

Noticiero Bilingüe  
**LAWNDALE**  
news

Thursday, September 5, 2013



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V. 73 No. 36

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ESTABLISHED 1940

**Keep Your Children Happy and Healthy:**

# **National Childhood Obesity Awareness Month**

**Mantenga a Sus Hijos Felices y Saludables:**

# **Mes Nacional de Concientización de la Obesidad Infantil**

*See Inside*

**Adentro**

•HIPHOP •SKA •FOLK •PUNK AND MORE!  
**FREE** **3RD ANNUAL** **VILLAPALOOZA!** **MUSIC FEST**  
 26TH ST + CENTRAL PK FESTIVAL DE MUSICA SEPTEMBER 7, 2013  
 FACEBOOK.COM/VILLAPALOOZA **¡GRATIS!** 12-10PM  
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 www.littlevillagechamber.org





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# Villapalooza!

Back for its third year, Villapalooza is ready to close out the summer in the Little Village neighborhood on Saturday, Sept. 7th. This all-day outdoor music festival, founded and organized by Hector Herrera Yopez, includes musical acts, Hector Guerra, along with Bocafloja, Malafacha, DJ sets from SoulPhonetics, Sonorama and more. The fest includes a beer garden, skateboarding

showcase, and dance. The event is free for all and starts noon to 10p.m.,

and will take place in the Heart of Little Village, 3724 W. 26th St. Come

out and support local musicians and artists.

**¡SOLO UN DIA!** **SEPT 7 2013**

**3RD ANNUAL VILLAPALOOZA! MUSIC FEST**

26TH ST 12-10PM FREE

# ¡Villapalooza!

De vuelta por tercer año, Villapalooza está listo para cerrar el

verano en el barrio de La Villita el sábado, 7 de septiembre. Este festival

al aire libre, de un día de duración, patrocinado y organizado por Héctor Herrera Yépez, incluye actos musicales, Héctor Guerra, junto con Bocafloja, Malafacha, DJ de SoulPhonetics, Sonorama y más. El festival incluye un jardín de cerveza, un show de patinetas y baile. El evento es gratuito para todos, es del mediodía a las 10 p.m. y tendrá lugar en el corazón de La Villita, 3724 W. de la Calle 26. Venga y apoye a los músicos y artistas locales.

Visit our Web Site at:  
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# Combating Childhood Obesity

By: Blanca Flores

It is important to stay active to stay healthy and to also have fun! Who says working out is boring? If you would like to learn more about different workout classes or activities for you or someone in your family, check out these organizations that are helping Chicago youth stay healthy.

## Girls on the Run [girlsontherun.org](http://girlsontherun.org)

Girls on the Run is a nonprofit that helps little girls from 3<sup>rd</sup> to 8<sup>th</sup> grade. They provide two different programs to help the girls. Girls from 3<sup>rd</sup> to 5<sup>th</sup> grade take part of a ten week program. Girls in 6<sup>th</sup> to 8<sup>th</sup> grade take part of a 12 week program with 24 lessons. Once the girls complete the programs,



build up their confidence and learn more about team work, they run a 5K. The primary goal of this program is to make girls want to stay fit and healthy.

Want to run too? Girls on the Run looks for volunteers to run along

the girls, if interested check out their website.

## Girls in the Game [girlsinthegame.org](http://girlsinthegame.org)

Girls in the Game provides different ways for girls to play sports and work together.

Girls 6 to 18 are given

*Continued on page 4*



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## Combatiendo la Obesidad Infantil

**Por: Blanca Flores**

¡Es importante mantenerse activo para estar saludable y divertirse! ¿Quién dice que hacer ejercicio es aburrido? Si desea más información sobre diferentes clases de gimnasia o actividades para usted o alguien de su familia, vea estas organizaciones que están ayudando a Chicago a mantenerse saludable.

**Girls on the Run**  
Girlsontherun.org

Girls on the Run es una organización no lucrativa que ayuda a las

niñas de 3° a 8° grados. Les ofrece dos programas diferentes. Las niñas del 3° al 5° grados toman parte en un programa de diez semanas. Las niñas del 6° al 8° grado toman parte en un programa de 12 semanas, con 24 lecciones. Una vez que las niñas terminan los programas, aumentan su confianza y aprenden más sobre trabajo de equipo, participan en una carrera de 5K. La meta primaria del programa es hacer que las niñas deseen estar en buena forma y mantenerse saludables.

**Girls in the Game**

Girlsinthegame.org

Girls in the Game ofrece diferentes formas para que las niñas hagan deporte y trabajen juntas. Las niñas de 6 a 18 años tienen la oportunidad de estar en este programa todo el año, lo que las mantiene alejadas de las calles y les ayuda a mantenerse firme en sus metas. El campamento de verano y los programas después de la escuela mantienen a las niñas aprendiendo y adquiriendo nuevas destrezas. Una muestra de un currículo PDF para después de la escuela está disponible en línea para que usted lo vea.

*Pase a la página 8*

## Childhood Obesity...

*Continued from page 3*

to opportunity to stay in this program year round, keeping them away from the streets and helping them stay on track with their goals. Summer camp and afterschool programs keep the girls learning and gaining new skills. A sample afterschool curriculum PDF is available online for you to check out their activities.

**Gary Comer Youth Center**  
gcyhome.org

Finding different activities to get involved in at the Gary Comer Youth Center is not so hard. Team sports, fitness and nutrition classes, as well as personal training are provided. Youth Center members ages 14-18 can also take part of the Green Teens and Leaps and Bounds Programs. Green Teens allows the youth to work in the garden and practice culinary arts in the center's kitchen. Leaps and Bounds is a program that helps 9<sup>th</sup> graders prepare for high

school and gives them the opportunity to serve the community while gaining new skills.

**Chicago Park District MEND Program**

MEND Mind, Exercise, Nutrition, Do it! Children ages 7-13 can become part of the MEND program that is going on nationally to help avoid obesity. Children are taught to eat healthy and change their unhealthy habits while given the opportunity to play games and exercise.

This is a 10 week program and the location and dates vary. For more information call (312)742-7529.

**Lawndale Christian Health Center**  
lawndale.org

Weight training, group classes and more! A few of the youth classes available at the health center include Tae-kwon-do, soccer, and hip hop. There are also classes for seniors; one of these is Exercising with Arthritis. Zumba, cardio punch and indoor cycling are also

some of the group classes provided at the Lawndale Christian Health Center.

For more information about the fitness center you can call (872)588-3200

**Diabetes Empowerment Center**  
block-by-block.org  
773-342-0855

To stay fit you don't need to run or bench press. Find different ways to stay active. The Diabetes Empowerment Center's Muevete Program provides different ways of staying active including Zumba, Pilates, Yoga, Tai Chi, biking and walking. Two treadmills are also available.

The Diabetes Empowerment Center also has a program called Health and Diabetes. This program has the tools people need to learn more about diabetes. They have healthy cooking classes and talk about medication with professionals that visit to answer any questions.

# Governor Quinn Announces Investment at Morton College



**By: Ashmar Mandou**

Joined by school and local officials, Governor Pat Quinn announced a \$4.5 million investment from his Illinois Jobs Now! program to build a ten-classroom addition at Morton College.

Morton College is one of the largest two-year public Hispanic-serving institutions and the new addition to the campus will help to accommodate a steadily increasing enrollment that has reached the capacity of the Cicero campus.

“This investment will help Morton College meet the needs of its current and future student body so graduates can receive a good education and make a difference in the world,” said Gov. Quinn. “Building these classrooms will create

jobs and support local economic growth, while improving the educational experience at Morton College.”

The Morton College grant totals \$4,549,500 and will be used to construct a \$13,250-square-foot addition to the existing Building C on campus. The two-story addition would add ten new classrooms that will house general education courses and allow the college

to expand its career and technical education programs.

“Investing in education and creating jobs is essential to improving our communities in the region,” state Senator Martin Sandoval said. “I applaud Governor Quinn for his leadership.”

The current Morton College campus opened in 1975. In May, 2009, Morton College was selected to be part of the

Achieving the Dream Initiative, a national effort to help community college students succeed, a particularly minority and low-income students. Governor Quinn’s Illinois Jobs Now! program is supporting more than 400,000 jobs over six years.

Just last week, Governor Quinn announced an investment in Chicago Public Schools totaling \$89 million which is also from Illinois Jobs Now!

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This property with its architecturally award winning atrium provides seniors and disabled individuals with parking, library, laundry room, Wellness Center and other conveniences. A service coordinator is on staff to assist

tenants who may need additional services. The units are studio and one bedroom, each with electric appliances, tile bath, and wall to wall carpeting. Modern fire and safety systems are installed in each apartment and common areas of the building. There are also 8 accessible one bedroom units for the mobility impaired. The Oaks is owned and operated by The Oak Park Residence Corporation and is funded by the Department of Housing and Urban Development through the 202/section 8 Program. Residents pay approximately 30% of their monthly income for rent. For additional information please visit our website at [www.oakparkha.org](http://www.oakparkha.org) or contact us at 708-386-5812.



## Illinois State Treasurer Welcomes Latina Art League Chicago



Illinois State Treasurer Dan Rutherford invited the women behind Latina Art League Chicago to exhibit their artwork in the form of oil, acrylic, digital and mix media on the walls of the State Treasurer's office. "I am proud to help; promote the artwork

that reflects the Latino heritage," said Treasurer Rutherford. "I invite the public to enjoy the work of the contemporary women artists." Latina Art League Chicago was founded in February 2013 and includes the work of five female artists.

"We hope to empower, educate and communicate through our art," said Founder Carmina Cortes. The eleven piece exhibit will be on display for six months in the State Treasurer's office, located on the 15<sup>th</sup> floor of the James R. Thompson Center.



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## P.E.R.R.O Debuts 'Monsters' Documentary



By: Ashmar Mandou

Pilsen Environmental Rights and Reform Organization (P.E.R.R.O.) premiered its highly anticipated documentary "Monsters" last Friday at the National Museum of

Mexican Art.

"Monsters," showcased the fight to close Chicago's coal-fired power plants. The film was produced by film makers affiliated with the environmental organization Greenpeace and features PERRO's

efforts to combat the Pilsen neighborhood's biggest polluter, the Fisk coal fired power plant on Cermak which ceased operations in September of 2012 after a decade long campaign.



## P.E.R.R.O Presenta el Documental 'Monsters'

Pilsen Environmental Rights and Reform Organization (P.E.R.R.O.) estrenó su tan anticipado documental 'Monsters' el pasado viernes, en el Museo Nacional de Arte Mexicano. 'Monsters'

muestra la lucha por cerrar las plantas eléctricas de carbón de Chicago. La película fue producida por cineastas afiliados con la organización ambiental Greenpeace y muestra los esfuerzos de

PERRO por combatir al mayor contaminador del barrio, la planta eléctrica de carbón Fisk, en la calle Cermak, quien cerró sus puertas en septiembre del 2012, después de una larga campaña.

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Faith Ministries Alliance (FMA) Presents...

# LEADERSHIP SUMMIT

Thursday, September 12, 2013

9:00AM - 1:00PM

Living Word Christian Center Sanctuary

**COME, LEARN AND TAP** into God's wisdom for success and the power of true leadership no matter what you've been called to do!



FEATURING

**Pastor Cash Luna**  
FROM GUATEMALA

This event is FREE but registration is required.

**PASTOR CASH LUNA** recently opened an 11,000 seat church, built debt-free, which has more than 20,000 active members. He is also an international best-selling author and since 1994 his "Nights of Glory" crusades of healing and miracles have blessed millions of people in different cities throughout North, Central and South America. **Pastor Luna also has:**

- 2,800 children in Children's church known as "Igle-Kids".
- 4,500 home life groups with over 30,000 people in attendance per week.
- This past year alone his Food Bank has donated 745,000 pounds of food which equates to over 2 million meals.
- His book, "In Honor of the Holy Spirit" was recognized by international distributors and publishers as the best and most original in the Spanish Language for 2010 and was also rated as a Golden Category for the amount of copies sold in a year.



Outside view Casa de Dios, Pastor Luna's Church



Inside Pastor Luna's auditorium in Guatemala

To register please visit [livingwd.smartevents.com](http://livingwd.smartevents.com)  
or call the FMA Office at (708) 697-6214.

# Obesidad Infantil... Viene de la página 4

**Gary Comer Youth Center**  
Gcyhome.org  
No es difícil participar en diferentes

actividades en Gary Comer Youth Center. Se ofrecen equipos de deporte, clases de acondicionamiento y nutrición, así como

entrenamiento personal. Los miembros de Youth Center de 14 a 18 años pueden participar también en los programas Green Teens and Leaps & Bounds. Green Teens permite a los jóvenes trabajar en el jardín y practicar artes

culinarias en la cocina del centro. Leaps and Bounds es un programa que ayuda a los estudiantes de 9º grado a prepararse para la secundaria y les da la oportunidad de servir a la comunidad mientras adquieren nuevas

destrezas.

**Programa MEND del Distrito de Parques de Chicago**  
MEND Mind, Ejercicio, Nutrición, ¡Hazlo!

Los niños de 7 a 13 años pueden ser parte del programa MEND que está a nivel nacional para ayudar a evitar la obesidad. Se enseña a los niños a comer saludable y cambiar sus hábitos de comida chatarra mientras tienen la oportunidad de participar en juegos y ejercicios.

Este es un programa de 10 semanas y el lugar y fecha varía. Para más información, llamar al (312) 742-7529.

**Lawndale Christian Health Center**  
Lawndale.org

Entrenamiento con pesas, clases de grupo y más!

Algunas de las clases para jóvenes en el centro incluyen Tae-Kwon-do, fútbol soccer y hip hop. También hay clases para ciudadanos senior; una de estas es el de Ejercicios con Artritis. Zumba, cardio punch y ciclismo bajo techo son algunas de las clases de grupo

provistas por Lawndale Christian Health Center. Para más información sobre el centro de acondicionamiento llame al (872)588-3200

**Diabetes Empowerment Center**  
Block-by-block.org  
773-342-0855

Para mantenerse en forma no necesita correr. Hay diferentes formas de mantenerse activo. El programa *Muévete* del Centro de Mejoramiento de la Diabetes le ofrece diferentes formas de mantenerse activo, incluyendo Zumba, Pilates, Yoga, Tai Chi, ciclismo y caminata. Tenemos disponibles dos caminadoras.

Diabetes Empowerment Center tiene también un programa llamado Salud y Diabetes. Este programa tiene las herramientas necesarias para que la gente aprenda más sobre la diabetes. Tienen clases de cocina saludable y pláticas sobre la meditación, con profesionales que visitan el plantel y le responderán cualquier pregunta.

## NOTICE TO CONTRACTORS

### TOWN OF CICERO BUILDING DEMOLITION - CONTRACT NO. 12

**I. TIME AND PLACE OF OPENING OF PROPOSALS:** Sealed Proposals for the improvement described herein will be received at the office of the **Town Clerk, Town of Cicero, 4949 West Cermak Road, Cicero, Illinois, 60804** until **10:00 a.m., September 17, 2013**, and will be opened and read at that time.

**II. DESCRIPTION OF WORK:** Demolition and disposal of the buildings at 1200 S. 54th Avenue and 1926 S. Laramie Avenue, including water and sewer service disconnections, and all other appurtenant work as required.

### III. INSTRUCTIONS TO BIDDERS:

- A. All applicable work will be in conformance with the "Standard Specifications for Road and Bridge Construction", dated January 1, 2012, and the "Standard Specifications for Water and Sewer Main Construction in Illinois", dated July, 2009.
- B. Proposal forms may be obtained from the Project Engineer, **FRANK NOVOTNY & ASSOCIATES, INC., 825 Midway Drive, Willowbrook, Illinois, 60527, (630) 887-8640.** Proposal forms are non-transferable. Only those Proposals that have been obtained from, and with the approval of, Frank Novotny & Associates will be accepted at the bid opening.
- C. Only qualified Contractors who can furnish satisfactory proof that they have performed work of similar nature as Contractors will be entitled to receive Bid Documents and submit Proposals. In order to meet this requirement, at the request of the Engineer, bidders will be required to submit a "Statement of Experience" consisting of a list of previous projects of similar nature in order to receive Bid Documents. The Owner reserves the right to issue Proposal Documents only to those Contractors deemed qualified.
- D. The Contractor will be required to meet the Town of Cicero Code of Ordinances, Section 2-870 - Local, Minority-Owned, and Women-Owned Business Enterprise Procurement program.
- E. All Proposals must be accompanied by a Bank Cashier's Check, Bank Draft, Certified Check, or Bid Bond for not less than five percent (5%) of the total amount of the Bid, or as provided in the applicable sections of the "Standard Specifications".
- F. The Contractor will be required to pay Prevailing Wages in accordance with all applicable laws.

**IV. REJECTION OF BIDS:** The Owner reserves the right to reject any or all Proposals, to waive technicalities, and to accept the Proposal deemed to be most favorable to the Owner.

BY ORDER OF:

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Maria Punzo-Arias, Clerk (s)

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**HEALTHY AND FITNESS**  
*Food for thought*



*healthy living*  
*with*  
**Style**  
*Guide*

By: Yara Diab

“Being healthy is never easy, but it can be simple.” Dr. Oz

Have you ever read such quotes and thought that celebrities who say them can get whatever they want at almost no cost, or have people that would do their stuff for them; therefore have all the time in the world to exercise and eat

right? Well, in this article, you will find the benefits of eating healthy for children

# A Healthy Way to Begin the Day

One chopped banana  
2 tablespoons of honey  
1 cup of milk  
Stir them all together in the blender for about 2 minutes then enjoy the yummy smoothie! If you like it chilled, add some crushed ice.

Remember, make staying healthy a cool thing!



strawberries  
1 cup of milk or vanilla yogurt

1 tablespoon of honey  
Stir them all together in the blender for about 2 minutes then enjoy the yummy smoothie! If you like it chilled, add some crushed ice. Another cool smoothie is

## The Hulk Smoothie!

For two servings as well:  
One peeled and sliced avocado



and easy ways to have a healthy beginning for your day.

Staying healthy should not be related to how much time you have to fix food or exercise. It should be a way of life. Therefore, children must learn at an early age how to take good care of their health. Children meals could be healthy, simple, affordable and even fun! The basic rule for kids every-day-meals is having three balanced meals everyday: a breakfast, lunch and dinner. A trick to get them excited about their meals is colors! You can make a colorful breakfast by fixing them a fruit salad. For lunch, pack them a lunchbox that will get them curious to see what is in it. For example, a ham or turkey sandwich with juice and a veggie. Having baby carrots, baby corn or any of those fun size veggies will be more attractive to eat for kids than big bulky ones. As for dinner, let them learn that this is the family time, where all members come together to enjoy one last meal of the day. Having a

variety would also make it more fun. Kids' dinners could contain pasta with cheese, more veggies, even rice and soups!

We all know how much kids love their sweets. Therefore, we should teach them how to balance eating sweets. Give them a chocolate bar as a little snack between lunch and dinner, or as a treat for doing their bed that morning or doing something nice to someone. Saying too many no's for kids would attract them into doing the forbidden thing. Here are some easy and fast recipes for healthy and fun smoothies to start off your day, even if you do not have much time! Get your child to help you fixing it. Studies have shown that kids have more appetite for foods they helped fixing. Let's get started with

## The Pink Smoothie!

Makes two servings:  
One chopped bananas  
Six medium sized

## ¿SUFRE DE DOLORES?

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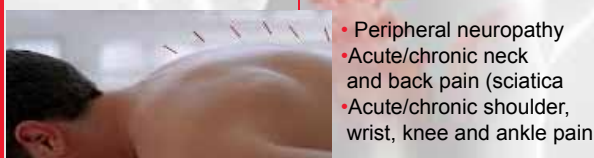
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- Acute/chronic shoulder, wrist, knee and ankle pain

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Por: Yara Diab

“Mantenerse saludable nunca es fácil, pero puede ser sencillo”.

¿Ha leído citas y pensamientos en los que las celebridades dicen que pueden conseguir lo que quieren casi sin costo, o tener a alguien que haga las cosas por ellas; por lo que tienen todo el tiempo del mundo para hacer ejercicio y comer bien? Bueno, en este artículo usted encontrará los beneficios de que los niños coman alimentos saludables y la manera sencilla de empezar un día sano.

Mantenerse saludable no debe estar relacionado con el tiempo que usted tiene para preparar la comida o hacer ejercicio. Debe ser una forma de vida. Por lo tanto, los niños deben aprender a temprana edad como cuidar su salud. Las comidas de los niños deben ser saludables, sencillas, económicas y ¡divertidas! La regla básica para la comida diaria de los niños es que tomen tres comidas balanceadas todos los días; un desayuno, almuerzo y comida. El truco para que se entusiasmen con las comidas son los colores! Puede preparar un colorido desayuno preparándoles una ensalada de fruta. Para el almuerzo empáqueles una cajita de almuerzo que les haga sentir curiosidad por ver lo que hay adentro. Por ejemplo, un sándwich de jamón o pavo con un jugo y un vegetal. Poner zanahorias pequeñas, maíz o cualquier vegetal de tamaño pequeño les parecerán más atractivos que los grandes, a la hora de comerlos. Y para la comida, haga que estén conscientes de que esta es la hora familiar, donde todos los miembros se reúnen y disfrutan de la última comida del día. Empecemos con el **Smoothie Rosa!** Tener una variedad lo hará más divertido para los niños. La comida de los niños puede ser pasta con queso, más vegetales

# Manera Saludable de Empezar el Día



o inclusive arroz y sopas!  
 Todos sabemos que a los niños les gustan mucho los dulces. Por lo tanto deberíamos enseñarles como balancearlos. Deles una barra de chocolate como un bocadillo entre el almuerzo y la comida, o como un premio por haber tendido la cama esa mañana o tener una buena acción con alguien. Decir demasiados 'no's a los niños puede despertar su atracción por lo prohibido. A continuación unas recetas fáciles y rápidas para empezar el día, aunque usted no tenga mucho tiempo! Haga que su niño le ayude a prepararlas. Los estudios han demostrado que los niños sienten más apetito por comidas que ayudan a preparar. Empecemos con el **Smoothie Rosa!**  
 Hace dos porciones:  
 Un plátano picado  
 Seis fresas medianas

1 taza de leche o yogurt de vainilla  
 1 cucharada de miel  
 Bata todo en la licuadora por 2 minutos y disfrute de un delicioso smoothie!  
 Si lo desea frío agregue hielo picado.  
 Otro sabroso smoothie es el



**Smoothie Hulk!**  
 También para dos porciones:  
 Un aguacate pelado y rebanado  
 Un plátano picado  
 2 cucharadas de miel

1 taza de leche  
 Bata todo en la licuadora por dos minutos y disfrute un delicioso smoothie!  
 Si lo desea frío, agregue hielo picado.  
 Recuerde, ¡haga divertido el mantenerse saludable!



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# Nutrition



It's 7:00 p.m. on a Friday night and your child's temperature is 102

Why go to the Emergency Department?

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\*Hours vary by location.



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## Una Buena Nutrición Puede Mejorar el Desempeño Escolar

Una dieta saludable puede ayudar a los estudiantes a sobresalir en la escuela, dice un dietista certificado. Una de las mejores formas de empezar un buen día de escuela es dar a los niños un almuerzo nutritivo, dice Debby Boutwell, dietista clínica en la división de terapia de nutrición del Centro Médico de Children's Hospital en Cincinnati.

Esto no necesariamente significa servir un almuerzo tradicional. Para los niños escolares, Boutwell recomienda un almuerzo que incluya granos altos en fibra, frutas y productos lácteos. A continuación algunas opciones:

- Cereales de granos enteros y altos en fibra, con leche baja en grasa
- Yogurt y berries
- Una tostada, huevos y jugo
- 100 por ciento de fruta
- Bagels de trigo entero y queso o huevos, con leche baja en grasa
- Mantequilla de maní y un sandwich de jalea con leche baja en grasa
- Un sandwich de queso a la parrilla con jugo

100 por ciento de fruta. Otros consejos para un almuerzo nutritivo para los niños:

- Mezcle. La variedad es buena. Por ejemplo, evite empacar todos los días el mismo tipo de pan y haga sandwiches usando pita, bagels, galletas o tortillas.

- Simplifique las cosas. De a los niños frutas que son fáciles de tomar y comer, como gajos de manzana, uvas o fresas. Póngales un yogurt o un dip de mantequilla de maní.

- Limite las bebidas de azúcar. Inclusive el jugo 100 por ciento de frutas contiene mucha azúcar. Opte por leche baja en grasa, agua o agua con sabores, sin azúcar. No de a los niños bebidas con cafeína o suplementos herbales.

- Revise el menú del almuerzo escolar. Inclusive los niños que llevan su almuerzo a la escuela pueden comprar una barra de queso o leche en la escuela para asegurar que está fresca. Los padres deben revisar el menú del almuerzo escolar de su hijo para ver si está bien balanceado.





## Good Nutrition Can Boost School Performance



A healthy diet can help students excel in school, a registered dietitian says. One of the best ways to jump-start a successful school day is to provide children with a nutritious morning meal, says Debby Boutwell, a clinical dietitian in the division of nutrition therapy at Cincinnati Children's Hospital Medical Center.

This doesn't necessarily mean serving traditional breakfast foods, however. For school children, Boutwell recommends a breakfast that includes high-fiber grains, fruit and dairy products. Here are some options:

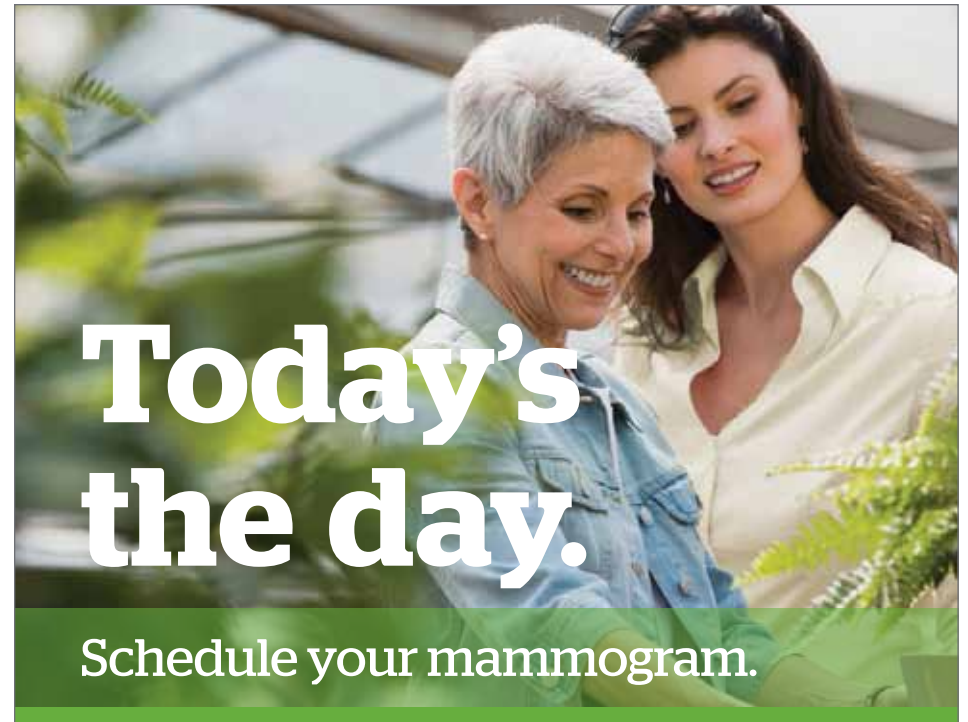
Fiber rich and whole-grain cereals with low fat milk  
Yogurt and berries  
Toast, eggs and 100 percent fruit juice  
Whole-wheat bagels and cheese or eggs with low-fat milk  
Peanut butter and jelly sandwich with low-fat milk



Grilled cheese sandwich with 100 percent fruit juice  
Among other lunchtime tips for school children:

- Mix it up. Variety is good. For example, avoid packing the same type of bread every day and make sandwiches using pitas, bagels, crackers or tortillas.  
-Simplify things. Provide children with fruits that are easy to pick up and eat, such as apple wedges, grapes or strawberries.  
Packing a yogurt or peanut butter dipping sauce can also be fun for kids.

-Limit sugary drinks. Even 100 percent juice contains a lot of sugar. Opt for low-fat milk, water or sugar-free flavored water. Don't give children drinks with caffeine or herbal supplements.  
-Review the school lunch menu. Even children who bring their lunch to school can buy a cheese stick or milk at school to ensure it's fresh and cold. Parents should check their child's school lunch menu to review what is being served.



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## U.S. to Give Grants to Enroll Minorities in Health Care Reform

The U.S. Department of Health and Human Services (HHS) will give federal grants to community-based organizations that help enroll communities of color into new insurance plans under the Affordable Care Act (ACA) according to a Families USA statement. So far, nearly \$7 million has been given to community health centers in 34 states to begin enrolling the nearly 7.9 million minorities who will be eligible for coverage starting January 1, 2014. Families USA, Children's Health Initiative (CHI) and Michigan Consumers stress the need for "certified application counselors" to help their communities face insurance enrollment challenges. The groups also highlighted other



problems to be overcome, such as language barriers, certification requirements, Internet accessibility and issues of trust with local

health care providers. The ACA enrollment process begins October 1<sup>st</sup>. For more information, visit [www.familiesusa.org](http://www.familiesusa.org).

## E.U. Entrega Subsidios para Inscribir a Minorías en la Reforma del Cuidado de Salud

El Departamento de Salud y Servicios Humanos de E.U. (HHS) entregará subsidios federales a organizaciones

comunitarias que ayuden a inscribir comunidades de color en los nuevos planes de seguros bajo el Acta Affordable Care (ACA) de acuerdo a una declaración de Families USA. Hasta ahora, cerca de \$7 millones han sido entregados a centros de salud comunitarios en 34 estados, para comenzar a inscribir a cerca de 7.9 millones de minorías que serán elegibles para cobertura, a partir del 1<sup>o</sup> de enero del 2014. Families USA, Children's Health Initiative (CHI) y Michigan Consumers

enfatan la necesidad de "consejeros se solicitudes certificadas" para que ayuden a sus comunidades a enfrentar los retos de la inscripción en los nuevos planes de seguro. Los grupos enfatizaron también otros problemas como las barreras de lenguaje, requisitos de certificación, accesibilidad al Internet y problemas de confianza en los proveedores de cuidado de salud locales. El proceso de inscripción en ACA comienza el 1<sup>o</sup> de octubre. Para más información, visite [www.familiesusa.org](http://www.familiesusa.org).

# INSPIRE HEALTH

## Super Snack

### Berry Good GO-GO Yogurt



This super snack can provide a phenomenal amount of nutrition to your daily diet. It is significantly high in protein, vitamins, and minerals that are capable of supplying your body with a burst of energy while supporting your metabolism. It is also rich in essential fatty acids that provide nutritional support for a healthy heart.

- 1 cup of plain Greek yogurt
- 1/2 Tbsp of Chia seeds
- 1/2 Tbsp of finely milled flax seeds
- 1/2 Tbsp of unsweetened apple sauce
- 1 Tbsp of raw honey
- 1 Tbsp of blueberries
- 1 Tbsp of raspberries
- 230 calories.

### Inspire Health Tip

Say no to diet pills. Do not seek weight loss shortcuts that can threaten your health. Diet pills in particular can have serious side effects like heart palpitations. Many fat burner supplements claim to work by rousing the process of thermogenesis in which blood circulates faster throughout the body elevating body heat and leading to fat loss. Using pills to encourage this process has not been proven as a safe or effective means of weight management, instead heart palpitations are often a result. Since part of your weight loss goal should be a better health status, determine not to take weight loss shortcuts that could potentially destroy your health. Instead, use natural methods, like fat-burning foods to gently raise your metabolic furnace throughout the day.



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## Próximo Período de Inscripción Abierta, Foro Informativo sobre ObamaCare



Con poco más de un mes para que la reforma de cuidado de salud del Presidente Obama pase a la siguiente fase, más de 100,000 personas asistieron a un foro, la semana pasada, para darle un entusiasta lanzamiento. La información, ofrecida por el Dr. Leon Finney Jr., en Metropolitan Apostolic Community Church (MACC) a solo dos cuadras de la casa de Obama en Chicago, fue organizada a nivel local por Protect Your Care/Americans United for Change.

Aunque algunas partes de la ley ya han ayudado a los estadounidenses a tener acceso a una atención médica económica, las provisiones restantes de Protección al Paciente y el Acta Affordable Care (PPACA) entran en efecto en diferentes fechas. El 1º de octubre de este año, los que necesitan atención médica pueden empezar a buscar y comparar planes de seguros de salud en la línea de Internet del gobierno Health



Insurance Marketplace, para encontrar un plan que mejor funcione para su familia. Todos los estadounidenses deben tener cobertura para el 1º de enero del 2014, pero muchas familias e individuos calificarán para crédito de impuestos o subsidios para ayudar a cubrir el costo del seguro.

Entre los puntos clave estipulados por los presentadores del foro estuvieron:

- Individuos y familias del Condado de Cook podrán escoger entre cinco proveedores y docenas de planes.

- Los que ya estén inscritos en el Medicaid no necesitan re-inscribirse.
- Más de 90,000 solicitudes para el ObamaCare han sido registradas ya en el Condado de Cook
- Los jóvenes pueden estar bajo los planes de sus padres hasta que tengan 26 años de edad. En Illinois, los veteranos pueden estar en los planes de sus padres hasta los 30 años.
- Los planes dentales y para la vista son esenciales en los planes que cubren a los jóvenes y opcionales en los planes de estadounidenses de mayor edad.



### Más opciones para el Memorial Perfecto

Montclair-Lucania Funeral Home se esfuerza por llevar más servicios y comodidades a la comunidad Chicago. Ahora ofrecemos a las familias servicios completos de comidas y bebidas, con opciones que se adaptan a cualquier reunión para rendir homenaje a un ser querido.

Usted puede personalizar completamente el servicio para celebrar la vida vivida con decoración significativa y alimentos selectos. El evento se puede llevar a cabo ya sea en la funeraria o en otro lugar de su elección. Simplemente nos dice sus preferencias y nosotros nos encargaremos de todos los detalles para que usted pueda concentrarse en lo que es más importante.

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gift of hope<sup>SM</sup>  
Organ & Tissue Donor Network

Para información llama al 630 758-2744. ¡Gracias héroe!



# Sallas Column

By August Sallas - 312-286-3405  
E-mail: [sallas@sbcglobal.net](mailto:sallas@sbcglobal.net)

**A CELEBRATION:** Carlos Jimenez Macias, Consul General de Mexico, will be the honored guest of the Little Village Community Council [LVCC] Clock Committee. The LVCC Clock Committee will be hosting a dinner reception, for members, supporters and invited guests, at Los Candiles Restaurant, 2624 S. Central Park Ave.,



Carlos Jimenez Macias

Chicago on Saturday, Sept. 14, 2013. The dinner is to celebrate the restoration of the Centenario Clock in the Arch in Little Village. A clock which has not kept time for nearly 23 years.

**CLOCK COMMITTEE** members are **Jose deJesus Cortes, Nasario Perez, Jesse Lopez, Baltazar Enriquez, Ramiro Garza, Henry Zabala, August Sallas, Mario Martinez Serrano, Louie Lopez, Jose Pletz and Juan Travino**, a consultant.

consultant.

**THE RESTORATION** of the Centenario Clock was completed on Monday, August 1, 2013. Relojes Centenario technician, **Luis Alberto Olvera Cardenas**, Gerente de Produccion from Zacatlan, Puebla Mexico worked two days fixing the clock. "It [the clock] was neglected, it had missing parts and has never been maintained," said Olvera.

**CLOCK DONORS:** Jose deJesus Cortes, El Milagro Tortilleria, Violetas Permit & Business, Dante Servin, Global Material Technologies, Kevin Michael O'Reilly, Maria's Fashion, Inc., J & S Auto & Tire Repairs and Central States Joint Board, AFL-CIO made contributions to repair the clock.

**THE LVCC CLOCK** committee has accepted the responsibility in keeping the clock working with quarterly maintenance. "From now on the clock will work," said Jesse Lopez.

**EXPUNGEMENT WORKSHOP:** Attorney Adam Monreal, Chairman of the Prisoner Review Board, State of Illinois will be participating in LVCC's Third Annual Expungement Workshop. The workshop will be held



Lisa Hernandez & Adam Monreal

on **Saturday, Oct. 5, 2013** at New Life Church, 2657 S. Lawndale Ave., Chicago. Doors open at 8:30 a.m. will close at 3 p.m. No appointment necessary. Free admission.

**VOLUNTEER ATTORNEYS** who will be donating their time to the

workshop and assist ex-offenders are Attorney **Jorge Montes, Juan Baltierrez, Eric Shah, Jose Gonzalez, Cris Bergen, Jesus Salazar and Maritza Martinez**. A panel of lawyers will discuss immigration and driver's license issues. Ex-offenders will receive free legal advice from these experts on how to apply for expungement, clemency and misdemeanor sealing of criminal records. Valuable information on employment, job training, health care and other services will also be available.

"**IT IS** the goal of the workshop to help as many ex-offenders erase their criminal record so they may gain opportunities and employment without fear," said Attorney Montes.

**EX-OFFENDERS** must bring their criminal history [rap sheet] documents; *suburban cases* may obtain copies of criminal case disposition[s] from the local police agency or from the Clerk of the Circuit Court of Cook County. *Chicago adult record* [rap sheet] requests are to be requested from the Chicago Police Department, Access & Review Dept., 3510 S. Michigan, Chicago. Fee: \$16, hours 8:30 a.m. to Noon. Call: **312/745-5508**. *Chicago Juvenile* requests are directed to Chicago Police Dept., Youth Division, 3510 S. Michigan Ave., Chicago. Fee: \$16, Hours: 8:30 a.m. to Noon. Call: **312/745-6004**.

**SPONSORING** the workshop is the Little Village Community Council in conjunction with Attorney **Jorge Montes**, State Sen. **Steven Landek**, State Rep. **Lisa Hernandez**, H.O.P.E., **Dorothy Brown**, Clerk of the Circuit Court and Attorney **Maritza Martinez** for Judge. For more info call **773/522-2552**.

**WORK OF ART:** An outdoor ribbon cutting ceremony was held at Farragut Career Academy, 2345 S. Christiana Ave., Chicago on Friday, August 23, 2013 to celebrate the students beautiful mosaic mural [technical name: Bricolage mural]. The mural is on the west side wall of the school building and is constructed of skillfully crafted mosaic tiles. The mosaic mural is a block long with an actual size of 190 feet long by 15 feet wide.

**THE CEREMONY** began with Farragut ROTC students as color guards, National Anthem and reciting of the Pledge of Allegiance. Street dancing was performed by Farragut's Latin and Spanish dance ensemble under the direction of **Cecila Barrisucu**. Public officials attending the ceremony were State Sen. **Martin Sandoval**, State Rep. **Silvana Tabares** and Ald. **George Cardenas** [12th Ward]. Farragut Principal **Tonya Hammaker** praised the students work and said: "The mural is awesome!" The cutting of the ceremonial ribbon was done by Principal Hammaker; she was surrounded by students, faculty and guest.

**THE MURAL PROJECT** was under the direction of **Lisa Ilies**, Farragut's liaison with the ASM organization. "It was something the students wanted to do," said Ilies. The images portrayed in the mural were created by the students working in conjunction with "**After School Matters**" [ASM] organization. The cost

was \$55,000. ASM paid 80% of the cost Farragut 20%. "The students did a phenomenal job and I'm proud of them," Ilies said.

**AN INSCRIPTION** in the mural, in large red tile letters, reads: "**Learners Today Leaders Tomorrow**"



and in Spanish "**Aprendices Hoy Lideres Manana**". The students in the Youth Technology Corp [YTC] wanted to showcase the mural. Other murals are being planned for Farragut.

**THE MURAL PROJECT** is called the "Green Star Movement" — **Changing the urban canvas** — was created by the following artists: **Kamelia Hristeva, Anna Soltys, Michal Taylor** as lead artists. **Tatiana Garcia and Lydia Shepard** as assistant artists.

**APPRENTICE ARTISTS:** Farragut students **Adam Abern, Ruby Ballesteros, Jasmine Burnett, Ramiro Cardenas,**



**Kristina Carlos, Rufina Cervantes, Rubi Conchas, Elizabeth Contreras, Jaliene Crespo, Alma Cuevas, Edgar Delgado-Arroyo, Wendy Diaz, Abigail Ferrusquia, Daniel Flores, Cristian Flores Maldonado, Grason Geite, Laura Garcia, Juana Hermosillo, Adolfo Juarez, Erik Luna, Juana Munoz, Winifred Obanon, Vanessa Pineda, Cindy Rueda, Melissa Rueda, Martha Salinas, Karla Smith, Oscar Soto Suaste, Vienna Tapia, Ranisha Underwood, Michelle Vega, Victor Velez Jr., Sharhonda Wilder, Jacquita Williams, Jakiria Williams.**

**SPECIAL THANKS** went to: **Christine Belagamba, Yuliya Nemykina, Annie Fu, Ailing Guo, Thelma Godstein, Lisa Ilies, Tonya Hammaker** and Farragut staff. **I recommend seeing the mural. The students did an outstanding job!**

## CALENDAR OF EVENTS

**SAT., SEPT. 7, 2013**—Flea Market, 9 a.m. -3 p.m., National Latino Education Institute [NLEI] parking lot, 2011 W. Pershing Road, Chicago. Adm. Adults 50c, kids 10 and under FREE. For more info call Margaret Motes, 773/247-0707x219.

**SAT., SEPT. 21, 2013**—Sec. of State Jesse White and State Rep. Lisa Hernandez will be helping new immigrants obtain new drivers license at Piotrowski Park, 4247 W. 31st St., Chicago from 10 a.m. to 1 p.m.



**NOTICE  
INVITATION TO BID  
TO  
METROPOLITAN WATER RECLAMATION DISTRICT OF GREATER CHICAGO**

Sealed proposals, endorsed as below, will be deposited in the sealed bid depository located in the lobby of the Metropolitan Water Reclamation District Administration Building, 100 East Erie Street, Chicago, Illinois 60611, from the date of the Invitation to Bid, up to 11:00 A.M. on the bid opening date, and will be opened publicly by the Director of Procurement and Materials Management or her designee at 11:00 A.M. on the stated bid opening date below for:

**CONTRACT 11-961-22  
FACILITY ROOF REPLACEMENTS AND ASSOCIATED TUCKPOINTING AT THE  
STICKNEY WATER RECLAMATION PLANT AND THE LAWNDALE AVENUE  
SOLIDS MANAGEMENT AREA (RE-BID)**

Estimated Cost: \$2,790,600.00 Bid Deposit: \$139,500.00

Mandatory Pre-Bid Site Walk-Through: Tuesday, September 17, 2013  
8:00 am Chicago Time  
Stickney WRP  
6001 W. Pershing Avenue  
Stickney, Illinois

Mandatory Technical Pre-Bid Conference: Tuesday, September 17, 2013  
1:00 pm Chicago Time  
Stickney WRP  
6001 W. Pershing Avenue  
Stickney, Illinois

**Bid Opening: October 1, 2013**

Compliance with the District's Affirmative Action Interim Ordinance Appendix D, Appendix C and the Multi-Project Labor Agreement are required on this contract.

\*\*\*\*\*

The above is an abbreviated version of the Notice- Invitation to Bid. A full version which includes a brief description of the project and/or service can be found on the District's website, [www.mwrd.org](http://www.mwrd.org); Click the Contract Announcements quick link on the District's Home page.

Specifications, proposal forms and/or plans may be obtained from the Department of Procurement & Materials Management, Room 508, 100 East Erie Street, Chicago, Illinois 60611, Monday - Friday, between 8:45 a.m. and 4:15 p.m. Documents, unless stated above to the contrary, will be mailed in response to a fax request (#312/751-3042). The vendor may also download specifications, proposal forms and/or plans online from the District's website, [www.mwrd.org](http://www.mwrd.org). No fee is required for the contract documents unless stated above.

The District assumes no responsibility for documents sent through the mail. Further, the District assumes no liability or responsibility for the failure or inability of any Bidder to successfully download any and all contract documents, including but not limited to specifications, proposal forms and/or plans, as a result of any type of technological computer and/or software system failure or breakdown that restricts, prohibits or prevents successful downloading of any and all District contract documents by the Bidder, whether caused by the District or other parties, directly or indirectly.

Proposals must be submitted on proposal forms. Proposal forms are to be placed in an envelope. The envelope shall indicate the contract number and date of bid opening. The Proposal shall conform to the terms and conditions of the Bidding Requirements attached thereto.

Bidders are to include with their proposal signed copies of any addenda, or acknowledge receipt of any addenda, if the District issued any addenda to this contract. Failure to do so may be cause for the rejection of any bid. If bidding documents are available online, any addenda issued for this contract will be available online at the District's website, [www.mwrd.org](http://www.mwrd.org). Addenda will also be mailed, delivered, or faxed to each person receiving a set of the contract documents and to such other prospective Bidders as shall have requested that they be furnished with a copy of the addenda.

Each proposal must be accompanied by a bid deposit in the form of cash (U.S. currency only), cashier's check, certified check or bid bond, as stated in the Bidding Requirements and Instructions to Bidders contained in the contract document. The bid bond must be underwritten by a surety licensed to do business in the State of Illinois, listed in the latest copy of the Federal Register and approved by the Director of Procurement and Materials Management.

If after receipt of the Contract Documents there are any questions regarding procedural details, please contact the Department of Procurement and Materials Management at (312) 751-6643.

All Contracts for the Construction of Public Works are subject to the Illinois Prevailing Wage Act (820 ILCS 130/1-et.seq.), where it is stated in the Invitation to Bid Page.

Note: Prospective bidders are advised that the District makes no guarantee and assumes no responsibility for the late or timely delivery of any of these documents pertaining to the above contract(s) which are sent through the U.S. mail, including its mailroom.

**The Metropolitan Water Reclamation District of Greater Chicago reserves the right to reject any or all Proposals if deemed in the public's best interest.**

Metropolitan Water Reclamation District  
of Greater Chicago  
By Darlene A. LoCascio  
Director of Procurement and Materials  
Management

Chicago, Illinois  
September 4, 2013









**HOUSES FOR SALE**

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS COUNTY DEPARTMENT - CHANCERY DIVISION THE BANK OF NEW YORK MELLON FKA THE BANK OF NEW YORK, AS TRUSTEE FOR THE CERTIFICATEHOLD OF CWALT, INC. ALTERNATIVE LOAN TRUST 2005-77 T1, MORTGAGE PASS THROUGH CERTIFICATES SERIES

2005-77T1; Plaintiff,

vs. EUGENE J. PETERSON; UNIVERSITY VILLAGE HOMEOWNERS' ASSOCIATION; MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC.; UNITED STATES OF AMERICA DEPT. OF THE TREASURY, INTERNAL REVENUE SERVICE; UNKNOWN HEIRS AND LEGATEES OF EUGENE J. PETERSON, IF ANY; UNKNOWN OWNERS AND NONRECORD CLAIMANTS;

Defendants, 12 CH 386 NOTICE OF SALE

PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above entitled cause on October 16, 2012 Intercounty Judicial Sales Corporation will on Tuesday, October 8, 2013 at the hour of 11 a.m. in their office at 120 West Madison Street, Suite 718A, Chicago, Illinois, sell at public auction to the highest bidder for cash, as set forth below, the following described mortgaged real estate: P.I.N. 17-20-233-013-0000.

Commonly known as 817 West Village Court, Chicago, IL 60608. The mortgaged real estate is improved with a single family residence. If the subject mortgaged real estate is a unit of a common interest community, the purchaser of the unit other than a mortgagee shall pay the assessments required by subsection (g-1) of Section 18.5 of the Condominium Property Act. Sale terms: 10% down by certified funds, balance, by certified funds, within 24 hours. No refunds. The property will NOT be open for inspection.

For information call the Sales Clerk at Plaintiff's Attorney, The Wirbicki Law Group, 33 West Monroe Street, Chicago, Illinois 60603. (312) 360-9455 W11-3807.

INTERCOUNTY JUDICIAL SALES CORPORATION Selling Officer, (312) 444-1122

1557983

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS COUNTY DEPARTMENT - CHANCERY DIVISION WELLS FARGO BANK, NA Plaintiff,

vs.

VLADAN TOMASEVIC; 1434 S. SPAULDING CONDOMINIUM ASSOCIATION; UNKNOWN OWNERS AND NON-RECORD CLAIMANTS

Defendants, 12 CH 35525 NOTICE OF SALE

PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above entitled cause on June 26, 2013 Intercounty Judicial Sales Corporation will on Friday, September 27, 2013 at the hour of 11 a.m. in their office at 120 West Madison Street, Suite 718A, Chicago, Illinois, sell at public auction to the highest bidder for cash, as set forth below, the following described mortgaged real estate: P.I.N. 16-23-219-027-0000 (old) 16-23-219-034-1005 (new).

Commonly known as 1434 South Spaulding Avenue, Unit 3, Chicago, Illinois 60623. The mortgaged real estate is improved with a condominium residence. The purchaser of the unit other than a mortgagee shall pay the assessments and the legal fees required by subdivisions (g)(1) and (g)(4) of Section 9 of the Condominium Property Act. Sale terms: 10% down by certified funds, balance, by certified funds, within 24 hours. No refunds. The property will NOT be open for inspection.

For information call Mr. Anthony Porto at Plaintiff's Attorney, Freedman Anselmo, Lindberg LLC, 1807 West Diehl Road, Naperville, Illinois 60563-1890. (866) 402-8661. For Bidding instructions visit www.fal-illinois.com 24 hours prior to sale. F12090109 INTERCOUNTY JUDICIAL SALES CORPORATION

Selling Officer, (312) 444-1122

1555018

**HOUSES FOR SALE**

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS COUNTY DEPARTMENT - CHANCERY DIVISION WELLS FARGO BANK, N.A., AS TRUSTEE, ON BEHALF OF THE HOLDERS OF THE HARBORVIEW MORTGAGE LOAN TRUST MORTGAGE LOAN PASS-THROUGH CERTIFICATES, SERIES 2006-12 Plaintiff,

vs. JULIO PRETELT, CURRENT SPOUSE OR CIVIL UNION PARTNER, IF ANY, OF JULIO PRETELT, UNIVERSITY COMMONS OF CHICAGO CONDOMINIUM ASSOCIATION,

UNIVERSITY COMMONS CONDOMINIUM ASSOCIATION, UNIVERSITY COMMONS 1 CONDOMINIUM ASSOCIATION, UNIVERSITY COMMONS MASTER ASSOCIATION, THE BANK OF NEW YORK MELLON FKA THE BANK OF NEW YORK, AS SUCCESSOR TRUSTEE TO JPMORGAN CHASE BANK, N.A., AS TRUSTEE ON BEHALF OF THE CERTIFICATEHOLDERS OF THE CWHEQ INC. CWHEQ REVOLVING HOME EQUITY LOAN TRUST, SERIES 2006-IM, UNKNOWN OWNERS, GENERALLY, AND NON-RECORD CLAIMANTS.

Defendants, 13 CH 6726 NOTICE OF SALE

PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above entitled cause on July 1, 2013 Intercounty Judicial Sales Corporation will on Friday, October 4, 2013 at the hour of 11 a.m. in their office at 120 West Madison Street, Suite 718A, Chicago, Illinois, sell at public auction to the highest bidder for cash, as set forth below, the following described mortgaged real estate: P.I.N. 17-20-226-064-1044.

Commonly known as 1033 W. 14th Pl., Unit 215, Storage Space S-44, Chicago, IL 60608. The mortgaged real estate is improved with a condominium residence. The purchaser of the unit other than a mortgagee shall pay the assessments and the legal fees required by subdivisions (g)(1) and (g)(4) of Section 9 of the Condominium Property Act. Sale terms: 10% down by certified funds, balance, by certified funds, within 24 hours. No refunds. The property will NOT be open for inspection.

For information call Mr. David C. Kluever at Plaintiff's Attorney, Kluever & Platt, L.L.C., 65 East Wacker Place, Chicago, Illinois 60601. (312) 236-0077.

INTERCOUNTY JUDICIAL SALES CORPORATION Selling Officer, (312) 444-1122

1556596

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**GARAGE SALE**

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5412 S. Pulaski Rd. Chicago, Ill

Cell: 708-218-7372  
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**APT. 4-RMS.**

stove & refrig., No pets, deposit. 26th & Christiana. Call

312/286-3405

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**MARY KAY**



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trucking company looking for experienced regional CDL drivers and owner operators, \$1.50 per mile, mostly drop and hook. Limited openings available. BONUS PROGRAM.

Call Marta 708-728-9090 x 219

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**FERIA DE TRABAJO**

United Temps llevará a cabo una feria de Trabajo en las siguientes fechas:

Fecha: 9/11 - 9/12; 9/25 - 9/26

Hora: 10 am - 3 p.m.

Lugar: 2904 W. Cermak Chicago, Il. 60623

Posiciones abiertas: Conserjes, Amas de casa, supervisores de cocina.

Traer: Identificación con foto y documento autorizado para trabajar

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**HEALTH/PERSONAL/  
MISCELLANEOUS**

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Did you undergo transvaginal placement of mesh for pelvic organ prolapse or stress urinary incontinence between 2005 and the present? If the mesh caused complications, you may be entitled to compensation. Call Charles H. Johnson Law and speak with female staff members

Johnson Law  
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**53** Help Wanted

**GARAGE SALES**



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games, books, electro-  
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**HEALTH/PERSONAL/  
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perforation or embedment in  
the uterus requiring surgical  
removal, or had a child born  
with birth defects. You may be  
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- Tener Mínimo 21 años
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- Aplicar en Persona  
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President of the Town of Cicero

And



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## FIESTAS PATRIAS IN CICERO 2013










**MEXICAN PARADE**  
**September 15**  
12:00 to 2:00pm  
Austin Ave. to 50th st.  
Eastbound on Cermak Rd



**"EL GRITO"**  
**September 15**  
7:30pm to 8:30pm  
Laramie & 34th Ave.



**QUEEN PAGEANT**  
**September 5**  
7:00pm to 9:00pm  
Cicero Community Center  
2250 S. 49th Ave.



**FESTIVAL**  
**September 13th, 14th, 15th**  
Laramie & 34th Ave.



**LA PASION DE HIDALGO**  
**September 13th**  
6:00PM-8:00PM  
Morton High School  
2423 South Austin Blvd.

**Cicero Mexican Cultural Committee Members:**



**State Farm**  
Libby Linarez-Herrera  
5731 W 35th Street  
Cicero, IL 60804  
(708) 477-6611



2227 S Laramie Ave  
Cicero, IL 60804  
(708) 652-6550



**IMAGE**  
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Cicero, IL 60804  
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**LEON**  
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Berwyn, IL 60402  
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