type of dangerous heart attack, caused by a partial blockage of blood flow to the heart. Like all heart attacks, this requires timely treatment to restore blood flow as quickly as possible. The NSTEMI Center award is earned by hospitals that demonstrate a commitment to treating patients according to the most up-to-date research-based guidelines for NSTEMI care as outlined

by the American Heart Association. Sinai Chicago also received the American Heart Association's Target: Type 2 Diabetes™ Honor Roll award. Target: Type 2 Diabetes aims to ensure patients with Type 2 diabetes, who might be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to stroke.

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National Hellenic Museum Offers Free Admission, Educational Activities for All Ages During Open House Chicago



The National Hellenic Museum (NHM) in Chicago is offering free admission and educational activities for all ages on Saturday, October 19 and Sunday, October 20, 2024, as an official partner site for the Chicago Architecture Center's Open House Chicago. An anchor of the historic Greektown neighborhood, the Museum is open from 10 a.m.-4 p.m. on both dates and admission includes complementary exhibition tours with trained NHM docents, offered at the top of each hour throughout

the weekend. Visitors will have access to NHM's core exhibition *Reaching for the American Dream: The Greek Story in America* as well as current exhibitions *Gather Together: Chicago Street Photography* by Diane Alexander White and *Legacy, Renewal & Unity: Celebrating 100 Years of the Greek Orthodox Archdiocese of America*, and *Archons of the Ecumenical Patriarchate: Protecting the Future of Faith*. The National Hellenic Museum (333 S. Halsted Street, Chicago) is open

Thursday through Sunday from 10 a.m.-4 p.m. Free admission is offered during Open House Chicago on October 19 and 20, 2024. For more information on current exhibitions, events and memberships, visit nationalhellenicmuseum.org or call 312-655-1234. Regular Museum hours are Thursday through Sunday from 10 a.m.-4 p.m. For more information, visit nationalhellenicmuseum.org or call 312-655-1234. **Photo Credit: National Hellenic Museum**



Para.Mar Dance Theatre Hace su Presentación de Estreno con “/ V. Anthology /”

La compañía de ballet contemporáneo con sede en Chicago PARA.MAR Dance Theatre hace su debut en el Studebaker Theater con “/ v. anthology /”, a las 7:30 p. m. del viernes 20 de septiembre y a las 7:30 p. m. del sábado 21 de septiembre. Estas presentaciones marcan la presentación de estreno de la compañía de obras de repertorio mixto en un escenario de proscenio en Chicago. Esta serie es la culminación de la quinta temporada de PARA.MAR y presenta una colección

exclusiva de obras curadas por la fundadora y directora Stephanie Martinez con los reconocidos coreógrafos Jennifer Archibald, Xavier Nuñez, Hélène Simoneau y Yin Yue. Las creaciones propias de Martinez, “kiss.” y “Dos Lados”, enmarcaron el programa, asegurando su voz artística única al programa. PARA.MAR Dance Theatre presenta su serie de otoño “/ v. anthology /” en el Studebaker Theater en el Fine Arts Building, 401 S. Michigan Ave., a las 7:30 p. m. del viernes

20 de septiembre y a las 7:30 p. m. del sábado 21 de septiembre. La compañía mantiene su compromiso con el acceso radical al arte al seguir ofreciendo entradas de pago por persona. Rango de donación sugerido: \$30-\$100. Para entradas y más información, visite fineartsbuilding.com/studebaker. Para más información sobre PARA.MAR Dance Theatre, visite paramardance.com. **Crédito de la foto: Carol Fox and Associates Public Relations**

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