



SCIENCE SATURDAYS

February 6, Black Creativity Family Day

Black Creativity Family Day offers a full day of fun for the young ... and young at heart.

Career Bowl

Kids compete in a lively game show that highlights careers in the health and medical sciences, and encourages youth to consider healthy lifestyle choices. If you are interested in participating or attending the Career Bowl, you must RSVP in advance. Please contact Tameka Edwards-Chihota at (773) 753-7053.

10 a.m. to noon, Lower Level in the Little Theater

Mini Health Fair

This is a unique opportunity to gain access to health resources from local medical and health organizations. You'll have the chance to interact with representatives from the Chicago Health Department and other organizations with health outreach programs that serve the African-American community. CPR training will be provided by Dr. Katherine Brown and Associates.

10 a.m. to 1 p.m., Main Level in Black Creativity exhibit

Cooking Demonstration

Chef Irving Brown II will be whipping up healthy, mouth-watering fare in a special cooking demonstration. Tastings will be provided to the audience. Chef Brown is the executive chef of The GoodLife, a company specializing in providing chef services to an elite clientele. Chef Brown is the former executive chef of the Palm Restaurant and Ruth's Chris Steakhouse.

Noon to 1:30 p.m., Main Level in Black Creativity exhibit

CPS Students Connect with Scientists in Ambitious ScienceMakers Project

Through a partnership with The HistoryMakers, the Museum of Science and Industry, Black Creativity and the Chicago Public Schools, a youth *Interview a Scientist Day* will be offered on Black Creativity Family Day. Two hundred CPS students from Betty Shabazz International Charter School and Parker

Community Academy have been given the opportunity to interview five of the nation's leading African-American health scientists: Dr. Joanne Berger-Sweeney of Wellesley College, Dr. Edwin Cooper of UCLA, Dr. Erich D. Jarvis of Duke University, Dr. Roderic Pettigrew of the National Institute of Biomedical Engineering and Bioengineering, and Luther S. Williams of Tuskegee University. The scientists will be interviewed and videotaped by the students, who will have researched them beforehand using the specially created ScienceMakers DVD manual and toolkit. (This toolkit is free of charge to anyone who wants to use it by calling contacting The HistoryMakers at (312) 674-1900 or info@thehistorymakers.com). The three student winners of the ScienceMakers YouTube contest and their families will be feted and given prizes during an evening program hosted by Dr. Rick Kittles of the University of Chicago. Dr. Kittles will interview the scientists in front of a live audience that will air on public television. Food will be served and entertainment is being provided by noted jazz vocalist Sue Conway and her trio.

This event is also open to the public, please R.S.V.P. to Tameka Edwards-Chihota at (773) 753-7053.

Space is limited. *ScienceMakers: African Americans in Science* is a project of *The HistoryMakers* (www.thehistorymakers.com).

The HistoryMakers®

February 13

Mini Health Fair

This is a unique opportunity to gain access to health resources from local medical and health organizations. You'll have the chance to interact with representatives from Jackson Park Hospital.

10 a.m. to 1 p.m., Main Level in Black Creativity exhibit

Workshop

Preparing for Puberty—What Our Mothers Didn't Tell Us

This workshop covers the signs and symptoms of early-onset puberty and includes tips for managing teen and pre-teen angst. Helpful tips and resources will be given to parents of pubescent children. Speakers will also address physical, mental and socio-emotional impacts of puberty on young girls and their future health as adult women. Speakers include: Dr. Dona Perry, Christian Community Health Center; Dr. Veronica Robinson, emergency room physician at Advocate Trinity Hospital; and Dr. Felicia Davis, anesthesiologist, John Stroger Hospital.

11 a.m. to noon, Lower Level in the Little Theater

Cooking Demonstration

Chef Tsadakeeyah Emmanuel will be whipping up healthy, mouth-watering fare in a special cooking demonstration. Tastings will be provided to the audience. Chef Emmanuel is a personal chef and the owner of Manjani 33, an upscale restaurant opening in the Bronzeville community in Spring 2010. Emmanuel began cooking with the African Hebrew Community—the Kingdom of Yahweh (KOY)—and quickly earned a reputation as an amazing chef who puts the soul into vegetarian cuisine.

Noon to 1:30 p.m., Main Level in Black Creativity exhibit

Distinguished Lecturer, Dr. David Satcher

Checking the Pulse of the African-American Community: A Look at the Factors Influencing Individual and Community Health

Don't miss this insightful presentation by Dr. David Satcher, former Surgeon General of the United States. Research discoveries in the medical field have revealed that African Americans are at greater risk of suffering from chronic illnesses including hypertension and diabetes, and have higher instances of obesity in children and adults. Some researchers have even noted that some drugs used in the fight against some of these deadly diseases have an adverse effect on African-American quality of life. This program addresses those pressing issues facing African-American health from a very broad perspective and covers simple tips individuals can use to sustain and or improve their health and quality of life.



Dr. David Satcher is now the interim president at Morehouse College of Medicine in Atlanta, Ga.

12:30 p.m. to 2 p.m., Lower Level in the Little Theater

February 20

Get Moving!

Pilates and GYROTONIC® Instructor Jacqueline Detry will stretch your mind and body in this mini workout (no equipment or prior experience required!). Detry holds multiple certifications and has undergone intensive studying in Pilates, massage, bodywork and dance.

10:30 a.m. to noon, Main Level in Black Creativity exhibit

Cooking Demonstration

Mr. Quinton Love will be whipping up healthy, mouth-watering fare in a special cooking demonstration. Tastings will be provided to the audience. Mr. Love is the president of the I Love Food Group, and operates several popular restaurant chains in Chicagoland.

Noon to 1:30 p.m., Main Level in Black Creativity exhibit

Special Lecture

Black Men Working It Out: Strategies for Community Healing

This interactive dialogue looks at the genetic, cultural and social factors impacting the health of African-American men and highlights national efforts aimed at getting them into the doctor's office and on the road to continued good health. Additionally, this workshop highlights the initiatives and work of the nationally-recognized organization, Project Brotherhood, recently featured on CNN's "Black in America, Part 2." Speakers include Marcus Murray, Executive Director, Project Brotherhood; Dr. Bonnie "Pete" Thomas, Medical Director of Project Brotherhood; Dr. Carl Bell, international lecturer, writer and psychiatrist; and Dr. Adewale Troutman, Director of Louisville Metro Public Health.

1 to 3 p.m., Lower Level in the Little Theater

February 27

Get Moving!

Yoga instructor Yasier ra Hotep will stretch your mind and body in this mini workout (no equipment or prior experience required!). He has taught yoga for more than 30 years and is recognized nationally and internationally as one of the foremost masters and innovators of Kemetic Yoga (ancient Egyptian system).

10:30 a.m. to noon, Main Level in Black Creativity exhibit

Panel Discussion

Lifting As We Climb: Strategies for Developing Healthy African-American Youth

Each night in Chicago, the media covers the senseless murders of urban youth. By and large, the victims are African-American and Latino. In addition, doctors are faced with the alarming number of children of color who are obese and suffering with chronic illnesses as a result. Many African-American youth are faced with dire social factors that impact the quality and longevity of their lives. This panel engages three of the most innovative pediatric physicians, along with a long-time grassroots activist in an engaging dialogue about solutions to some of these problems. Speakers include Dr. Lisa Thornton, assistant professor of Pediatrics, Orthopedics and Rehabilitation at LaRabida Children's Hospital; Dr. Antronette K. Yancey, professor in the Department of Health Services at UCLA School of Public Health and Co-Director of the UCLA Kaiser Permanente Center for Health Equity; Dr. Dorianne Miller from the University of Chicago's Center for Community Health and Vitality; and Ron "Kwesi" Harris, community organizer, prevention specialist, educator and public health advocate.

1 to 3 p.m., Lower Level in the Little Theater

Black Creativity Council

Dr. Carol L. Adams
Arlene S. Alexander
Kathy April-Barr
Dr. Kimbra A. Bell
Kimberley Bolden
Barbara J. Bowles
Linda Crane Boyd
Joyce Bristow
Kevin Brookins
Delores Gillum Brown
Cheryl Blackwell Bryson
Tracey Burns
Cheribelle Warfield Byrd
Dawn Callahan
Roslyn C. Chapman
Terry Cockerham
Harvey V. Davis
Risa Davis
Gisel Bowen Dexter
Joslyn Dipasalegne
Gail Dugas
Maxine Duster
Marv Dyson
Gale Foster Farley
Angela Henderson
Murrell Higgins Duster
James H. Foster
Denise Gardner
Anita Green

Pamela Greyer
Hermene Hartman
Gregory T. Hinton
Toya D. Horn Howard
Angela Ingram
Dr. Betty James
Pamela Johnson
Rendy Jones
Pamela Ketchum-Slaughter
Jeana R. Mays-Browne
Dr. Amina Cora Mayo
Kimberly E. McCullough
Thomas D. McElroy II
Audrey McFarlin
Diane E. Minor
Wayne E. Morgan
Peggy A. Montes
Joseph Moore
Pam Morris
Rosalyn Morris
Doris Odem
Pamela Orr
Ricky Penick
Darlene Pierre-Louis
Arlene Pierce
Myra Price
Clarence Rogers
Linda Johnson Rice

Shari Runner
Lucille Russell
David C. Sharpe
Robert A. Sengstacke
Cynthia Simpson
Andrea L. Smith
Gladys Smith
Rendy Jones
Audrey Tuggle
Sonia Waiters
David L. Walker
Joyce Washington
Rose Williams
Willard O. Williamson
Carole Wood
Gertrude D. Wooten
M. Sutton Yeadon

Honorary Council

Lucille Burrus
Barbara Burrell
Mary Frances Williams
Casselberry
Lauranita Dugas
Adele Walker Henry
Dorothy Runner
Wilma J. Sutton

