



Community Women Against Hardship

IN THE PRESENCE OF GREATNESS???

Volume I, Issue I

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YOUR FUTURE IS SO
BRIGHT IT BURNS
MY EYES.



Makini Morrison



I'm not a fan of hyperbole. Like crying wolf, its use lessens credibility and reduces the value of a potentially sound message. So I assure you that it is not hyperbole when I say I believe Makini Morrison has the potential to be one of the greater thinkers of his generation. I found myself frustrated with my traditional, handwritten-transcription-method of interviewing, as it limited my ability to capture his words verbatim.

Our interview began with standard questions, in anticipation of standard answers about Makini's participation in CWAH's youth music program. First question was vital statistics: Makini is 18, an only child, and a graduating senior from University City High School. He has over

\$100K in grants and scholarships available to him, and is considering several colleges – Northern Illinois University, Webster, and UMKC. He grew up listening to his parent's R&B and jazz music, and later recaptured the memories and nostalgia of those sounds in the Jazz Program at Brittany Woods, U. City High and CWAH.

Next question: How do you feel about leaving St. Louis to attend a school outside this city? Slightly nervous, but excited, as well. Stepping outside city limits will give me a better understanding of people and networks.

O-kaaay . . . now the light comes on. This young man is not your typical 18-year old. I

hope to capture his words of wisdom, and share as much as possible with CWAH readers.

His words:

On Technology and the World Today: Social media gives people a platform to voice their opinions. It provides a lot of freedom, but because we don't listen to one another, it can also be divisive, as some of us are stuck in a natural mentality that tends to categorize others. The solution is in the person, not the medium. We need to listen and empathize.

On Talent and Success: Talent doesn't always distinguish you. There are a lot of talented people. The thing that distinguishes us, makes us stand out is the ability to compose and create, not imitate.

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Johnny Oneil
Gloria Taylor
Donald Morrison (Dad)
Makini Morrison
Sheri Morrison (Mom)

Makini Morrison, cont-d

The ability to create separates the good from the great. I hope to inspire and influence my people through the truth in the music I create.

On Aspirations: I want to maintain a stable career as an artist and producer, build a promotional label that minorities can identify with. Today's music industry is not always in our best interest, because we have to rely on others for financial backing. Who better to serve our people than our people?

On CWAH: I enjoyed the musical opportunities from CWAH. But the best thing that I'm taking from CWAH is that they put me in a position to be a leader, and I am grateful for that.

On Suggestions for Other Youth: Every person must have a conversation with themselves, and determine what they want to do -- not do things because others want you to. Once you determine your passion, it will then drive your soul to keep going.

This young man is clearly a leader, has mentored other young people in the "Transform Your Future Program," and served as a role model at various events at his high school. It is impossible to capture the essence of one so wise in 500 words. Suffice it to say that I felt as though I was in the presence of greatness. He gives me hope.

By: Gwen Swan



University of Missouri St. Louis—College of Nursing



In partnership with the University of Missouri St. Louis—College of Nursing, three nursing students ;Kay Seemiller, Abigail Mehegan, and Sadija Lilac taught students about the importance of healthy eating and daily exercise, provided hands on activities for administering first aid and CPR Training with a fun activity using teddy bears to do the Heimlich procedure.

Harris Stowe University—College of Education



Dr. Seuss Birthday
Karla Frye, Betty Walls,
Gloria Taylor, HSU student,
and CWAH student.



The impact of this collaboration continues to recognize the value of the City of St. Louis Sustainability Plan in the area of Education, Training & Leadership to enhance solid education experiences. We believe it continues to meet the objectives of increasing high school graduation rates, provide continuing educational opportunities, link s National economic growth sector to local training, and nurtures leadership and manage capabilities in business, government and neighborhoods, and increase literacy. Parents and children eagerly participate in this program.

Fine Arts Program with Byron Rodgers



The objective for winter Art Session 2017 was for students to gain a keen knowledge in their heritage process creating cultural mask out of clay which is an age old medium performed and used by different cultures throughout history as a way of expression.

The overall concept was for them to identify and create self-pride, awareness of self and purpose. It is important for students to know that they are a unique creation designed for a very special purpose.

Arrak Hutcherson was accepted and attended the National Society of Black Engineers, Pre-College Initiative Weekend 2017 March 3—4

Let Go—S.E.L.F.—with Michelle Worthy



When we believe we are losing control, we grab on tight. If we want to avoid pain, we hold on for dear life. When we are in fear of losing, looking bad or being abandoned, we tighten our grip.



When our greatest fear comes upon us, we clench our fist and teeth, close our eyes and hold on. We must learn how to "Let Go"

**Standing
Empowered
Liberated
&
Free**

Ask the Doctor

Mercy Resident, Amy Ad-dante, MD, along with Sara Larue, DO, Abbi Madden, DO and Liz Wegleitner, MD visited with the women of CWAH and discussed topics on Women's Health. Topics included:

Contraception—What are my options?

Well Woman Exam—what are we looking for?

This forum was well received, and will return next month with high anticipation.





**1k, 3k, or 5k
Non-competitive Walk/
Run**
Face Painting
Volley Ball Games
Hula Hoop Contests
Arts & Crafts,
Tai Chi
**Refreshments and much
more...**

**Registration Begins
8:00am**

Adults	\$20
Teens (13 - 17)	\$10

Fee includes T-Shirt
**Kids 12 and under free
(no shirts)**

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**Barnes Jewish Hospital
Ameren Missouri
Aflac
Richardson Endocrine Care
Presents**

**13th Annual
Walk-A-Thon & Health Fair**



Photo by Roscoe "Ros" Crenshaw

**May 6, 2017
8:00 Registration
Warm Up - 8:30am
Walk begins promptly 8:45am**

**Tower Grove Park
4256 Magnolia -
Grand Entrance - Son of Rest Shelter
For Details Call
314-289-7523
www.cwah.org**

Honorary Co-Chairs:

Dr. Christy Richardson, Endocrinologist, DePaul Hospital SSM
 Dr. Denise Hooks Anderson, St. Louis University Family & Community Medicine
 Dr. Eboni January, OB/GYN, Betty Jean Kerr People's Health Centers
 Dr. Evelyn A. Irving, Family Therapy Specialist
 Myrtis Spencer, Knight's Alzheimer Disease Research Center Community Outreach Coordinator
 Dr. Will Ross, Washington University School of Medicine

2017 Healthcare Booths Providing Information to Our Participants

Dr. Christy Richardson, Diabetes Screenings
 Dr. Eboni January, OB/GYN Betty Jean Kerr Peoples Health Centers
 Dr. Denise Hooks- Anderson, St. Louis University Family & Community Medicine
 Dr. Evelyn A. Irving, Family Therapy Specialist
 Monica Tyler, LMT Optimum Rebalance Inc.
 Myrtis Spencer, Knight's Alzheimer Disease Research Center Community Outreach Coordinator
 Saffiyah O. Poole, MPH |Program Coordinator (Program for the Elimination of Cancer Disparities)
 Sifu Herb Parren, Tai Chi Instructor
 Sharon Holbrook, Monsanto YMCA
 Tim Williams, Planned Parenthood
 First Bank, Financial Fitness
 Jackie Griffin, Arts & Crafts
 Skylar A. Wilson, Skylarlicious Naturals
 Brantice C. Jefferson, Butterfly Kisses