

NEWS

Boxing Legend Joe Frazier Dies Of Cancer

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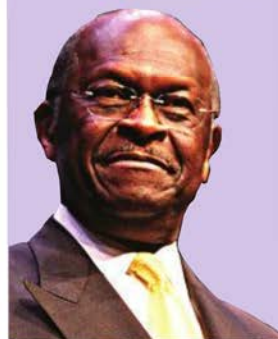


The New York Daily News editor-in-chief Kevin Convey (on the right) presented Joe Frazier (center) with the Daily News Front Page Award in 2011. Photo Toonari Post

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Project SYNCERE launched a new program for middle and high school students interested in engineering on Oct. 22. Photo: Jason Coleman/Project SYNCERE

Engineering Workshop Prepares Students for Global Workforce

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by Thelma Sardin

The need for students to be prepared to work in the math and science fields is growing exponentially. Jobs in the global economy require that individuals be well versed in technologies that keep society moving. Project SYNCERE (Supporting Youth's Needs with Core Engineering Research Experiments), is helping to fulfill this requirement and exposes minority students to the STEM (science, technology, engineering and math) fields. Project SYNCERE serves students in grades k-12; however, it is designed to target elementary school students to pique their interest toward a career in the science field.

Jewel-Osco Offers "Eating Healthy with My Diabetes™" Store Tours

Jewel-Osco® Offers free "Eating Healthy with My Diabetes™" Store Tours Program helps customers learn to eat healthfully with diabetes yet still incorporate foods they love into their meal plans.

At a time when nearly 26 million Americans have diabetes and an estimated 79 million have pre-diabetes(1), JEWEL-OSCO, part of the nationwide SUPERVALU® INC. family of grocery stores, is offering its "Eating Healthy with my Diabetes™" in-store tours through the end of 2011. The free educational tours are designed to help customers learn to choose better-for-you foods and eat healthfully, while incorporating foods they love into their meal plans.

Specially-trained pharmacists and registered dietitians guide the FREE in-store tours, covering topics such as reading Nutrition Facts labels and identifying healthier food options such as high fiber grains and choices lower in saturated-fat, which are easily identified by nutrition iQ®, JEWEL-OSCO's color-coded in-store nutritional navigation system. Tour content is geared for those who have diabetes and also extends to friends, family members and others who may be able to take action now to

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Boxing Legend Joe Frazier Dies Of Cancer

Boxing legend Joe Frazier died Monday in his Philadelphia home, his family has confirmed. Frazier, who is best known for being the first boxer to defeat Muhammad Ali, had been battling liver cancer. He was 67.

"We The Family of ... Smokin' Joe Frazier, regret to inform you of his passing," his family said in a statement. "He transitioned from this life as 'One of God's Men,' on the eve of November 7, 2011 at his home in Philadelphia, Pennsylvania."

Frazier, also known to boxing fans as Smokin' Joe, became a pro boxer in 1965 after winning a gold medal at the 1964 summer Olympic Games in Tokyo. He went on to achieve 32 wins in his professional boxing career. All but five of his wins were by knock outs. He lost four fights - two to Muhammad Ali and two to George Foreman - and had one draw. Frazier retired in 1977, but returned for a match in 1981. He later opened a gym in Philadelphia. Frazier was inducted into the International Boxing Hall of Fame and the World Boxing Hall of Fame.

Ali, 69, offered his condolences in a statement. "I will always remember Joe with respect and admiration. My sympathy goes out to his family and loved ones," he said.

TransWorldNews

Jewel-Osco Offers "Eating Healthy..." *Continued from page 1*

delay or stop their own diagnosis of diabetes.

"Managing diabetes is about understanding the importance of balanced nutrition, regular meals and choosing from a variety of food groups throughout the day. Our tours help customers discover how they can enjoy controlled portions from every food group and eat things they like, including what they need to help manage their blood sugar," said JEWEL-OSCO Registered Dietitian Kim Kirchherr, MS, RD, LDN, CDE.

JEWEL-OSCO's Eating Healthy with My Diabetes tours will run through early December. To find a tour near you, to register for a tour or to obtain additional information, consumers can visit their local JEWEL-OSCO pharmacy or call 1-800-403-8238 or register online at www.eatinghealthywithmydiabetes.com.

To learn more about the Eating Healthy with My Diabetes tour program, visit www.eatinghealthywithmydiabetes.com.

Source: JEWEL-OSCO



"Eating Healthy with My Diabetes" educational tours are designed to help Jewel-Osco customers learn to choose better-for-you foods and eat healthfully, while incorporating foods they love into their meal plans.

Engineering Workshop Prepares... *Continued from page 1*

On Oct.22 the organization launched a new program, Emerging Engineers that meets every other Saturday at the University of Illinois-Chicago (UIC).

The program's objective is to provide students with a comprehensive STEM program that will build their skills in math, science and engineering.

Out of 100 applicants, only 40 were selected for the program: 20 middle school and 20 high school. The students are from numerous schools across the city including Kenwood Academy, Lane Tech and Nicholson.

The Chicago Citizen recently interviewed Jason Coleman, co-founder and executive director of Project SYNCERE. Coleman attended Whitney Young Magnet High School and earned a bachelor's degree in mechanical engineering from the University of Southern California in 2001.

He explained the purpose of the Emerging Engineering program and what parents can do to get their children more involved in math and science.

"We designed the program for students who have a sincere interest in pursuing engineering as a future profession. Students were selected for the program through a rigorous application process. Our goal is to provide students with a nurturing and educational environment to build their skills and understanding in the engineering fields. Our hope is that we will fulfill our mission, which is to increase the number of minority, female, and underserved students pursuing careers in the fields of science, technology, engineering, and mathematics (STEM)," he said.

During the ten week program, students in Emerging Engineers work hands-on while learning state of the art technology. The activities also teach the students to incorporate math and science to solve everyday problems.

"The middle school students will explore mechanical engineering as they create 3D designs of various products using Google Sketch-Up. The high school students will explore civil engineering as they design and

build a skyscraper and test the efficiency of their designs by simulating an earthquake. We plan to offer the same program in the Spring and indefinitely thereafter so the curriculum will change and evolve," Coleman said.

He adds that parents can get their children more involved with math and science by making a commitment to help them succeed academically.

"Parents also need to keep their child engaged by seeking out programs like ours and having them participate outside of school and demand the child's schools are doing their best to make learning math and science interesting during the school day. Parents can also find suitable mentors in the STEM fields to help mentor their kids," he said.

Students interested in the Emerging Engineers Program should send an e-mail to Project SYNCERE at info@projectsyncere.org and request to be added to the organization's mailing list. For additional information please log on to www.projectsincere.org