



December 2018

HOPE



Expanding community awareness.

Moraine Valley embraces our role as an educational resource to our local community by offering excellent education, a variety of programs, cultural events, and entertaining performances for all.

Reaching into our community as true partners enriches the lives of both students and neighbors alike. By building awareness and sharing diverse viewpoints, we help students prepare for what's ahead in our ever changing world. What will your unique experiences bring to our students?

Help us continue to expand upon our strong community partnership. To be considered, you must provide us with a resume and cover letter indicating your specialty area of interest. For further information or to apply, visit <http://jobs.morainevalley.edu>

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ABC 7 CONGRATULATES THE 2018 EGRETHA AWARD WINNERS

YOU MAKE US



**CHICAGO
PROUD**

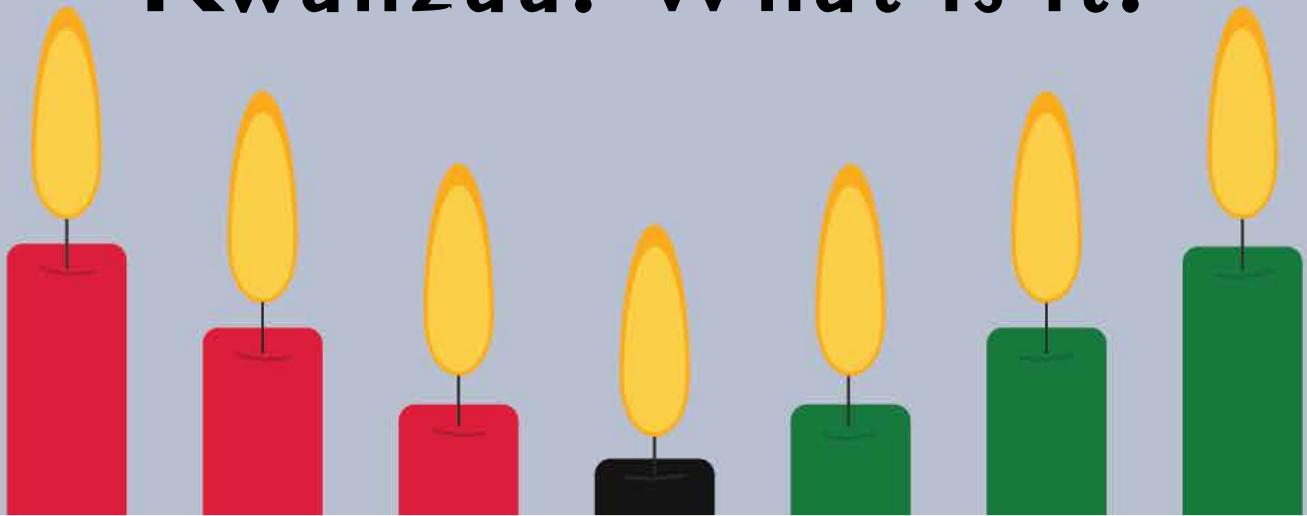


EYEWITNESS NEWS

CHICAGO'S FIRST CHOICE FOR NEWS

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Kwanzaa: What is it?



Kwanzaa is an African-Americans celebration of life from 26 December to 1 January.

Dr. Maulana Karenga introduced the festival in 1966 to the United States as a ritual to welcome the first harvests to the home. Dr. Karenga created this festival for Afro-Americans as a response to the commercialism of Christmas. In fact one might say that Kwanzaa has similarities with Thanksgiving in the United States or the Yam Festival in Ghana and Nigeria. The word “kwanza” is a KiSwahili (Kenya, Uganda, Tanzania) word meaning “first.”

Five common sets of values are central to the activities of the week: ingathering, reverence, commemoration, recommitment, and celebration. The seven principles (nguzo saba) of Kwanzaa utilize Kiswahili words: unity (umoya), self-determination (kujichagulia), collective work and responsibility (ujima), cooperative economics (ujamaa), purpose (nia), creativity (kuumba), and faith (imani). Each of the seven candles signify the principles. Like the Jewish Hannukah, candles are used to represent concepts of the holiday.

The symbols of Kwanzaa includes crops (mzao) which represents the historical roots of African-Americans in agriculture and also the reward for collective labor. The mat (mkeka) lays the foundation for self-actualization. The candle holder (kinara) reminds believers in the ancestral origins in one of 55 African countries. Corn/maize (muhindi) signifies children and the hope associated in the younger generation. Gifts (Zawadi) represent commitments of the parents for the children. The unity cup (Kkimbe cha Umoja) is used to pour libations to the ancestors. Finally, the seven candles (mishumaa saba) remind participants of the several principles and the colors in flags of African liberation movements -- 3 red, 1 black, and 3 green.

Gifts are exchanged. On 31 December participants celebrate with a banquet of food often cuisine from various African countries. Participants greet one another with “Habari gani” which is Kiswahili for “how are you/ how’s the news with you?”

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Coming Next Issue:

Black History Month 2019: Legacies and Leaders
A Historical Retrospective

Bold and Innovative Faces of New Leadership
Young and Brilliant "Gamechangers"



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The Prestigious 2018 Egretha Awards presented by AWBC Magazine at Chicago's SMART Museum

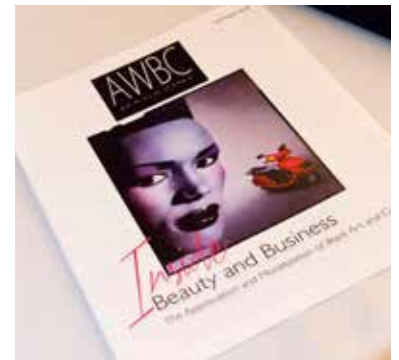
Chicago, IL December 2018

The 2018 Awardee list represents accomplished women from Education, Corporate America, Community Development, Activism, and the Arts.

Awardees are as follows: Cynthia D. Armster - Womanist Educator, Delmarie Cobb - Political and Media Consultant, Diane Dinkins - Carr - Fine Art Appraiser and Consultant, DDC Consulting Group, Inc., Dr. Gloria J. Gibson - President of Northeastern Illinois University, President Kimberly Hollingsworth - Olive Harvey College, Dr. Suzet McKinney - CEO and Executive Director at the Illinois Medical District, Kathy Tossas-Milligan - UIC Epidemiologist, President Zaldaynaka Scott - Chicago State University, Dr. Lynette Stokes - President of South Suburban College, and Lesley Williams - Library and Community Equity Advocate.

According to attendee Margaret Matthews, "I have attended the Egretha Awards each year, for the past 5 years. It's a very important way for me to connect with professional Black women, and understand firsthand the tremendous amount of support The Egrethas provide for one another." Commissioner Avila of the Metropolitan Water Reclamation District, was quick to indicate the positive impact the event has annually, and his continual support of this powerful group of women.

The Egretha organization is currently in preparation for a large March, 2019 Women's History Month event, focused on STEM Leadership and opportunities for African American college and university women.





Can Women Succeed in Male Dominated Industries?



COO of Argonne Laboratories
Maria Curry-Nkansah



Artist and Cultural Icon
Debra Hand

There's no denying that women are faced with challenges in the workplace. These challenges include: sexual harassment; access to opportunities; the 'mom' effect; pay gaps; biases; investing gaps; good old boys' club; mini-me syndrome; and, more.

Furthermore, the challenges increase exponentially in male-dominated industries such as: finance; technology; consulting; advertising; media & entertainment; law; politics, etc. These industries are comprised of 25% or fewer female employees, and an even smaller percentage of women in leadership. According to research done by Cornell University, "the difference between the occupations and industries in which men and women work has recently become the

single largest cause of the gender pay gap, accounting for more than half of it." We know that the disparity between men and women in the workforce has been detrimental, but research shows that increasing diversity in male-dominated industries is not only good for the company, but also for the economy as a whole. A 2011 Catalyst study of Fortune 500 companies attests to the fact that having more women in leadership is good for a company's bottom line. While only 6.4% of Fortune 500 companies have women CEOs, the Catalyst study showed that companies with three or more women corporate directors outperformed those with no women on their boards, achieving a 42% return on sales, 66% return on invested capital, and 53% return on equity. Furthermore, a 2016 Peterson Institute survey of almost 22,000

firms from 91 countries suggests that the presence of women in corporate leadership positions can contribute to and advance a firm's performance. The study found that having greater diversity in the executive suite is positively and significantly correlated with measures of financial performance, such as gross revenue and net margins. Lastly, the 2015 KPMG Women's Leadership study showed 86% of women see possibility in getting to positions of leadership and feel that it is an attainable goal when they see more women in these positions. Why should we work to create equal opportunity for women in all industries? Other than that it is common sense as women make up half the world population and it's just the right thing to do? Research shows having more women on teams and in leadership positions leads to: 1. More innovation 2. Higher ROEs and increased profitability 3. Better problem-solving 4. More collaboration 5. Increased mentorship and sponsorship opportunities

Companies and individuals can take action that pull women past these barriers and set them up to succeed in any type of work environment. Here's how: 1. Don't let the stereotypes and unconscious biases get to you: When women lead, their leadership traits are more often perceived in a negative way. In trying to be assertive, we hear, "she's so bossy," or while trying to be passionate and empathetic, the "why is she getting so worked up?" responses are front and center. It is important to look past these comments and continue to lead with confidence. 2. Find your network: Women are stronger together. They know how to support and open doors for each other. Find a network of women who support your goals. Ellevest Network provides a community for professional women who are ambitious, supportive, and ready to get where they're going faster and smarter. 3. Set the

stage: Sometimes when you're in a group and you're the only woman on the team, there are times when the men plan innocuous after-hours meetings that are not female-friendly or skew in a way that alienates members of the team. Instead, set the stage. Be proactive and positive. Create the next situation and include everyone. 4. Don't be afraid to fail: Failure isn't a negative. It is an opportunity to learn, grow, and push boundaries that ultimately lead to success. Take a chance and fail. Try again and fail better, smarter, and faster. 5. Take ownership of your accomplishments (and let others know about them): When you've accomplished something at work, share it at a team meeting, send your boss a note, and let others outside of your team know as well. Keep a running journal that tracks what you've accomplished. By keeping your name and accomplishments at the forefront, it will keep you top of mind for new opportunities or promotions. 6. Ask for the raise/promotion/new opportunity: This goes back to not being afraid to fail. There are opportunities out there that might be perfect for you (at the time, or perfect to grow into), but unless you tell your boss that you're interested in pursuing more responsibility/opportunities, they won't know to nominate you. Ask, "What do I have to do to get to be a part of.." and then do it. 7. If your company won't support you, leave and find a place that will: You have the choice to work where you want. Businesses that are true advocates for inclusion and diversity. Businesses that are mission-driven and align with your morals. With the ability to choose where you want to work and what you want to do, power, satisfaction, and productivity come right along. We believe in a future where gender equality in the workplace is no longer a necessary topic among leadership teams and HR departments.

Dear Mia,

I lost my job and I'm glad! I had what I consider the worst job in the world. I won't say what it was, because I don't assume others would consider it so bad. But for me, dealing with the public was not only frustrating, but also unproductive. You see, I have a Master's Degree in teaching-a profession which is my first love. I was looking for a teaching job, when I took the position I was fired from, as a short term solution, to my financial woes. Although being fired was upsetting, and a blessing in disguise, I would have timed things differently. The result was my actively and aggressively seeking a teaching job. Not only did I find a great position, it is within my community, and brings me closer to students who really need and parents who appreciate my skills. I am thriving and I think my students are getting the benefit of my education. If I had settled for an unrewarding job, my skills would not have been properly used and my community would have lost a much needed resource. Thank you company blah blah blah, for firing me.

Tanya Moore-Englewood -Chicago

Dear Tanya,

So nice to hear your story! You are proof that a person can take charge of their career path and forge ahead to bigger and better things. I'm sure that the positive impact you will have in your community will provide encouragement for many others.

Mia's Notebook

Mia Newburn

Dear Mia,

How do I tell my spouse I don't want to be in business with him?? He's a great guy, wonderful husband and father, and my best friend, but he is also a "control freak", when it comes to running the business, which is actually mine. He's a corporate marketing manager, with 15 years of experience. My business is targeted to stay at home moms! HELP!!!!

Karen Lassiter-Hyde Park-Chicago

Dear Karen,

Uh oh! This is a real problem, which if not resolved will definitely make your home-life more complicated. There will be consequences. First I would suggest showing him how successful your business is, based upon your knowledge of your customer base. Be sure to acknowledge your appreciation of his skills and the help he offers. Lastly, make him understand how important the success of YOUR business is to you, and what that represents in terms of your personal growth and self-esteem.

Good Luck

Please send your comments and questions to awbcmagazine@gmail.com

It's The Holidays - Eat Healthy and Concentrate on staying FIT!!

Physical Activities to Help You Move More

- Aerobic activities: Walking, hiking, jogging, biking
- Strength training activities: arm curls, squats (in place of weights, use gallon-size water bottles, soup cans, or large books!)
- Everyday activities: taking the stairs, mowing the lawn

Make chores fun by putting some energy into them! Washing the car, sweeping floors, raking leaves, and other chores all count as ways to be active.

Making Physical Activity Work for You

- Try different activities to find out what you like the most. For exercise to become a part of your life, it helps if you enjoy it.
- Be active with your family. At least once a week, plan an active outing, such as a family bike ride, or a walk through a local park. Also, ask friends and coworkers to be active with you. Having exercise “buddies” may help you stay interested in being active.
- Try to make activity a priority. You can fit in physical activity in the morning, on your lunch break, before dinner, or after the kids go to bed. If you are too flexible with your time, you may never get the exercise you need.
- Pick times when other activities will not get in the way. Start with a small goal of being active for 10 minutes a day, and then slowly build up to longer periods of time. As you build more physical activity into your life, set limits on the amount of time you and your family spend watching TV, playing video games, and using the computer.

Ways to Use the Foods Around You to Eat Better

In addition to physical activity, eating healthier foods is important for your health. Healthy eating may help you lose weight, feel better, and prevent weight gain!

Making changes to your eating habits may seem hard or even impossible. Fruits, vegetables, whole grains, lean meats, and fat-free or low-fat milk and milk products are important parts of a healthy eating plan. Just remember that you do not have to change everything at once. Start small because small changes can make a big difference.

Portion Size and Serving Size

An important part of healthy eating is being able to recognize the difference between a “portion” size and a “serving” size. A portion is how much food you choose to eat at one time. A serving is the amount of food listed on a product’s Nutrition Facts label. For more information about eating just enough for you and nutrition labels, see www.fda.gov.

Achieving Your Goals

As you try to be more active and eat better, it is important to set goals you will be able to reach. For example, set a goal to eat one fruit or vegetable at every meal. Keep track of your new goals in a notebook. This way you will see what is working and what is not, and you can adjust your goals as needed.

There will be times when you have setbacks. If you expect them and think of ways to overcome them, you may be able to avoid being thrown off track for too long. Common setbacks are lack of time and loss of interest.

To stay on track

- ask your friends, family, or coworkers to join you for a walk, bike ride, or other activity
- break your activity into chunks when trying to find the time to be active
- exercise for 10 minutes, 3x a day, which might be easier than setting aside one 30-minute block of time



ZooLights Presented By ComEd and Invesco QQQ

Date: December 1, 2018 — January 6, 2019

Time: 4:30-9pm

Location: Lincoln Park Zoo

The most wonderful time of year deserves the most wonderful type of event. ZooLights at Lincoln Park Zoo has been Chicago's holiday tradition for 24 years. The one-of-a-kind experience offers fun, free, family-oriented holiday celebrations that feature luminous displays and incredible seasonal activities...all under the glow of 2.5 million lights!

Holiday Activities

Millennium Park

McCormick Tribune Ice Rink

Date: November 16, 2018 — March 10, 2019 (weather permitting)

Time: Mondays–Thursdays, noon–8pm

Fridays, noon–10pm (ice skating lesson at 11am)

Saturdays & Sundays, 10am–9pm (ice skating lesson at 9am)

Take a spin on the ice during the 18th season of this Chicago winter tradition.

Skating is FREE and open to the public

Skate Rentals & Sharpening:

Toddler 8 to Adult 13 available first come, first serve

\$13 Monday–Thursday

\$15 Friday–Sunday and Holidays (see below for list of dates)

\$9 Skate Sharpening

\$1 Locker Rentalslights!

The Joffrey Ballet — The Nutcracker

Date: December 2 — 30 2018

Time: 2:00pm or 7:00pm

Location: Auditorium Theater

Journey to Chicago's 1893 World's Fair with Wheeldon's holiday masterpiece. Magic is on the horizon for young Marie and her mother, a sculptress creating the iconic Statue of the Republic. As they prepare for their annual holiday party, a visit from the charming but mysterious Grand Impresario sets off a Christmas Eve dream of whirlwind romance and adventure. Wheeldon's Nutcracker is a must-see tradition boldly reimagined for a new generation.

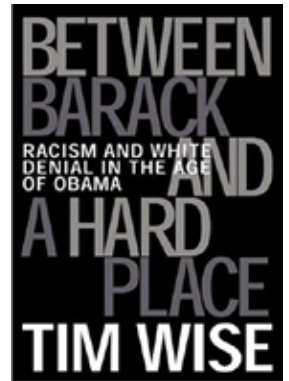


Broadway musicals are one of America's most beloved art forms and play to millions of people each year. But what do these shows, which are often thought to be just frothy entertainment, really have to say about our country and who we are as a nation?

The Great White Way is the first book to reveal the racial politics, content, and subtexts that have haunted musicals for almost one hundred years from *Show Boat* (1927) to *The Scottsboro Boys* (2011). Musicals mirror their time periods and reflect the political and social issues of their day. Warren Hoffman investigates the thematic content of the Broadway musical and considers how musicals work on a structural level, allowing them to simultaneously present and hide their racial agendas in plain view of their audiences. While the musical is informed by the cultural contributions of African Americans and Jewish immigrants, Hoffman argues that ultimately the history of the American musical is the history of white identity in the United States.



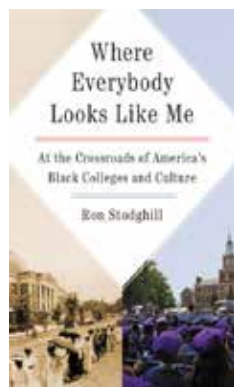
Race is, and always has been, an explosive issue in the United States. In this timely new book, Tim Wise explores how Barack Obama's emergence as a political force is taking the race debate to new levels. According to Wise, for many white people, Obama's rise signifies the end of racism as a pervasive social force; they point to Obama not only as a validation of the American ideology that anyone can make it if they work hard, but also as an example of how institutional barriers against people of color have all but vanished. But is this true? And does a reinforced white belief in color-blind meritocracy potentially make it harder to address ongoing institutional racism? After all, in housing, employment, the justice system, and education, the evidence is clear: white privilege and discrimination against people of color are still operative and actively thwarting opportunities, despite the success of individuals like Obama.



Give the Gift of Reading

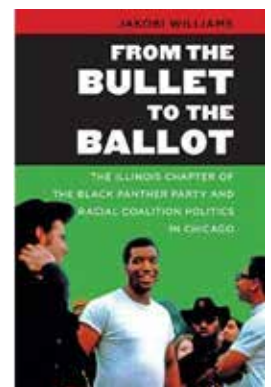
A richly reported account of the forces threatening America's historic black colleges and universities—and how diverse leaders nationwide are struggling to keep these institutions and black culture alive for future generations. American education is under siege, and few parts of the system are more

threatened than black colleges and universities. Once hailed as national treasures, historically black colleges and universities (HBCUs) such as Spelman College, Morehouse College, and Howard University—the backbone of the nation's black middle class which have produced legends including Dr. Martin Luther King, Jr., Thurgood Marshall, and Oprah Winfrey—are in a fight for survival. The threats are numerous: Republican state legislators are determined to merge, consolidate, or shut down historically black colleges and universities; Ivy League institutions are poaching the best black high school students; President Obama's push for heightened performance standards, and cuts in loan funding from the U.S. Department of Education.



In this comprehensive history of the Illinois Chapter of the Black Panther Party (ILBPP), Chicago native Jakobi Williams demonstrates that the city's Black Power movement was both a response to and an extension of the city's civil rights movement. Williams focuses on the life and violent death of Fred Hampton, a

charismatic leader who served as president of the NAACP Youth Council and continued to pursue a civil rights agenda when he became chairman of the revolutionary Chicago-based Black Panther Party. Framing the story of Hampton and the ILBPP as a social and political history and using, for the first time, sealed secret police files in Chicago and interviews conducted with often reticent former members of the ILBPP, Williams explores how Hampton helped develop racial coalitions between the ILBPP and other local activists and organizations.



Opens: Oct. 28th
Closes: January 13th

Tickets - Previews: **\$45** Regular Rates: **\$55-\$65**

***Tickets are only \$45 when you purchase a Five Play Card**

Call the box office at 773-769-4451 for more information

With a special salute to the undeniable Queen of Soul *Aretha Franklin* - you do not want to miss this celebratory tribute to some of the most powerful Women of Soul to ever grace the stage. We will honor some of our greatest voices past and present while embracing many different genres of the Soulful Sound with tributes to *Mahalia Jackson, Whitney Houston, Natalie Cole, Donna Summer, Etta James, Anita Baker, Diana Ross, Janet Jackson, Mavis Staples, Janis Joplin, Jill Scott* and that's just to name a few! And of course we have to give you a little of *Gladys, Dionne and Patti*. This is a once in a lifetime musical masterpiece that you will want to experience over and over again!

PERFORMANCE SCHEDULE

THURSDAYS - 7:30PM * FRIDAYS - 8PM * SATURDAYS - 3PM & 8PM *

Reserve your tickets by **OCTOBER 28TH** and receive a **\$10 discount** on each ticket! Use discount code **WOS2018** when ordering on our website or by calling 773-769-4451 to receive the discount!





NORTHLIGHT THEATRE

NINA SIMONE: FOUR WOMEN

BY CHRISTINA HAM

In the aftermath of 1963's 16th Street Baptist Church bombing, Nina Simone transformed from songstress to activist with powerful anthems such as "Mississippi Goddam," "Old Jim Crow," and "To Be Young, Gifted and Black." Celebrate her lasting legacy in this provocative and personal musical journey.

JANUARY 24 - MARCH 2

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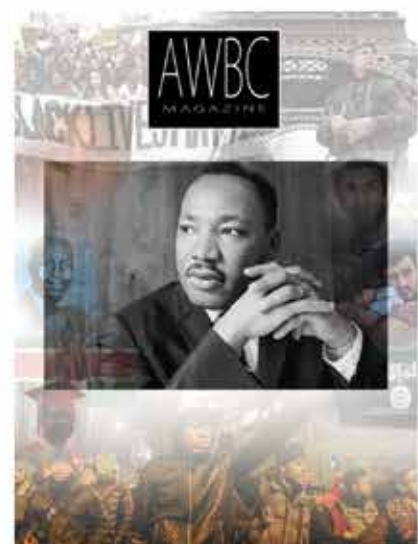
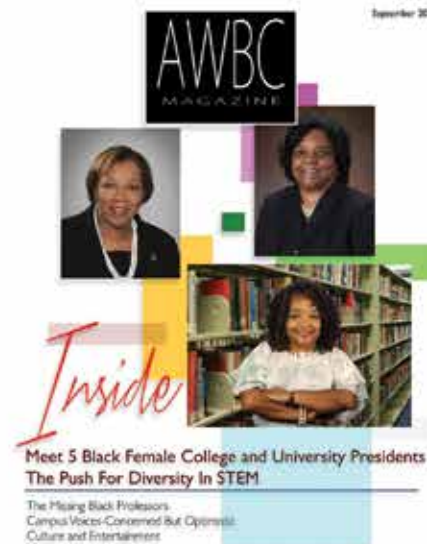
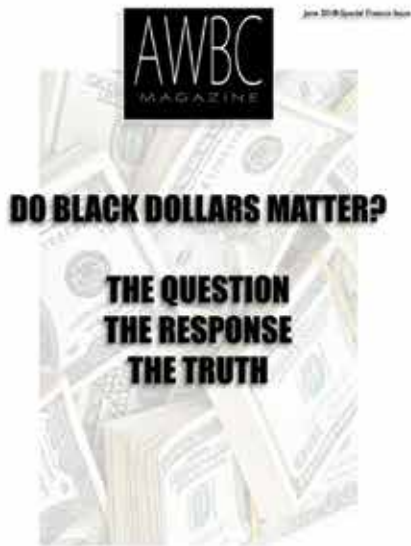
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