

KitchenTable

Global Girls, Inc. Quarterly Newsletter

VOLUME 15 FALL 2017 ISSUE

Out of 251 Freshmen, Symone is #1!

During her three years in Global Girls, Symone has risen from participant to Company member, to session assistant, to junior facilitator and now to dance captain. We are so very proud to share her story with our readers.

I'm Symone Aleah Stokes and I'm 14 years old. I'll be 15 June 13, 2018, so I think that makes me a Gemini. I'm a freshman at Gary Comer College Prep where I'm also number ONE!

One day I was online looking at my grades, checking my demerits and merits and all of that. Something told me to press on school information. I looked at my GPA and continued to scroll down and saw class rank... 1 out of 251 students.

It took a lot of determination and a lot of work. If I didn't get a score I liked on a test, for instance, I would go and put in office hours to get a better grade.

Many nights, I went to bed late because I wanted to do all of my homework. I stayed home when others were going

out for fun sometimes because I put my school work first.

When I do homework, I'm totally focused sitting at the dinner table with no music and no TV. I zero in and focus. I know how to apply mindfulness and get in the zone when I work. I have one task, and I focus on that not letting distractions get in the way.

My mother was very proud when I told her. She encourages me all the time to keep going and does whatever she can to help me.

Even though I put in a lot of time at Global Girls with performances, rehearsals and daily sessions, I still know that school is my priority. After session, I set my timer and devote at least 30 minutes to each subject. Whatever time I go to sleep is when I go to sleep. Oh yes, I still have my chores, but I've learned how to budget my time.

How do you avoid other students?

I know that the other students won't be with me in the long run, so I tune them out. I don't even look at them in class,

Continued on page 4



Eat at Chipotle on 53rd November 20 and support Global Girls

Make dinner a selfless act by joining us for a fundraiser to support Global Girls, Inc.

Come in to the Chipotle at 1522 E. 53rd Street in Chicago on Monday, November 20th between 4:00pm and 8:00pm.

Bring in the flyer on page 7 of this newsletter, show it on your smartphone or tell the cashier you're supporting "Global Girls" to make sure that 50% of the proceeds will be donated to Global Girls, Inc.

If placing an order online during this fundraiser, please note you must

choose the pay in-store option and inform our cashier of your participation before paying. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.



Follow us on Facebook and Twitter!

Mindfulness is our key

Mindfulness is an increasingly popular practice with many positive side effects including improved focus, stress relief and increased happiness. Simply put, it is the act of being intensely aware of what you're sensing and feeling at every moment — without interpretation or judgment.

We teach mindfulness in our sessions starting with the phrase, "Be here now." It means where your body is, let your mind and all of your senses be so that you are fully present in every moment.

Wanna become more mindful? Here are a few tools you can use:

- 1) **Pay attention.** The next time you meet someone, listen closely to his or her words. Develop a habit of understanding others and delaying your own judgments and criticisms.
- 2) **Make the familiar new again.** Find a few small, familiar objects such as a toothbrush, apple or cellphone and look at the objects with fresh eyes. Identify one new detail that you didn't see before. Becoming more aware of your world, you might become fonder

of the things around you.

- 3) **Focus on your breathing.** Sit in a quiet place with your back straight, but relaxed. Feel your breath move in and out of your body. Let your awareness of everything else fall away. Appreciate your body
- 4) **Awaken your senses.** Get a raisin. Look at it. Smell it, feel it and anticipate eating it. Taste the raisin, and slowly and deliberately chew it. Notice the way the taste changes. Paying close attention to your senses might reveal insight into your relationship with eating and food.

The Company on tour

"We want to go on tour," was the refrain heard over and over once our 2017 summer camp ended. The current Global Theatre Collaborative youth company was eager to experience life on the road - staying in hotels, performing one show after another, rehearsing late into the night and getting up early to do it all over again.

Six performers/junior staff and four senior staffers traveled August 30 to Sunday, September 3 and presented our "Love will Find a Way" show in Champaign, East St. Louis and St. Louis.

Over 1,200 people ranging in age from 4 years to 80 in 12 venues saw the show and participated in a talk back afterwards.

Many thanks to all of our tour partner and sites:
LaQuinta Inns and Suites
Collinsville, Illinois



Champaign
Cunningham Children's Home

St. Louis, Missouri
St. Louis Senior Activity Center
St. Louis City Juvenile Detention Center
Northside Senior Center
Herbert Hoover Club
Gene's Slays Girls and Boys Club

East St. Louis, Illinois
Wyvetter Young Alternative School
Mason/Clark Middle School
Officer Elementary School -
Jackie Joyner Kersee Center
Christian Activity Center



Tour Pix



A Global Girls' summer with Goodman Theatre

Kenya Brathwaite is a budding superstar! A freshman in Chi-Arts musical theatre program, Kenya continues to perform with Global Girls youth company.

We interviewed her recently about her summer internship with the Goodman Theatre's Youth Theatre Intensive

How did you learn about the Goodman summer youth program?

My mom and I are on the Drama Ministry at my church, and a member told my Mom about the summer program.

What was the application process?

It involved answering questions in at least 8 sentences. There was also an audition. On the audition day all of the youth met in one room with the teaching artists. We had fun playing theatre games and getting to know each other.

What did you like most about the experience?

I liked the energy, bonds and comfort. We had so many sharing moments as an ensemble whether it was on stage, at lunch, in small groups with no adult, or the final production. We all cried on the last day, and the teaching artists said we may have been the best en-

semble yet.

Did you find anything particularly challenging about the program?

The thing that I found challenging was trying to conclude a scene with people who may not be experienced in giving and taking and not always wanting to consider multiple ideas

Was there anything you would change about the program if asked?

Honestly, I wouldn't change a thing about the program. It was organized, helped me grow and took me out of my comfort zone.

Would you recommend the program ?

The program really makes sure that you are putting yourself into your work and that you're ready for the stage in seven weeks.

How did Global Girls prepare you for programs such as the ?

Global Girls provides freedom, love, discipline, values and high expectations. It's a family where leaders train actors and dancers. We learn to take care of our bodies. If I didn't know or have those tools, I probably would've had a harder time in the Play Build program.



The Board of Directors led the charge.

Global Girls 5th annual **Women and Girls Inspiring Change, WGIC**, performance showcase and awards program was a huge success thanks to the tireless efforts of our dedicated board of directors.

The nine volunteer members selected honorees, sold tickets, recruited sponsors, solicited donations and guided the team to and through a wonderful day at the UChicago International House in partnership with the Global Voices program

Thanks, too, to our parents and participants. We can always count on our devoted parents to bring girls to rehearsal, sell tickets and come out to events. Of course, the youth performed brilliantly!

Special thanks to our guest performers:

*Kendria "K-Love" Harris
Musical Arts Institute, Youth Jazz Quartet
Laci Adams, Cellist & Chi-Arts student*



Global Girls Board of Directors l to r: Cynthia Shannon-Hutchison, Marcia Thomas, Jantelle Horton, Stephanie Prather and Stephanie Brathwaite. Not pictured: Donna Beasley, Jessica Lawson, Chaka Washington, and Angela Williams.



2017 Women and Girls Inspiring Change Honorees



L'Oreal Thompson Payton



Darteresia A. Pitts



Jesseca Rhymes



Kendria Harris



Doris Humphries



Diane Latiker



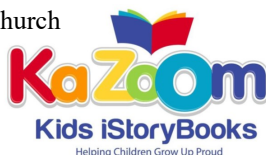
Venisha White-Johnson



Dr. Wanda J. Evans-Brewer and daughter, Gia

Women and Girls Inspiring Change sponsors and supporters

The ladies of D.S.Silhouette, Theta Zeta Chapter spring 2009
82nd & Luella/2200 E. 83rd St. Block Club
Antoinette and James Hall, Calvary Baptist Church
Melissa Durham, Kraft it Up



Global Girls Inc. The Global Studio

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Teaching Artists

Ryonn Gloster

Kiera Jones

Taylah Thomas

Junior Facilitators

Symone Stokes

Victoria Robinson

Mission Statement

Our mission is to equip girls of color with skills that nurture their individual growth and inspire them to use their talents for positive change in their communities and throughout the world.

SAVE THE DATES!

Saturdays
10am until 1pm
Young Women on the Move
 sessions for girls 6 to 14
 The Global Studio.

Monday thru Friday
3pm until 6pm
Young Women on the Move
 sessions for girls 6 to 14
 The Global Studio

Friday, November 17
7pm until 9pm
 Open Mic
 The Global Studio
 8151 S. South Chicago Ave.
 \$3 for non performers, \$1 performers

Monday, November 20
4pm until 8pm
 Chipotle, 1522 E. 53rd Street
 Global Girls fundraiser

Saturday, December 9
7pm until 2am
 Global Girls Holiday Party
 Partnering with the Armorbearers
 Steppin, House Music, Line Dancing
 Free Food Lots of fun!!
 7801 S. Throop
 Tickets \$15

Wednesday, December 13
6pm until 8pm
 Winter Showcase
 Center for Inner City Studies
 700 E. Oakwood Blvd.
 Donations appreciated

December 27, 28, 29, 30
11a - 2:30pm
Holiday Happenings
 The Global Studio

Monday, January 22
6pm until 9pm
18th Anniversary Celebration
Lagunita's Brewing Company
\$10

Like us on Facebook and follow us



Get your own beautiful and warm Global Girls hoodie for cool Chicago nights. Only \$25. Proceeds help Global Girls programs.

Mariama Pilcher, our 12 year old author



Mariama Pilcher is very proud to have just made 12, September 26, 2017. She and her little sister Iminwt are home schooled.

The girls in after school describe Mariama as, "Sweet. Nice. Sometimes, she gets upset when she doesn't get a

dance step right away. Nice and helpful. She learns all the dances before everyone else. She helps with everything. If she yells, it's to help everyone else."

Mariama is an avid reader, a natural leader, a talented singer, dancer, actress and singer. And, she is an author.

Being homeschooled – the bright sides are that I'm learning at a higher level, a quicker pace than I think I'd be learning at other schools. When I talk to my other friends, they talk about what they are struggling with, and I've already mastered those things. My dad is my teacher. He teaches me and my little sister Iminwt who is 5. She already knows how to read, is working on two-digit multiplication, doing grammar lessons and creating stories and personal notes.

I attended public school from 2011 to 2015. My mom took me out of school because she felt that I was not being challenged enough. I like the one-on-one instruction so that I can go at my own pace instead of waiting for lots of others to get a concept before moving on. I love reading. I started reading when I was three. I loved Dora and my mom would buy me Dora books to encourage me to read. Whatever I say I'm interested in, my mom buys it for me. I like reading books in a series.

The only thing I miss being home-schooled is socialization. If I didn't come to Global Girls, I wouldn't see any other girls my age. I work through lunch, a working lunch. When my dad teaches me, sometimes he gets frustrated. He talks fast during his lectures, and I don't always get it. But I know he only wants me to push myself to get better and better.

I like Global Girls because of the socialization, the closeness, the relaxed atmosphere. I like that we are exposed to different things like different types of dances, skits about important things about being girls. Maybe one day, Global Girls will stage one of my stories. Cool!

Symone continued from page 1

but socialize before and after school, during lunch and on the phone, after homework is done.

What's your drive?

My drive is proving my potential and disproving the stereotypes. Often, black youth are labeled as dumb, not college ready and can only do menial work. That's not bad cause at least a person has a job. But that's not the life for me. I know I can achieve my dreams, and it starts with me doing well in school.

At first my drive was to see A's on my report card, but now I want to understand and know why the information is important and how it relates to life.

What about the stress of school?

I cry a lot. I go to sleep and wake up and listen to music and know I'm fine. It's okay to cry sometimes because it's a release. But when I wake up, I know I'm good and ready to start another day.

When you get tired what do you do?

I pause sometimes, take a short nap, wake up and get back to my homework.

How will you deal with work as it gets more difficult?

I will remember the times when I first tackled something new and thought I couldn't do it. I kept working on it and kept trying until I could not only do that once difficult thing, but could do it very well. The same goes for anything I attempt to do. If I can get through that, I can get through this too.

What advice can you give to others?

Find that source of determination and focus. With that you won't stop til you get what you want.

In Global Girls, I've learned to take responsibility for all my actions whether in the studio, in a performance, in school, at home and in church. I don't want to be average. So, I work to go above and beyond. Anybody can be average. Not me.

The Girls' Pages

Mindfulness at sunrise...



Several times over the summer, Global Girls staff and youth gathered at LaRabida hospital parking lot off 68th and South Shore Dr. at sunrise to meditate, give thanks, connect with nature and breathe as we recited our law and practiced mindfulness.

Here, the girls share their take on what it means to be mindful.

Mindfulness is important because if someone isn't mindful, it would be hard for them to get anything done. If you aren't mindful of what you are doing and are constantly thinking about something else, your work will suffer because it wasn't attended to properly. Mindfulness is clearing your brain of all distractions and keeping the mind focused. There are ways to stay mindful. You have to know what you

are doing, breathe deeply and be aware of distractions that enter your mind so that you can let them leave your mind. *Mari-ama P*

Mindful to me is to zone out, let loose and breathe. The whole purpose is to make yourself feel calm and relaxed. It almost feels like you are sleeping. It is very important to take a moment and breathe, don't think, but just relax. If you don't, you are going to be stressed and overwhelmed. Like if you don't get any sleep, you are going to be lazy, angry and tired. *Aya W.*

Being mindful is to stay calm and pay attention to your breathing. *Ashanti G*

To be mindful is to be focused on one thing at a time. Being mindful can help you get your work done. *Ashanti W*

Mindfulness is when you are in that moment where your brain is only focused on one object. You are paying attention and breathing. It helps your brain relax. *Kiera D*

Mindfulness means to think deeply about something and not let your mind focus on anything else. I think it is important to sometimes just let your mind relax. *Nykelle P*

Mindfulness is when you get in the zone. Whether you're listening to music, dancing, doing homework, or something else, but you are really focused on that one thing. It is important not to let the thoughts from whether it was today, yesterday, good or bad get into your head as distractions. You just want to push those thoughts aside and focus. *Miciah S*

The Girls' Pages



- ◇ Girls only have to look cute
- ◇ First they like skinny girls. Then, they like curvy girls.
- ◇ Society doesn't judge boys
- ◇ Hindered by others judgments.
- ◇ Just because "you" can't do it, doesn't mean I

When girls talk, we listen. Our girls told us what **they** want to present on stage, and now we're sharing that list with our readers.

Yes, these experiences soon will appear on stage coming to a venue near you. Let us know if any of their issues stir a memory or two from the little boy or girl inside you.

- ◇ Abuse
- ◇ Being the only girl in my family makes me feel lonely
- ◇ Girls seeing "bad" things on TV and wanting to imitate them
- ◇ Having a period
- ◇ I don't want to grow up because you have to deal with too much "stuff"
- ◇ How to take up for yourself
- ◇ Why do I have to grow up?
- ◇ Being killed or committing suicide
- ◇ Bullying
- ◇ Girls liking boys
- ◇ Adults not understanding you
- ◇ Double standards
- ◇ Boys having a girlfriend at the age of 12 and it's not bad. When girls the same age have a boyfriend, all hell breaks loose
- ◇ Boys are free to do whatever
- ◇ I want to feel special
- ◇ I don't understand why girls have to be judged on their physical aspects all the time

can't

- ◇ I don't understand why people want to change their gender
- ◇ Verbal abuse/words hurt
- ◇ My male teacher says that girls are all slow, and boys can do everything
- ◇ People make fun of my hair
- ◇ Good and bad hair – It's all just hair
- ◇ Girls touching on me
- ◇ Can't play with boys
- ◇ White teacher told me, "I'm going to run an all white school because ya'll don't know how to play music."
- ◇ Kids under 13 liking both boys and girls
- ◇ In CVS over the intercom a voice said, "Watch these black kids in this store before they start stealing."
- ◇ Why do girls think they are better than one another and then start talking about each other?
- ◇ Some girls are better than some boys on certain things
- ◇ Why does gender matter in who is better?
- ◇ Why do girls change for boys?
- ◇ I want to experience life knowing that if I make a mistake, I will not be judged.



"Fear cuts deeper than swords." — George R.R. Martin, *A Game of Thrones*.

Too many of our children are carrying deep wounds into their adulthood. They are growing up with fear. They carry that fear in silence.

We asked our teens to write about their fears. About 15 minutes into the assignment, I suggested they stop so that we could move to the next agenda item, but most begged to continue writing.

With their permission and without names, I'm sharing their fears. Please know that in Global Girls, we work through fears using curiosity and emotional integrity to refocus energy and mindsets on possibility, authenticity and creating realities.

Essay # 1 Being Alone

I have a fear of being alone. Being completely alone to me means to lose everything I have ever worked hard for.

Growing up I lost almost everything I have ever had from the time I was three years old. I lost my mother. Although I didn't know her, I felt as if I was born into this.

On the other hand, I grew up with my great grandmother. She was always a very independent woman. She hated for anyone to ever help her or do anything for her. So, she was who I looked up to.

There is a real reason behind me feeling this way and that reason is because when I'm alone, I end up thinking of all of the negative things going on in my life and blaming myself or others for it all. I recognize this fear and sometimes I try to deny it in order for it to fade away, but everything I do always tends to come back to the fact that I am lonely.

Continued on page 8

"I know I was born to dance."

I'm Nykelle Posey and I'm 11. I'm in 5th grade at Vanderpoel Magnet School, and I know I was born to dance.

I've been dancing since two, I think and started taking classes at Studio One. I like dancing because it helps me express my feelings. When I began dancing, I would dance to every song that came on the radio. When I hear music, I have to dance. My parents tell me to stop dancing, but I dance all the time like in the store, outside, in school but not during class. I thought about starting a dance group at my school, and sometimes the principal gives me permission, but somehow it never happens. I really admire Misty Copeland. Eventually, I want to study at a dance academy and teach other girls to dance.

I was a part of a cheer team, Chicago Explosion All Stars for almost five years. I was dancing and cheering so

much that during one rehearsal, I fractured my arm. I went to the competition anyway and was crying on the stage



because I didn't want to make the team lose points. After the performance, my mom took me to the hospital where we learned that my arm was fractured.

One day, I came to Global Girls with best friend, Denaria. When I met some of the girls, I knew I loved it, so my mom signed up for summer camp. Now, I feel the same way about Global Girls as I felt about cheer camp.

One of the best parts of Global Girls is the ceremony because when I do it, especially the costal breathing, it makes me feel relaxed, and I let everything go from the past. I don't think about anything. I just relax. It feels really good to

just focus on my breathing and let everything else disappear.

I also like the word of the day. I go home, and I go on my phone and look the word up and try to remember it cause I want to learn as much as I can. I know it's important to have a large vocabulary, and the word of the day helps me with that.

I love the dancing classes. When I dance in Global Girls, I let all the bad feelings go and only think about good feeling things. I know that I'm growing as dancer and an actress too. When I act, I put all of my personality into it and go into that character's shoes and think about myself as them and what that character has been going through.

I used to be really scared about performing in front of people, but now when I hear 5, 4, 3, 2, 1, I go into a zone and start performing.

I wish all girls knew that it's really important to focus on yourself go into your moment and just show out!

CAUSE AN EFFECT



Make dinner a selfless act by joining us for a fundraiser to support Global Girls, Inc.. Come in to the Chipotle at 1522 E. 53rd Street in Chicago on Monday, November 20th between 4:00pm and 8:00pm. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to Global Girls, Inc..



If placing an order online during your fundraiser, please note you must choose the pay to donate option and inform our cashier of your participation before paying. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

After School registration is still open. Stop in for a sample session. You'll be glad you did.
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December 9th, 2017
Bethune Hall 7801 S. Throop 7pm-2am

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Group tables \$175
Group price includes: One Table of 10
& Complimentary bottle of Wine

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Pay via PayPal to User ID - globalgirls@sbcglobal.net

FEAR

Continued from page 6

Since I didn't have a mother in my life, most children I know would have a father to rely on. But, my father, in particular, was on drugs. So, once again, I was pushed into loneliness.

I have also noticed that I get angry or jealous when I see other people who are a part of a family. Sometimes, I want to steal their joy by trying to take their attention away from their family.

I try to hide this fear by smiling all the time, and sometimes when people ask me, "How's the family," I make up a happy story and tell people that I am living a great, un-lonely life.

Being without a mother and a father is hard for me not only because of what other people think or feel, but because I feel like they are a part of me and those two significant pieces of my puzzle are missing.

I have not completely faced my fear, but now that my great grandmother has Alzheimer's, I am about 75% away from facing my fear.

Essay #2 Leaving the House

I only have one main fear that I know about that is on the list you gave us, and that is "leaving the house." The reason I fear this is because every time I leave the house, I'm basically putting my life in sacrifice (mode).

People are getting killed just because of where we are from. I don't want my name to be on the news when they start talking about a homicide.

That's what I'm afraid of because I'm just trying to make it out here, trying as a young man to stay humble in the jungle unlike most of the people I know.

Essay #3 Being laughed at

I have a fear of being laughed at. When I was in second grade, people used to laugh at me because I have very thin hair. And it was short because I got a hair bead stuck in my head. So, I had to get that taken out. That spot in my head barely grew back.

Kids used to laugh and talk about me a lot. I used to cry, but as I got older, I began to not care what people said about me. I realize that words don't make me or break me.

But before, I used to let anger take over me, and I would lose control over myself.

One day, a boy laughed at me. I took his head and slammed it into the gate causing him to chip his tooth. I felt so bad after doing that because that wasn't the best idea to solve something. It only made it worse.

I still wish I could go back to second grade and make better choices.

Essay #4 Failure

I have a fear of failure. Feeling that I can't succeed in my goals and dreams in life makes me sick. I don't want to ever wake up and feel like I can't do any of the things I wanted to do in life.

I always want to be at the top and fulfill everything and by doing this, I can make a lot of people happy including myself. I will go as far as I can avoiding this fear because if I don't, I will be heart broken, devastated and think I am a failure.



Essay #5 Failure

I have a fear of failing or a fear of failure. I say this because I never want to disappoint anyone such as my parents because they expect so much of me. I just want to keep them happy and proud.

I first learned that I had this fear when I started playing volleyball in the 7th grade. A little bit of it is a fear of criticism because I hate to be criticized by people in general. I beat myself up about it because I know I can do it.

The thought of people criticizing me makes me have self-doubt, and then I mess up a lot. The situation as a whole is really bad. Having so much pressure being put on you every day is like you have no other choice but to succeed and achieve.

I hide it all the time, and no one knew the fear but me and my great auntie. She died last year and now it's just me.

I think it's about time for me to let my parents know because that would be a relief, and it won't be such a burden on my back.

I have the fear of failure with my school work. I know everything I'm doing. I can do great work, but as soon as the teacher gives negative feedback, I get frustrated and discouraged.

Essay #6 Anger

My fear is anger because from the time I was little until I turned 13, every time I got upset my heart would beat fast and I would shake. I never wanted people to see me shake cause they would call me scary.

People took me as a joke. I would get even madder, but I know anger does not define who I am. I know that I am a good person and can be a good role model for others.

Anger doesn't help me get where I want to be. And, at the end of the day, all of my anger comes from fear. One of my other fears is not being successful, and I know anger will not help with that.

Essay #7 Loneliness

My fear that I struggle with is loneliness. I'm afraid of loneliness because I feel like I have nobody when I'm alone. When I have nobody, I feel empty. I feel that I need people who care about me to build me up and if I'm alone it's just me, and I'm afraid of being by myself. I don't trust myself.

I depend on a lot of people in my life cause I feel I can't go through things by myself. I'm afraid of people not wanting to be my friend at school because I would feel alone.

I'm afraid of my teachers walking out on me because without them I would be alone in my education and would not succeed. When I'm not around people and just sitting by myself, I feel sad and mad because it's like all I have is myself.

Loneliness is the worst feeling I have, and I'm afraid of being alone in life.

These insights were written by male and female teens in our After School Matters program. After reading their essays, I began to wonder how many others are walking around with fears never expressed, only suppressed.

The third Saturday in July is Global Girls' Grandparents Day Celebration

This summer, we hosted our first Grandparents Day Brunch. The event was the brainstorm of Ms. Ryonn's group of 12 to 14 year-old campers. Those girls and a few ASM participants spent an hour or so each week with seniors at Haven Towers senior living facility on 79th and South Chicago. The event was an overwhelming success, and one that will certainly be repeated next year.

Jori Pilcher, a former camper who returns to volunteer every summer, penned the following essay after an event planning session.

GENERATIONS by Jori Pilcher

It is my opinion that the connection between the generations is the most genuine acts of kindness known to the human race. Connecting the future and the past is what allows greater prosperity to arise as time goes by.

These days, we see a disconnect between the older and the younger generations. We don't interact with one another or even live close to each other anymore. There is one thing youth can do to close the gap and that is communicate.

We have to overcome the fear on both sides and sit down together, listen to one another and really hear different opinions and outlooks on certain aspects of life. Maybe we can all aspire to be and do better as a result of talking and reaching for understanding.

I've learned many values from the older generation and I believe I've taught them things about my generation. Yes, we can learn from one another. We will only succeed if we try, and we will only grow when we listen.



Beauty of Peace

Each summer, Global Girls participants lead a "Litter Free Communities" program. We pick up trash in parks, on side walks, in lots and on playgrounds.

This summer, we received a grant from the University of Chicago Medicine Rapid-Cycle Violence Prevention, Intervention, and Recovery Grant to create a program that would engage youth in invigorating our community.

Our program was designed to build community peace by combining community beautification and edutainment throughout the summer. As we resume school based programs, we will continue the education component. Community ambassadors who worked in the program over the summer will assist in the program and continue it in their neighborhoods.

Our youth ambassadors got hands on training this summer and learned a few important lessons like always wear sun screen when working outside in the summer, were closed toe shoes, not flip flops and do your nails after the program ends. They cleaned streets in high traffic areas, handed out litter free cards and topped it all off with a bit of street theatre.

Partnering with 8th ward Alderman Michelle Harris, we selected five locations and went to work with gloves, rakes, brooms, hedge clippers, lawn refuse bags and loads of grit. A team of girls and boys strategized for weeks, created handouts, rehearsed their street performance and then worked over two weeks cleaning

- 95th & Stony west corner
- 82nd & Ridgeland/Elliott
- 87th & Stony east side
- 87th & Jeffrey west corner
- 75th & Cottage east side

I'm happy to say that the youth were well received. We visited Dunkin Doughnuts and got a commitment from the manager to pick up the trash more regularly.

Most passersby applauded their efforts. A few returned and gave them water and snacks. Many took our "Beauty in the Community" Tip Sheet and said they would pass it around and start their own campaign next spring.

Beauty of Peace youth ambassadors worked very hard to clean blocks around the Global Studio and other blocks throughout the 8th ward. Join us next summer promoting the Beauty of Peace.



THINK BEFORE YOU TOSS!

When we **look** good, we **feel** good. And, when we feel, good we treat others with **kindness** and **respect**. Global Girls believes that when our environment is **clean** and **beautiful**, we feel and act better.

Let's commit to keeping our communities litter-free portals of peace.

- Put your trash in a trash can.
- Don't throw trash from the car.
- Participate in clean up campaigns.
- Help plant flowers on your block.

Global Girls Inc.

"Beauty of Peace" Campaign

Sponsored by the University of Chicago Medicine Urban Health Initiative and Chicago Community Trust

Join us as we beautify and promote peace in our communities.
www.globalgirlsync.org info@globalgirlsync.org (773) 902.2359



Ryonn returns to her roots at Turner Drew

Turner Drew is a small elementary school in the heart of Princeton Park on Chicago's south side. Global Girls program director and senior teaching artist, Ryonn Gloster, graduated 8th grade from Turner Drew.

When she asked if she could facilitate a program there, we were a bit skeptical as funds were low and staff schedules tight. Ryonn talked with principal Dr. Sabrina Jackson and learned she was excited about bringing a performing arts program to her girls. Ryonn persisted with her request remembering her days as a student and wanting to share her Global Girls experience with girls now sitting in the very rooms and in the very seats where she once sat.

Twenty-five girls from 4th and 8th grades now meet with Ryonn once a week on Fridays learning costal breathing, our ceremony, basic dance and acting skills and most of all, learning to love the arts as they learn more about loving themselves.

Many of the Turner Drew Global Girls performed in our Women and Girls In-

spiring Change program. After only five rehearsals at the school and a week of evening rehearsals at the studio, twelve performers stepped out of their comfort zones and took the stage. Parents and friends filled the audience brilliant performance.

Because they came to the Global Studio and saw after school girls and the company members being focused and disciplined in rehearsals, the Turner Drew girls have begun taking their sessions and rehearsals more seriously.

Ryonn says one of her biggest joys working with the girls is their contagious energy. "As soon as I walk in the door, I see them excitedly walking to our rehearsal space. They learn so quickly and are always hungry for more."

Dr. White even remarked that she sees the girl's attitudes changing as they walk through the halls looking



happy. The girls go through a lot of difficulties at home. The 8th graders, in particular carry a heavy dose of anger. As a result of their work in Global Girls, we believe they are learning to love themselves first. The girls say that their teachers have also noticed changes in their attitudes.

The Turner Drew girls will perform in the school's Holiday show for their peers and teachers. They said that they are nervous to dance in front of people they know. I remind them that they are now Global Girls and they can do anything. Just get up there and show out!

Welcome to the Global Girls family, Taylah Thomas

As the newest addition to the Global Girls creative team, I serve as teaching artist and tutor for both the Young Women on the Move after school program and Take the Stage, After School Matters program headquartered at the Global Studio.

I graduated from the Chicago High School for the Arts (2013), where I received the bulk of my training in musical theater. Thereafter, I enrolled at the Hyde Park School of Dance in order to forage my curiosity for the art of ballet. This endeavor would eventually lead me to grace the stage at the Black Ensemble Theater in my first starring role as the early nineteenth century film star, Dorothy Dandridge.

Although my involvement with the arts might extend far back to my childhood, my love for teaching extends even further back three generations in my family. Hence, it came as no surprise either to myself or my family that when the opportunity presented itself for me to pursue an arts scholarship at the School of the Art Institute, I instead chose to accept a teaching position with my



mother's privately-owned Christian school, Mind Shapers. There, I felt "strategically placed" in light of the fact that now my faith, passion for teaching, and artistic gifts would collectively be fostered while serving as an academic instructor for levels kindergarten through eighth grade, and eventually co-administrator for the performing arts curriculum there.

Finally, after three years of being strictly devoted to teaching at Mind Shapers, I agreed to branch out from

the family business in hopes of finding a less familial arena that still fostered those same familiar elements. Thereupon Global Girls became my new safe haven.

While I enjoys administering the arts, my foremost devotion is engaging, nurturing and cultivating the juvenile constitution, which I affectionately liken to tending a garden:

"It's crucial to be aware of what is useful for making the garden grow. Sometimes, the seeds just need to be watered, while other times, seeds have to be actually planted. Still in more desperate cases, the soil must be renewed in order that the seeds might have a prospect for weathering the growth process. It's a uniquely humbling pursuit."

Moreover, this avid gardener intends to yield a fruitful harvest by impressing upon each child I encounter the assurance that "While circumstances may differentiate, truth is absolute, being therefore authorized to bring people from various walks of life to the realization of one common purpose."



Global Girls Young Women on the Move and After School Matters performers will *Take the Stage* at the Center for Inner City Studies, 700 East Oakwood Blvd. Wednesday, December 13, 6p, in their annual Holiday Show. Come and enjoy a wonderful FREE show.

Kitchen Table is a quarterly publication.
Send all comments, questions and inquiries to
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**92% of every dollar goes towards our programs.
Your contributions help us help more girls.**

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Yes! I want to support courageous, talented girls who will change our world.

Enclosed is my gift: ___\$10 ___\$25 ___\$50 ___\$100 ___Other \$ _____

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___ Global Girls performance support (Get free tickets to shows)
___ International travel



The Global Studio
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We want. We work. We win.

Remember Global Girls at the end of the year.

With your donation, we can serve even more youth in 2018 not only in Chicago and neighboring communities, but in all of our travels.

Thanks for your continuing support and
Happy Holidays from Global Girls

