

R E S I D E N T S '

Journal

A publication for and by Chicago public housing residents August 2000 / Volume 4/ Number 6

PLEASE.

PLEASE.

***Transforming CHA P. 4 - 10
Viva Puerto Rico P. 14 - 15
Youth Clubs Close P. 17***

Haymarket House AD

C o n t e n t s

PAGE 4:
....by Mary C. Johns

PAGE 5:
...by Arminta Clark

PAGE 6:
...by Karen Owens
...by Mary C. Johns

PAGE 7:
(in Spanish and English)...by Julio
Martinez

PAGE 8:
...by Jacqueline Thompson

PAGE 9:
(In Korean)....by

PAGE 10:
Access Report...by Thomas Merriweather

PAGE 11:
Stop the Violence...by Cenabeth Cross

PAGES 12-13
Urban Youth International Journalism
Program Section

PAGE 14
...by Wateka Kleinpeter

PAGE 15
...by Andre Robinson

PAGE 16:
...by Arminta Clark Muhammad

PAGE 17:
...by Beauty Turner

PAGE 19:
...by Jacqueline Thompson

PAGE 20:
(In Russian and Chinese)....by

PAGE 21:
Special Health Section

PAGE 22:
Letters to the Editor

PAGE 23:
Dear Resident...by Patricia Johnson-
Gordon

FRONT PAGE

The front page of this issue was designed by a student in Mouli Marur's "Advanced Digital Free Press" class at the Art Institute of Chicago. Other class members were Clarissa Jayakumara, Sarah Carey, Jemal Diamond, Brad Taylor, Tim Van Kouvenberg, Sharon Farber, Nancy Horowitz, Alycen Rooke, Maria Elias and Matthew Grier. Special Thanks to this Special Group of Individuals

C r e d i t s

Publisher
Ethan Michaeli

Editor-in-Chief
Mary C. Johns

Managing Editor
Wateka Kleinpeter

Advertising Consultant
Jeff Davis

RJ Correspondents
Anita Baker, Earl Battles, Deborah A. Britton, Arminta Clark, Cecelia A. Clark, Cenabeth Cross, Patricia Johnson-Gordon, Julio Martinez, Thomas L. Merriweather, Karen Owens, Andre Robinson, John "Popcorn" Sampson, Marsha Smallwood, Jacqueline Thompson, Beauty Turner, Bobby Watkins

Photographers
John Brooks, Cecelia A. Clark, Mary C. Johns, George Johnson, Patricia Johnson-Gordon, Wateka Kleinpeter, Karen Owens, Arminta Clark Muhannad, James Rayfield, John "Popcorn" Sampson, Jacqueline Thompson

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O u r M i s s i o n

This publication is committed to the journalistic principles of fair representation and free speech. Above all else, this publication will strive to fairly and accurately represent all sides of the issues that the editorial staff chooses to investigate. In maintaining an unwavering guarantee of editorial independence, this publication will contribute to the American media's mission of faithfully providing balanced, truthful accounts and information. Residents' Journal strives to be accessible to all communities, regardless of income, ethnicity or disability. We The People Media is committed to the First Amendment to the U.S. Constitution which protects the Freedom of the Press. The views expressed in this publication do not reflect the views of We The People Media or its staff.

P u b l i s h e r ' s B o x

by Ethan Michaeli



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Transforming CHA Demolishing Prairie Courts



Because Prairie Courts is a city/state development, the property is ineligible for federal funding, which is why Prairie Courts is not a part of CHA's \$1.5 billion transformation plan.



An RJ Update: Resident Leaders Reject Lease



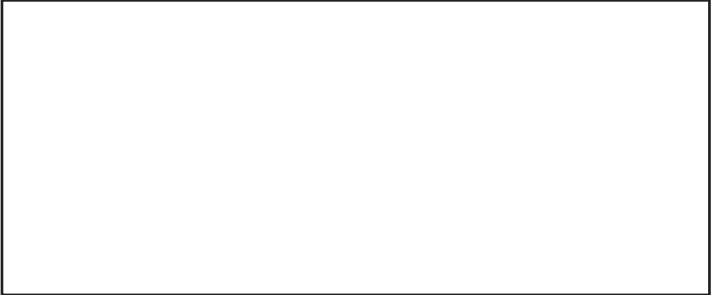
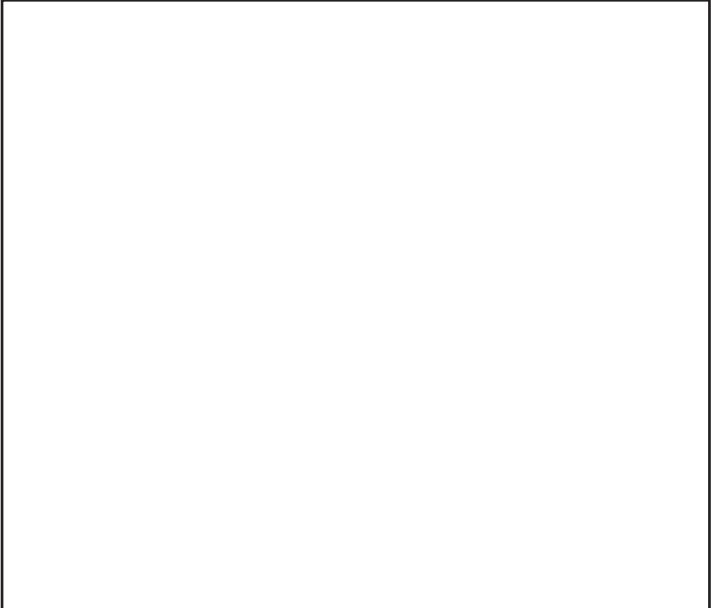
Transforming CHA More Vouchers, Less Housing



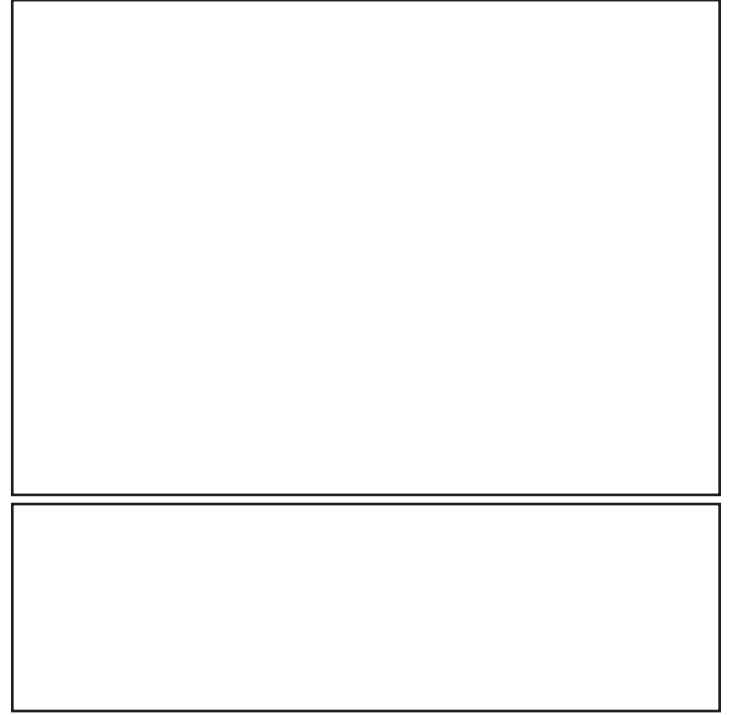
I nstances of a person in the housing voucher program on “zero rent” and landlords’ refusals to make repairs in their apartments sometimes lead to evictions.

-Brenda Grauer, an attorney with the Legal Assistance Foundation of Metropolitan Chicago

Transforming CHA



Transforming CHA Cabrini-Green Wins Battle



ABLA NEWS : Community Growth



Stop the Violence

Shooting up and down the street as if it's the wild, wild West is a breakdown of moral behavior...

-Danny K. Davis, U.S. Congressman



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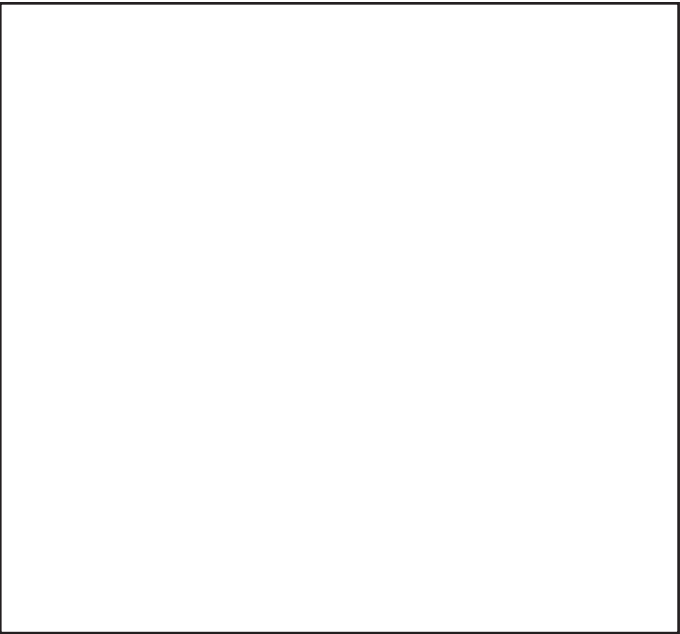
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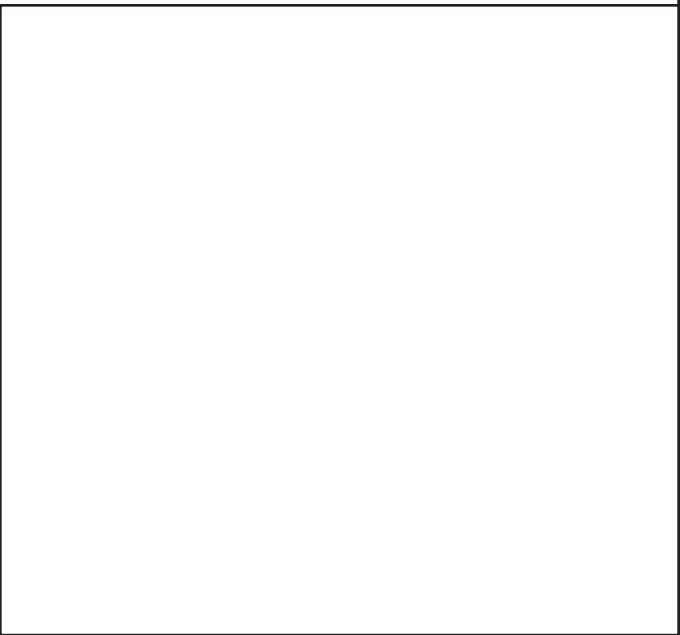
Access Report





Elevators are deemed to be items of convenience in family housing but of absolute necessity in senior housing.

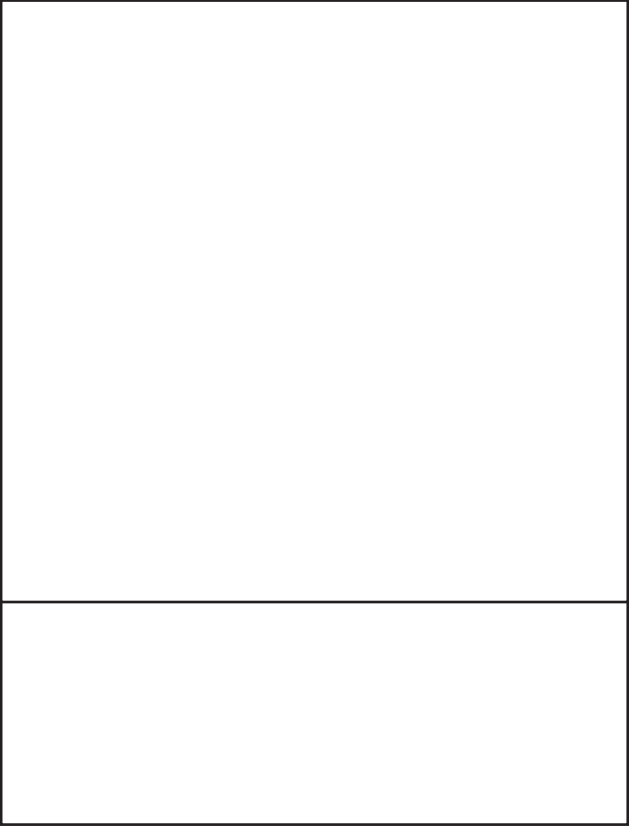
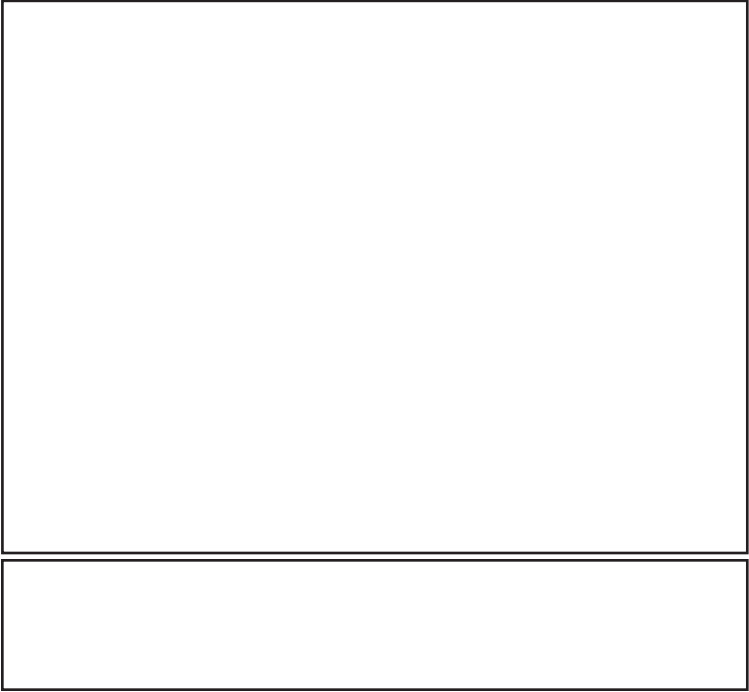
Spanish

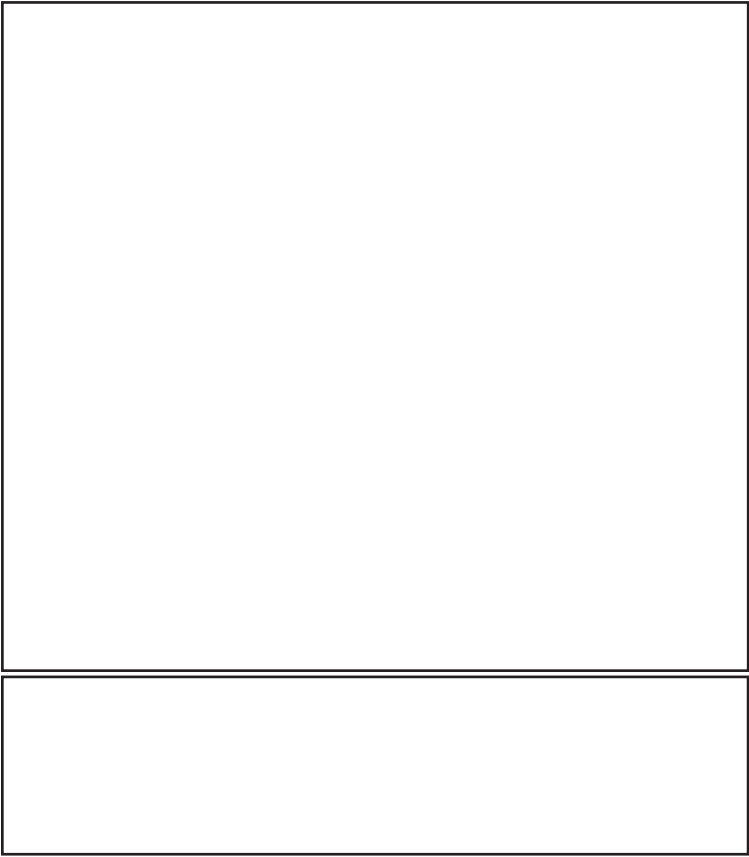


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Support The Bronzeville Merchants Association**



We can do some good looking out by seeing to it
that the inhumane and the injustice of yesterday
does not return tomorrow.







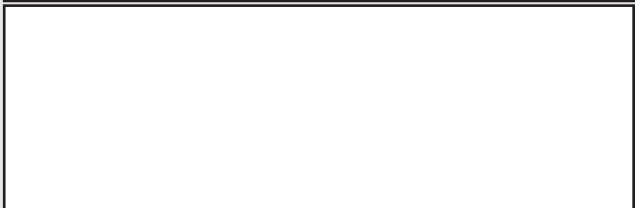
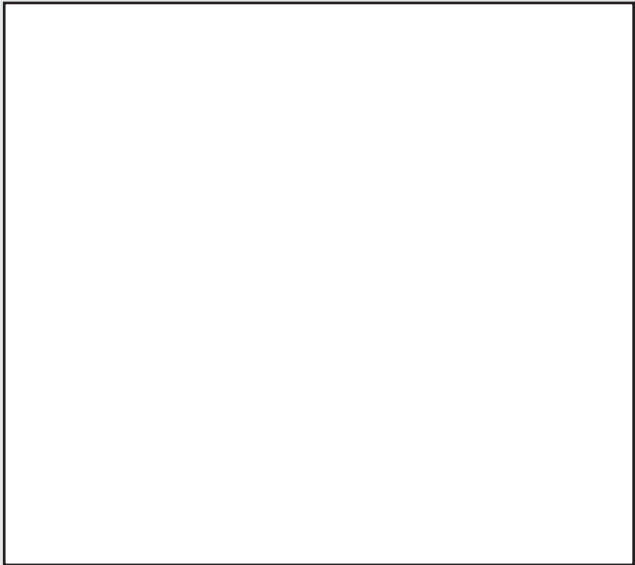
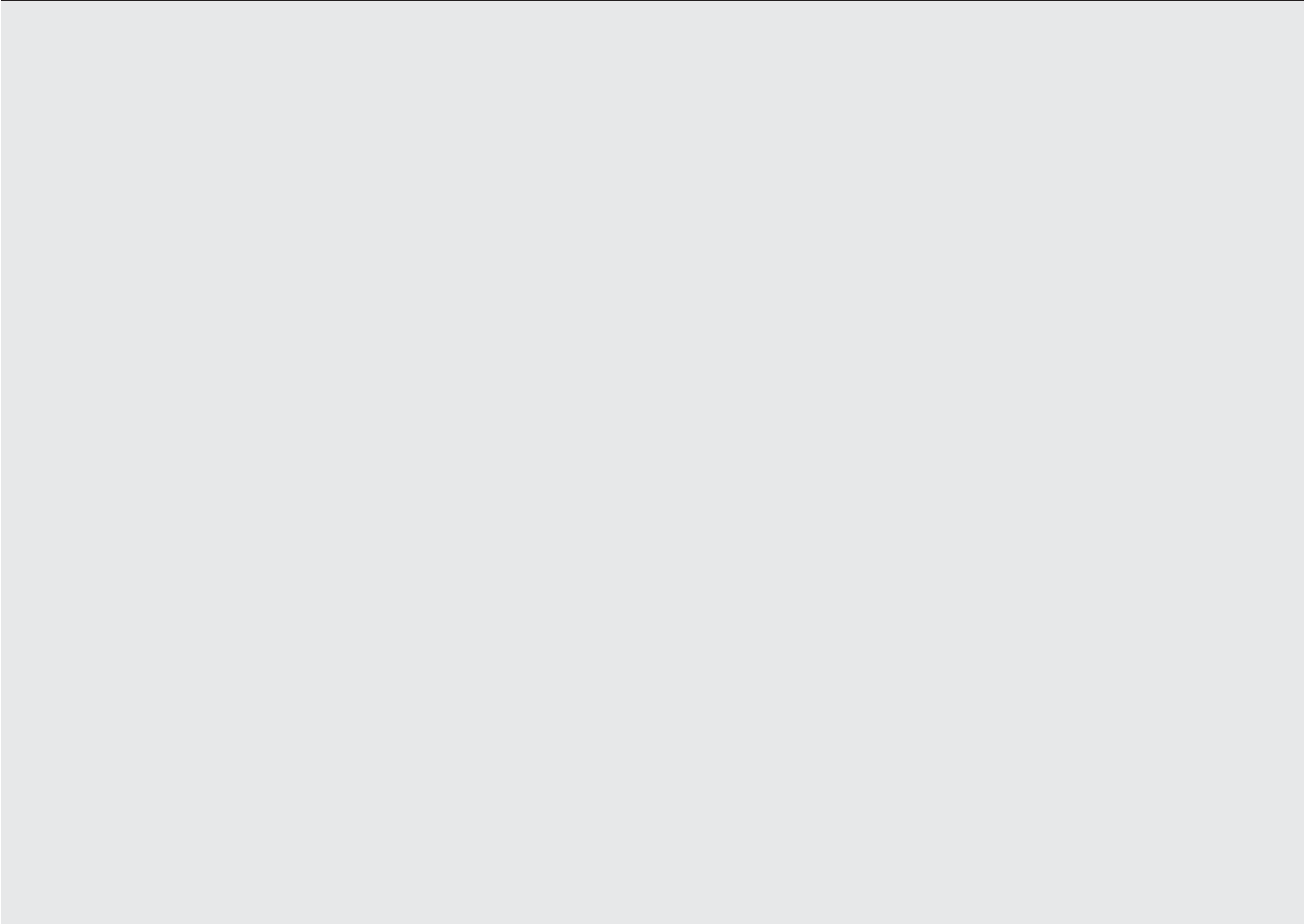
A Special Section produced by the Urban Youth International Journalism Program



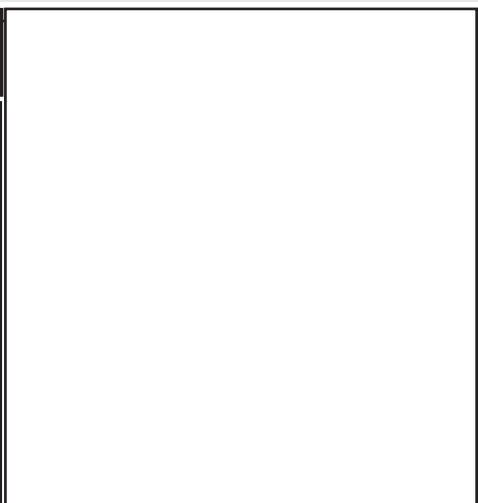
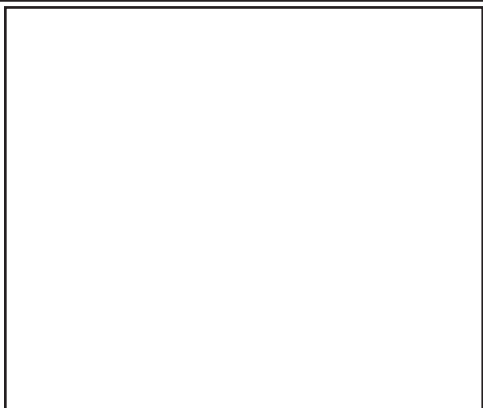
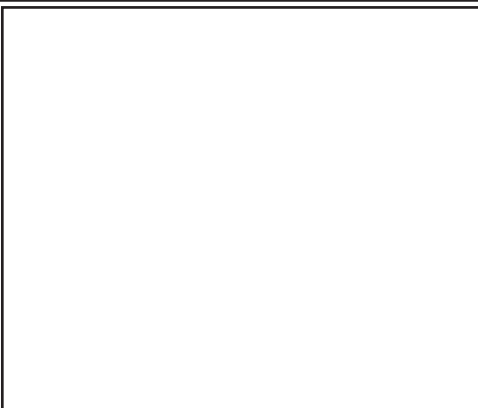
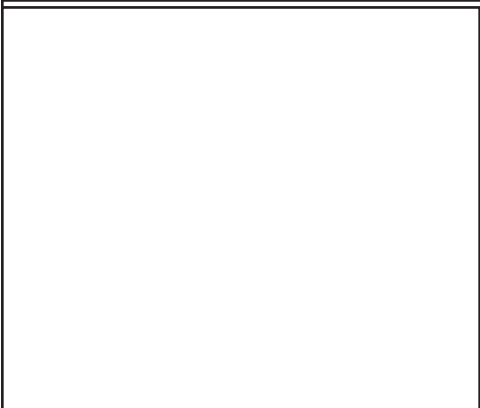
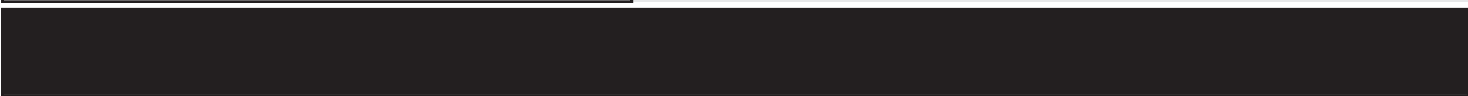
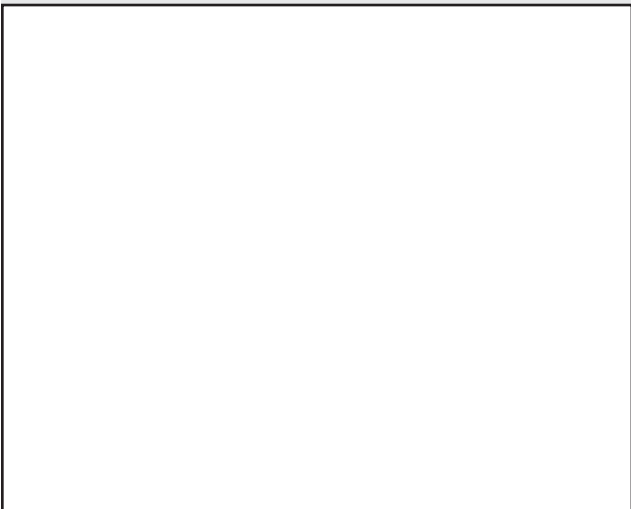
Youth Focus



*Jason Alexander, Jumote Amoakom
 , Antonio Arnold, Shenika Brown,
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 Johnson, Kareem Lewis, Ivory
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 Morris, Corey Nunn, Ramsey
 Pabrué, Valerie Redmond, Adriane
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 Walls, Joanna White, Kamel White,
 Frank Williams, Monica Williams,*



Many families depend on these sites for their children to attend after-school programs or during the summer.



Lathrop News

One thing I would like to see U.S. Dwellings do is help some of the residents get employment through their company.

Welfare to Work: People in Transition

R E S I D E N T S '

J o u r n a l

Residents' Journal is distributed free to all Chicago public housing residents and participants in the Section 8 subsidized housing program. But if you are not a public housing resident, and would like to support Residents' Journal's plan to become a financially self-sufficient entity, or would like to subscribe, please fill out the attached subscription form and mail a check or money order to:
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RUSSIAN TRANSLATIONS

CHINESE TRANSLATIONS

Special Health Section



Tracy's Health Corner

Walk Your Way To Fitness

The sun's shining and there's a slight breeze from the lake. It's another great summer day in Chicago. Why not go for a walk?

Get motivated about exercising and getting fit.

If you're like me, you'll come up with every excuse in the book why you can't exercise: "I'm too tired", "I have no time", "I can't afford the equipment", or "the gym's too far away".

Well I have an answer that will combat all these excuses. Just walk your way to fitness.

It's easy, it's cheap, you can do it anywhere, and most importantly it's good for your health. Besides helping you fit back into your summer shorts, walking cuts your risk of heart disease and improves your mental fitness.

For best results you should walk 30 minutes a day, 6-7 days a week. And, the good news is, you can break-up your walking routine. Walking 3 times a day for 10 minute is just as good as a 30 minute session.

You can exercise while following your daily routine — walk to the

store, walk with your kids, walk to church, walk with your friends.

To get the most out of your walk remember to stand tall (back straight), take short quick steps and swing those arms. For an extra burn of calories walk faster and walk uphill.

A few trips around the block and you'll be looking fine in no time. Not to mention being de-stressed and heart-healthy.

Keep track of your total fitness, and make sure to schedule a yearly physical with your doctor.

...

Hey y'all, don't forget August's **Health Education Events**. A few to note are:

8/1	Homan Square
8/14	Sheridan Medical Center
8/12	Bud Billiken Day Parade
8/26	Unity Day

To get the low-down on times and places along with a complete listing of this week's events give me a call at (312) 424-4482.

Until Next Time,

Tracy

The above material is for informational purposes. It is not intended for diagnosis.

Interested In ...

... This week's listing of **Health Education Events**? Call 1-312-424-4482

... Better health care choices for families on Medicaid? Call **FREE 1-877-WE DO HELP** ext. 203
(1-877-933-6435 ext. 203)

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Richard M. Daley, Mayor



Dep. of Public Health
Sheila Lyne, RSM Commissioner

Public Health Services



Comprehensive Clinics

All telephone area codes are 312, except where indicated.

Comprehensive Clinics

<i>Englewood</i>	641 West 63rd Street	747-7831
<i>Lower West Side</i>	1713 South Ashland	746-5157
<i>Roseland</i>	200 East 115th Street	747-9500
<i>Uptown</i>	845 West Wilson	744-1938
<i>West Town</i>	2418 West Division	744-0943

Maternal/Child Clinics

<i>Grand Boulevard</i>	4410 South State	747-0005
<i>South Chicago</i>	2938 East 89th Street	747-5285
<i>South Lawndale</i>	3059 West 26th Street	747-0066

Public Health Clinic

<i>Sexually Transmitted Disease/HIV</i>	530 East 31st Street	747-0102
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Affiliated Clinics

<i>Circle Family Care</i>	4909 West Division	(773) 921-8100
<i>Komed Health Clinic</i>	4230 South Greenwood	(773) 268-7600
<i>Lakeview Neighborhood Health Center</i>	2849 North Clark	(773) 528-1188
<i>Lawndale Christian Health Center</i>	3860 West Ogden	(773) 521-5006
<i>Mile Square</i>	2045 West Washington	996-9000
<i>Woodlawn Adult Health</i>	6337 South Woodlawn	(773) 747-7700



Key Public Health Telephone Numbers

All telephone area codes are 312, except where indicated

CDPH General Information	747-9884
TTY	744-8599
Addictions Services	
Outpatient Program	(773) 476-0622
Residential (Women/Girls)	850-0080
Residential (Men)	(773) 737-4600
Prevention	747-9825
Birth Certificates of Newborns	744-3796
Board of Health	747-9875
Cancer Information	1-800-4-CANCER
Case Management	747-8816
Communicable Disease Reporting	746-5380
Death Certificates	744-3800
Epidemiology	747-9810
Food and Dairy Protection	747-FOOD
Health Surveillance	747-9726
Hispanic Affairs	747-8820
HIV/AIDS	747-AIDS
Statewide Hotline	1-800-243-AIDS
Immunization	746-5380
Chicago CareVan Program	746-6122
Internet Address	http://www.ci.chi.il.us
Lead Poisoning	747-LEAD
Mental Health	747-9768
Nutrition Services/WIC Program	747-9140
Public Health Nursing	747-9822
Public Information/News Media Requests	747-9805
Sexually Transmitted Disease	747-5400
Tuberculosis	746-5380
Violence Prevention	747-8787
Crisis Hotline	1-800-603-HELP
Volunteer Services	747-9569

May 1999

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Letters to the Editor

Residents' Journal welcomes submissions from all of our readers and especially from public housing residents. Please send all letters to our new address:
4859 S. Wabash
Chicago, IL 60615.
You may also call our office
at (773) 285-0200 x
3372 to
discuss your ideas for
submission.

Dear Resident

by Patricia Johnson-Gordon

There is a certain amount of personal and community responsibility that must and will come to bear upon each of us.



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Participants of the Charles A. Hayes Family Investment Center "Teen Reach" after school program marching strong in the Bud Billiken parade. This year, the youth utilized the center's 50 computer lab by learning how to create & design Web pages for the Internet.



Renowned journalist Vernon Jarrett congratulates Community Specialist Carla Smith upon completion of the "Basic Principles of Community Leadership" training course, during a June 2000 "Rites of Passage" ceremony, held at the Charles A. Hayes Family Investment.

WE ALSO OFFER CLASSES LEADING TO CERTIFICATION IN

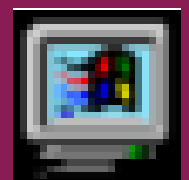
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