Digital Sunday Edition









V. 79 No. 25

5533 W. 25TH STREET. CICERO, IL 60804 - (708)-656-6400 FAX (708) 656-2433

ESTABLISHED 1940

Ruido Fest: More Acts, New Location



Caption by Ashmar Mandou

Ruido Fest, Latinmusic themed, threeday festival returns to Chicago for its fifth anniversary with a robust list of diverse musical acts. This weekend, artists will descend onto its new location, Union Park, situated on the Near West Side, where fans can catch more than 50 acts, an increase from last year's 40, on three main stages. Among the artists are Enanitos Verdes (Argentina); El Tri, El Gran

Silencio (Mexico); and Los Tigres del Norte (United States). Also, music lovers can expect an array of food vendors, information booths for activist and nonprofit groups, children's activities, carnival rides, and the quintessential lucha libre.

Ruido Fest: Más Actos, Nueva Ubicación

Caption by Ashmar Mandou

Ruido Fest, festival de música latina de tres días, regresa Chicago en su quinto aniversario, con una fuerte lista de diversos actos musicales. Este fin de semana, los artistas llegarán a su nueva ubicación, Union Park, situado en el Sector Oeste Cercano, donde los fanáticos pueden ver más de 50 actos, un aumento de los 40 del año pasado, en tres estrados principales.

Entre los artistas están Enanitos Verdes (Argentina); El Tri, El Gran Silencio (México) y Los Tigres del Norte (Estados Unidos). Los amantes de la música pueden disfrutar también de una gran cantidad de vendedores



de comida, puestos de información para grupos

activistas y no lucrativos, actividades infantiles,

juegos mecánicos y la lucha libre por exelencia.

LEGAL NOTICE

LEGAL NOTICE

LEGAL NOTICE LEGAL NOTICE

TOWN OF CICERO NOTICE OF PUBLIC HEARING

ZONING BOARD OF APPEALS

LEGAL NOTICE

PLEASE TAKE NOTICE, that the Town of Cicero Zoning Board of Appeals (the "ZBA") will convene a public hearing on **Wednesday**, **July 10th, 2019 at 1:00 PM.** in the Council Chambers, at the Town of Cicero, 4949 West Cermak Road, Cicero, Cook County, Illinois

Said Public Hearing is convened for the purpose of considering and hearing testimony with regards to a proposal initiated by the owners of the property located at **4813 West Roosevelt Road, Cicero IL 60804**, is requesting a **Special Use Permit** to operate a used car lot on the Roosevelt Road Form Based District-Auto Orientated

PIN: 16-21-207-003-0000

Legal Description:

LOTS 7, 8, 9 AND 10 IN BLOCK 1 GRANT LOCOMOTIVE WORKS ADDITION TO CHICAGO A SUBDIVISION OF SECTION 21, TOWNSHIP 39 NORTH, RANGE 13, OF THE THIRD PRINCIPAL MERIDIAN, LYING SOUTH OF THE CENTER OF OGDEN AVENUE, IN COOK COUNTY ILLINOIS.

The ZBA will entertain the submission of documents, testimony and public comment regarding said Proposal. All persons who are interested are invited to attend the public hearing to listen and be heard. The Proposal and all related documents are on file at Town Hall, Legal/Zoning Department, located at 4949 West Cermak Road, 2nd Floor, Cicero, Illinois.

This Public Hearing may be continued to a further time, date and place without further notice being given except as may be provided in the Illinois Open Meetings Act.

Chairman

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Said Public Hearing is convened for the purpose of considering and hearing testimony with regards to a proposal initiated by the owners of the property located at **5400 West 31st Street, Cicero IL 60804**, is requesting a **Parking Variance** to operate a fast food restaurant in an R-3 Zoning District.

PIN: 16-28-310-038-0000

Legal Description:

LOT THIRTY EIGHT IN BLOCK NINE IN HAWTHORNE SQURE SUBDIVISION OF BLOCKS THREE, FOUR, FIVE, SIX, EIGHT, AND NINE IN THE SUBDIVISION OF THAT PART OF THE EAST THREE QUARTERS OF THE WEST HALF OF SECTION 28, TOWNSHIP 39 NORTH, RANGE 13, OF THE THIRD PRINCIPAL MERIDIAN, LYING SOUTH OF THE CENTER OF OGDEN AVENUE, IN COOK COUNTY ILLINOIS.

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PIN: 16-20-200-006-0000

Legal Description:

THE LEGAL DESCRIPTION FOR THE ABOVE MENTIONED PROPERTY IS TOO LARGE TO DISPLAY HERE. A COPY IS AVAILABLE IN THE TOWN OF CICEROS LEGAL /ZONING DEPARTMENT.

The ZBA will entertain the submission of documents, testimony and public comment regarding said Proposal. All persons who are interested are invited to attend the public hearing to lister and be heard. The Proposal and all related documents are or file at Town Hall, Legal/Zoning Department, located at 4949 West Cermak Road, 2nd Floor, Cicero, Illinois.

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Said Public Hearing is convened for the purpose of considering and hearing testimony with regards to a proposal initiated by the owners of the property located at **6043 West Roosevelt Road, Cicero IL 60804,** is requesting a **Parking Variance** to expand the existing restaurant and add gaming machines on the Roosevelt Road Form Based District-Pedestrian Orientated

PIN: 16-20-106-077-0000

Legal Description:

THE LEGAL DESCRIPTION FOR THE ABOVE MENTIONED PROPERTY IS TOO LARGE TO DISPLAY HERE. A COPY IS AVAILABLE IN THE TOWN OF CICEROS LEGAL /ZONING DEPARTMENT.

The ZBA will entertain the submission of documents, testimony and public comment regarding said Proposal. All persons who are interested are invited to attend the public hearing to listen and be heard. The Proposal and all related documents are on file at Town Hall, Legal/Zoning Department, located at 4949 West Cermak Road, 2nd Floor, Cicero, Illinois.

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Chairman

Illinois Department of Public Health Expands Newborn Screening



The Illinois Department of Public Health (IDPH) is rolling out a test for adrenoleukodystrophy (ALD) for all newborn babies statewide. ALD is a rare hereditary disorder that affects the brain, nervous system, and adrenal gland. It affects approximately 1 in 20,000 births. "Babies born with adrenoleukodystrophy have normal brains at birth. However, progression of the disorder without treatment can be fatal," said IDPH Director Dr. Ngozi Ezike. "By adding ALD to the Illinois newborn screening panel, every baby born in Illinois will be tested for ALD. Babies who test positive

for this disorder can then receive therapies during the early stage of the disease." Early diagnosis of babies with ALD can lead to potentially lifesaving interventions, including adrenal steroid replacement and stem cell transplantation. These therapies are only effective during a narrow window, which is often missed. Through universal screening and early diagnosis, treatment options can be evaluated by the baby's health care providers and initiated in some cases before symptoms develop. Additional information can be found on the dph. illinois.gov website.



Making the Most of Wellness Programs



By: Colleen Van Ham, president & CEO, UnitedHealthcare of Illinois

More people in Illinois and across the country are gaining access to well-being programs that encourage consumers to adopt healthier lifestyles and, ideally, help curb health care costs. According to a recent study, 87 percent of employers are committed to workplace well-being efforts, and nearly threequarters (73 percent) offer a program. These efforts are already producing results: Among people with access to employer-sponsored well-being programs, 57 percent said the initiatives

had a positive effect on their health, according to the 2019 UnitedHealthcare Wellness Check Up Survey. Among those, 82 percent said they were motivated to pay more attention to their health; 63 percent said they increased physical activity; 59 percent improved their diet; and 30 percent reported improved sleep. As people seek to improve their health habits heading into summer, here are some tips to help consumers become healthier and make the most of their well-being programs: **Modify Lifestyle Choices:** As many as 80 percent or more of the incidence of premature chronic conditions, such as heart disease, stroke and diabetes, are caused by modifiable lifestyle choices - such as risk factors like smoking or obesity - as opposed to being caused by genetic factors, according to a study by the Centers for Disease Control and Prevention (CDC). With that in mind, people should consider ways to make healthier choices throughout the workday, such as starting or participating in walking meetings, using onsite fitness equipment or taking advantage of biometric screenings, or opting for a stand-up desk. During breaks, choose healthier snacks such as fruits and vegetables, while goto lunches can include a sandwich with a lean protein – such as turkey or chicken breast – or a visit to the salad bar.

Earn Available Incentives: Mid-sized and large employers this year will offer an average per-employee well-being incentive of \$762, according to a study by the National Business Group on Health. Check with your HR department to determine what well-being incentives might be available to you. For instance, some programs

enable people to earn more than \$1,000 per year by meeting certain daily walking goals. Other initiatives provide discounts on gym memberships and premium discounts for meeting various health benchmarks, such as a non-nicotine use or normal blood pressure. Start to Socialize: Recent research shows that meaningful relationships may be crucial for overall health. By incorporating social components into

vour well-being or fitness routine, vou may be more likely to stick with it. The Wellness Check Up Survey found that over half (57 percent) of respondents said they are more likely to participate in a fitness routine if there is a social component, either in-person or virtually. Potential strategies include participating in walking groups, going to group fitness classes or joining recreational leagues such as basketball or tennis.





Chicagoland Kevin Ware
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Budget Increase for Higher Education

Higher education officials are relieved to see a budget increase for next year, plus a new capital program for repairs and new construction. The FY 2020 state budget includes \$154 million in new dollars for higher

education in Illinois, or an 8.2 percent increase over the current fiscal year, for an operations and student assistance total of \$2.05 billion. The \$13.9 million increase for the community college operations and adult education programs

represents an increase of five percent over this year. **Highlights of the budget:** *Illinois Student Assistance Commission*

• A \$50 million increase in MAP funding to \$451 million, a historic high for the annual appropriation





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Financial assistance is available for eligible Chicago residents. Learn more at: www.chicagoparkdistrict.com/day-camp/

Some parks begin on Monday, April 29

City of Chicago, Lori Lightfoot, Mayor Chicago Park District Board of Commissioners Michael P. Kelly, General Superintendent & CEO





for a statewide grant program that helps make college possible for low income students.
• An increase of \$10 million for AIM HIGH grants, bringing the appropriation to \$35 million to support eligible students attending Illinois public universities. Illinois Community College Board:

• An increase of \$13.9

million (5 percent) for the community college operating grants and the adult education system. • \$1.0 million increase for transitional math and English. • \$23.8 million in additional dollars for bridge programs and student support services.

Illinois Board of Higher Education:

• A 4.8 percent funding bump (\$53 million) for state universities.
• \$1 million increase for Grow Your Own, which encourages Illinois parents and others connected to schools to become teachers here in the state.
• A 3 percent increase (\$552,000) for the Illinois Math and Science Academy.

MSI, Chicago's Summer Brain Games Explores How Science and Play Combine



The Museum of Science and Industry, Chicago's (MSI) is launching its eighth annual Summer Brain Games program that explores the connection between science and play, letting kids make their own toys with nine science-based activities that are available for free on MSI's website. Families must register online to receive emails with detailed instructions on nine science games to play along with. Each game can be done at home with some adult supervision, using easy-to-find supplies. Those who register online at msichicago.org/summerbrain will receive a free Museum Entry voucher (one ticket per household). For more information, visit msichicago.org or call (773) 684-1414.

Photo Credit: JB Spector/ Museum of Science and Industry, Chicago

State Board of Education Awards in Grants to Strengthen Teaching Profession



The Illinois State Board of Education (ISBE) announced that seven

school districts have received state grants to strengthen the teaching profession. The teacher leadership and teacher residency grants, totaling

\$1 million, will provide critical resources as part of the state's efforts to alleviate the statewide educator shortage. Both grants will produce evidence-based models that can be shared and scaled statewide. Research shows that leadership opportunities for current teachers promote retention and prevent burnout, as well as positively impact student achievement and school culture. The Teacher Leadership

Problems of Practice Grant will support grantees in addressing local challenges to developing and retaining teacher leaders. Highquality field experiences are essential in developing teachers who are "day one ready." The Teacher Residency Planning Grant will support partnerships between high-needs school districts and institutions of higher education to plan full-year field experiences. The following school districts received Teacher Residency Planning Grants:

•North Chicago CUSD 187 (in partnership with National Louis University)

- \$50,000*

•Woodstock CUSD 200 (in partnership with Aurora University) - \$50,000*

•Chicago Public Schools 299 (in partnership with Roosevelt University) -\$50,000*

Learn more about the grants at www.isbe.net/Pages/Educator-Effectiveness-Grants.aspx.

MSI y Summer Brain Games de Chicago Exploran como Combinan la Ciencia y el Juego

El Museo de Ciencias e Industria y (MSI) de Chicago lanzan su octavo programa Summer Brain Games que explora la conexión entre la ciencia y el juego, dejando que los niños hagan sus propios juguetes, con nueve actividades basadas en la ciencia, disponibles gratis en la red de MSI. Las familias deben registrarse en línea para recibir

e-mails con instrucciones detalladas en nueve juegos de ciencia. Cada juego puede hacerse en casa con algo de supervisión adulta, usando suministros fácil de encontrar. Los que se registren en línea en msichicago.org/ summerbrain recibirán una entrada gratis al museo (un boleto por familia). Para más información, visitar msichicago.org o llamar al (773) 684-1414.



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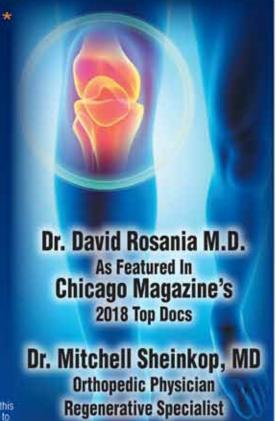
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PRECIO PARA VENDERSE

Esta hermosa casa está situada en el corazón de la próspera comunidad de La Colina en las afueras de Quito, a pasos del centro comercial San Rafael. Constituye un oasis para cualquier persona que esté buscando tranquilidad, clima excelente y protegido. La casa tiene hermosos jardines y terreno extra en la parte de atrás. Esta casa tiene 5 años de construida y cuenta con 11 habitaciones y 11 baños, 9 están alquiladas en la actualidad y 2 suites para los dueños. Se encuentra dentro de una comunidad privada de gran demanda. La casa tiene una entrada de porcelana, ventanas de piso a techo con vista a la ciudad, amplia sala y comedor, cocina equipada, garaje para tres autos, escalera de caracol, tragaluces y un jardín lujoso con terreno adicional para expansión, si lo desea.

Construida en un vecindario de gran plusvalía, frente a la Universidad ESPE, completamente segura con guardianía las 24 horas. La casa está situada en un punto alto de la comunidad La Colina y ofrece magníficas vistas. En los alrededores hay comercios y vida nocturna en un agradable vecindario. Para más información y fotos por favor visite nuestro web site.

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