



Noticiero Bilingüe **LAWNDALE** Sunday, June 30, 2019 *NEWS*



WEST SIDE TIMES

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Erie Family Health Centers Moves Chicagoland Toward a Society Without HIV

After 30 fulfilling years of the nationally-recognized HIV/AIDS program, *Lending Hands for Life*, Erie Family Health Centers is the closest it's ever been to moving Chicagoland toward a society without HIV. With the program's behavioral health support in conjunction with medical care, Erie patients' viral suppression rate is currently at 92.5 percent, making *Lending Hands for Life* a leading program in the state. Erie is a partner of *Getting to Zero Illinois*, a state-wide initiative to

end the HIV epidemic in the state by 2030. Erie Family Health Centers encourages everybody to know their HIV status, utilizing awareness days like National HIV Testing Day (June 27) and inviting anybody interested in knowing their HIV status to take advantage of the health centers' testing services. At Erie Humboldt Park and Erie Evanston/Skokie, Erie offers walk-ins for free rapid HIV testing to anybody with a photo ID, meaning one



doesn't need to be a patient, a Chicago resident or even a citizen to get tested. The

walk-in testing is available Monday through Friday from 1 p.m. to 4 p.m. at

Erie Humboldt Park (2750 W. North Avenue, Chicago) and on Fridays from 1 p.m.

to 4 p.m. at Erie Evanston/Skokie (1285 Hartrey Avenue, Evanston).

YMCA of Metro Chicago Teaming Up with Google to Bring Bilingual Online Safety



The YMCA of Chicago is teaming up with Google

to host workshops for parents to help teach families about online safety and digital citizenship with

its Be Internet Awesome program and help families create healthy digital habits with the Family Link app. The workshops, designed for parents, coincide with June's National Internet Safety Month and come at the start of the school summer holidays when screen time use typically surges and parents seek ways to best protect their children from unscrupulous online activity. The one-hour workshops are free and will focus on Be Internet

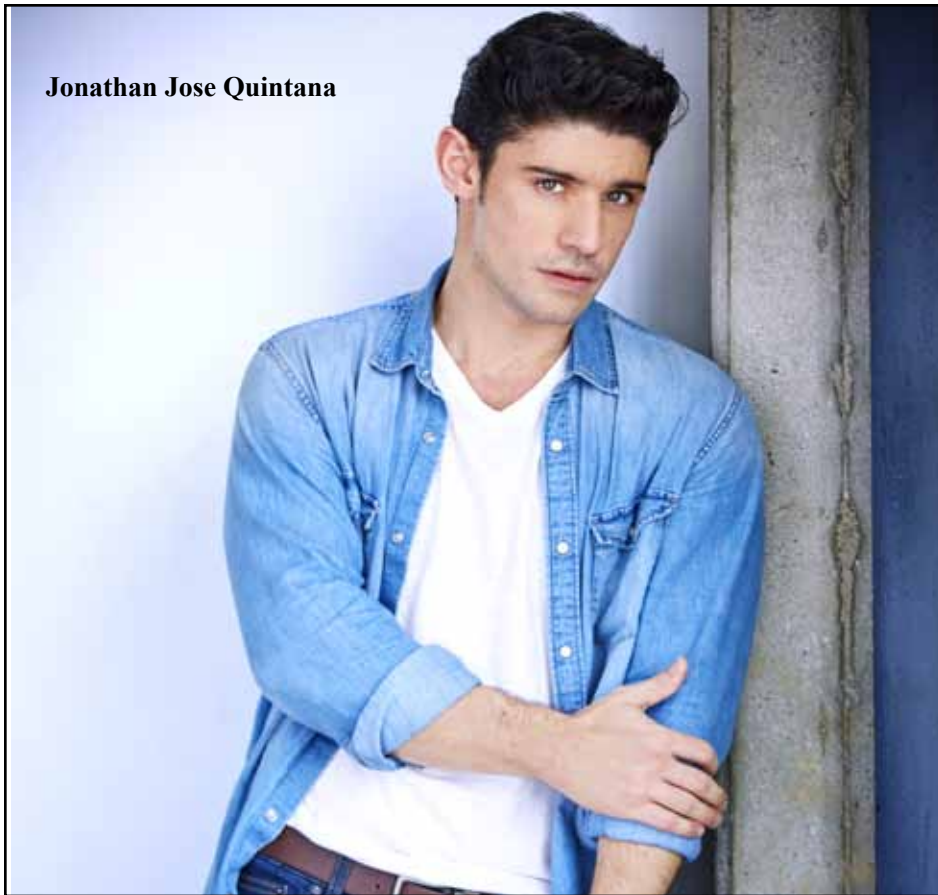
Awesome's "Internet Code of Awesome": Be SMART, ALERT, STRONG, KIND and BRAVE. Families will learn to teach their children how to communicate responsibly, understand real from fake in the face of phishing and scams,

build strong passwords, be positive and kind online, talk about questionable content with their family, and why building healthy tech habits is important. To view the complete list of workshops, locations, and dates, visit yBIA.org.



Venezuelan Actor Johnathan Jose Quintana Returns to Nickelodeon as Antagonist for Original Series 'Club 57'

Jonathan Jose Quintana



By Nikoleta Morales

Venezuelan actor Jonathan Jose Quintana, also known as John Freudman, continues his successful career with a new entertainment role in the highly anticipated Nickelodeon series "Club 57," which premiered in Latin America on May 6th. The 60-episode series is a musical melodrama that takes place between the present year and 1957. "Club 57" was created by Catharina Ledebor ("Grachi", "Talia in the Kitchen", "Vikki RPM") and is a co-production of Nickelodeon Latin America (a Viacom International Studios company) and the Italian production company Rainbow Group. "Club 57" follows teenagers Eva (Montaner) and her brother Ruben (Silva) who accidentally travel to the year 1957.

Eva falls in love with JJ (Frasconi) and decides to stay in the past, but her decision triggers a butterfly effect that changes their lives for the entertaining worst possible outcome. Jonathan plays the funny antagonistic role of Miguel, a television producer from the 50's who falls in love with Amelia (Castillo) and does everything to win her love and separate her from Manuel (Mercado). In addition to his character, Jonathan gives life with his voice to 'Droide', an artificial intelligence robot. Currently, Jonathan lives between Los Angeles and Miami and has begun his breakthrough in the American market with his participating in several new success short films. Lawndale News spoke with Jonathan about his life, career and great sense of humor!

LN: Why did you decide to change your name?

JQ: My name is Jonathan Jose Quintana and I decided to change it to my stage name because it suits me better. I was called many names. When I was little they called me Frodo. When I came to the US, I was called El Primo and then Johnnie. When I came to LA, I called myself John and it had some sort of assertiveness. I have been called Gabriel, Frenchie. I changed my name a year and a half ago.

LN: What role has your wife played in your career? You recently got married to her.

JQ: My career is very unstable. You have to travel from one place to another place. She is also in this business as an actress, host and singer. The fact that she understands me and is as adventurous as I am, is amazing. When we started going out and I started to get to know this person it was a no brainer to marry

this woman. I just knew. My little brother married his wife two years ago but have been together for seven years. I asked my brother who got married before me how did he know she was the one? My brother said when you know you know. When I met my wife I knew it from the get go and it didn't take long for me to stop looking.

LN: When and why did you start acting?

JQ: I have always been a showman. My mom got me in commercials when I was little. I always liked to make people laugh. It came natural to me. When I started getting some money out of it and I realized I was good at it, I thought "why not make my passion my income source?" From that point on I knew I had to make myself a product and do what I love. If you love what you do you are not working.

LN: Tell us about your role as a villain. What

makes it so intriguing?

JQ: It is very fun. It is exciting. I think we people are a mixture of good and bad and there is a balance. I try not to make my villain evil but give him a sense of why he is doing what he is doing to create a more real character. I give the character a reason why he is evil and I find what his final objective is. I never played a good guy and for some reason people see me as the bad guy (laughs). I am not a fearful guy; I am a goofy guy.

LN: Tell me about Club57. What makes this show unique?

JQ: It is a very interesting show. It caters for a variety of people. It is very trendy. For the people who like SciFi would be great. It has an element of the 50s. The protagonist travels back to the 50s and they are looking to find a way back to our own time. It is a very fun show to watch. It has music and singing and a lot

of everything. It also has an educational purpose - a segment towards teaching science to the kids.

LN: What else are you currently working on?

JQ: Currently I am studying in LA. There is a project with Telemundo I am working on but I can't say much. We are in the talks for the next soap opera. We are crossing fingers for Second Season of Club57.

LN: Advice and message to your fans?

JQ: Treat life as a big joke but be serious about your comedy because a good joke comes from reality. When you are being told a joke you have two ways to take it - you either get offended or laugh about it. Choose to laugh about life. It's the only one we have. Watch the show! I am very proud of the work we all did and people will enjoy it. Be out there and live happy!

John Leguizamo Brings Juggernaut Hit to Midwest



Endless critical and audience acclaim direct from Broadway. A sold-out run at The Public Theater. A record-breaking engagement at Berkeley Repertory Theatre. *Latin History For Morons*, the most unique show of the season, reveals American's unsung heroes, throughout past and present - all

unforgettably told by tony and Emmy Award winner John Leguizamo, one of the most incisive, insightful and entertaining personalities on stage today. *Latin History for Morons* goes a mad recap of the Aztec empire to stories of unknown Latin patriots of the Revolutionary War and beyond, Leguizamo breaks down the 3,000

years between the Mayans and Pitbull into 110 irreverent and uncensored minutes above and beyond his unique style. *Latin History of Morons* will be at Overture Center for the Arts in Madison, WI on Friday, June 28th at 7:30p.m. For more information, www.overture.org.

Jennifer Lopez It's My Party Tour in Chicago



Music and entertainment powerhouse **Jennifer Lopez** revealed details of her highly anticipated It's My Party Tour, her first ever US headlining tour. To celebrate her birthday, the multi-hyphenate entertainer will bring an all new show to fans in 25 cities across North America this summer, including a stop in Chicago on Saturday, June 29th and Sunday, June 30th. World of Dance finalists Swing Latino and Briar Nolet, and season one winners The Lab will join her as special guests on her highly anticipated tour. The three acts will open on the singer's first ever

solo U.S. headlining tour. Fans can anticipate a signature Jennifer Lopez show each night - the *It's My Party Tour* will feature a nonstop party mix of Jennifer's new and classic anthems, showstopping choreography and dancers,

dazzling wardrobe, jawdropping technology and set design, and all of the glamour and wow-factor fans have come to expect of Jenny from the Block. For ticket information, visit www.unitedcenter.com



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LAF Changes Name to Legal Aid Chicago



LAF, the largest provider of free, high-quality civil legal services for people

living in poverty in Cook County, today announced it has changed its name to

Legal Aid Chicago. The organization officially announced its new name

and unveiled a new logo at its annual luncheon in front of a crowd of 700. Legal Aid Chicago's 150-person staff, including 85 attorneys, transforms lives by securing economic stability, stable housing, basic healthcare, fair working conditions, and protection from abuse for clients. The staff's deep expertise in all areas of poverty law allows them

to handle the complex and interconnected legal issues that their clients face. The organization has been serving Cook county residents for over 50 years. In addition to providing free, comprehensive services and deep expertise to their clients, Legal Aid Chicago collaborates with others to inform its work and expand its impact. Partnering with community

groups and social service providers allows the organization to identify the issues impacting vulnerable communities, while partnering with the legal and business communities in Chicago allows the organization to engage pro bono lawyers and other volunteers. Learn more about Legal Aid Chicago at our redesigned website, <https://www.legalaidchicago.org>.

LAF Cambia el Nombre a Legal Aid Chicago

LAF, el mayor proveedor de servicios cívicos legales de alta calidad, gratis, para gente que vive en la pobreza en el Condado de Cook, anunció hoy haber cambiado su nombre a Legal Aid Chicago. La organización anunció oficialmente su nuevo nombre y reveló un nuevo logo en su almuerzo anual, frente a una multitud de 700 personas. El personal de Legal Aid Chicago, de 150 personas, incluyendo 85 procuradores, transforma

la vida asegurando estabilidad económica, vivienda estable, cuidado de salud básico, condiciones de trabajo justas y protección de abuso para sus clientes. La gran experiencia del personal en todas las áreas de pobreza les permite manejar los complejos e interconectar los problemas legales que enfrentan sus clientes. La organización ha estado sirviendo a los residentes del Condado de Cook por

más de 50 años. Además de provee servicios integrales gratuitos y gran experiencia a sus clientes, Legal Aid Chicago colabora con otros para informar su trabajo y amplía su impacto. El afiliarse con grupos comunitarios y proveedores de servicio social permite a la organización identificar los problemas que impactan a las comunidades vulnerables, mientras se asocian con comunidades



legales y comerciales en Chicago, lo que permite a la organización comprometer

a abogados pro bono y otros voluntarios. Más información sobre Legal

Aid Chicago en nuestra red rediseñada, <https://www.legalaidchicago.org>

Attorney General Raoul Highlights Resources for Immigrants in Illinois

Attorney General Kwame Raoul highlighted resources available to help immigrants, consulate offices and non-profit organizations to educate immigrants on their legal rights. In

light of reports that U.S. Immigration and Customs Enforcement could conduct enforcement operations in cities around the country, including in Chicago, Attorney General Raoul highlighted the office's

"Know Your Rights" public awareness campaign to help immigrants living in Illinois understand their rights and responsibilities when interacting with law enforcement. "Know Your Rights" resources

are available free of charge on the Attorney General's website in English, Spanish, Arabic, Chinese, Hindi, Polish, Serbian and Urdu, along with a mobile version and printable pocket-sized guide. The materials summarize people's rights if confronted by an immigration agent or a police officer, detail what

to expect if immigration agents or police officers come to your home, and offer an explanation of your rights if you are arrested. They also provide important reminders about immigration documentation, tips for avoiding dishonest immigration service providers and links to additional resources.

The Attorney General's office does not request information about immigration or citizenship status from anyone who contacts the office or files a complaint. Attorney General Raoul encourages individuals to contact his office to report instances of discrimination or harassment by calling his Civil Rights Hotline at 1-877-581-3692.

Representatives García, Khanna Introduce Legislation to Boost Jobs and Wages



Representatives Jesús “Chuy” García (IL-04) and Ro Khanna (CA-17), introduced the Reward Work Act as a companion

to legislation by Senator Tammy Baldwin (D-WI). This bill will address the explosion in so-called “stock buybacks.” Since

the late 1970s, a growing share of economic growth has gone to Wall Street with little given to workers. This is especially true since

the passage of the 2017 tax overhaul. Since President Trump signed that bill, corporate firms have spent more than \$1 trillion on stock buybacks to pay out executives and shareholders. The Reward Work Act also gives workers a voice in choosing how their company is run by requiring public companies to directly elect one-third of the company’s board of directors and banning open-market stock buybacks. In the

Senate, the bill has been cosponsored by Senators Tammy Baldwin (WI), Elizabeth Warren (MA), Bernie Sanders (VT), and Brian Schatz (HI). This bill has been supported by organizations including AFL-CIO, Communication Workers of America, Public Citizens, Americans for Financial Reform and Take On Wall Street. Wells Fargo was the biggest beneficiary of this tax bill, according to *Vox*. The corporation has bought

back \$40 billion of its own stock while laying off workers and being involved in numerous consumer protection scandals. In 2018, Starbucks spent nearly \$6 billion on stock buybacks. If Starbucks reallocated money from share buybacks, every worker could receive a \$7,000 raise. Similarly, if Lowe’s, CVS and Home Depot did the same, each worker could receive at least 18,000 per year.

El Procurador General Raoul Destaca Recursos para los Inmigrantes en Illinois



El Procurador General Kwame Raoul destacó los recursos disponibles para ayudar a los inmigrantes, las oficinas del consulado y organizaciones no lucrativas a educar a los inmigrantes sobre sus derechos legales. En vista de reportes de que U.S. Immigration and Customs Enforcement pudo conducir operaciones de ejecución en toda ciudad del país, incluyendo Chicago, el Procurador General Raoul destacó la campaña de concientización pública “Conoce Tus Derechos” para ayudar a los inmigrantes que viven en Illinois a entender sus derechos

y responsabilidades cuando interactúan con la aplicación de la ley. Los recursos de “Conoce Tus Derechos” están disponibles en forma gratuita en la red del Procurador General en inglés, español, árabe, chino, hindi, polaco, serbio y urdu, junto con una versión móvil y una guía tamaño bolsillo para imprimir. Los materiales resumen los derechos de la gente si es confrontada por un agente de inmigración u oficial de policía, detalla que esperar si los agentes de inmigración o los oficiales de policía llegan a su casa y ofrecen una explicación sobre

sus derechos si usted es arrestado. También provee importantes recordatorios sobre documentación de inmigración, consejos para evitar proveedores de servicios de inmigración deshonestos y enlaces a recursos adicionales. La oficina del Procurador General no pide información sobre inmigración o ciudadanía de nadie que se comunique con la oficina o registre una queja. El Procurador General Raoul aconseja a las personas comunicarse con su oficina para reportar casos de discriminación o acoso, llamando a la Línea Directa de Derechos Civiles al 1-877-581-3692.

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More Than Sixty Percent of City Colleges Students Surveyed Are Food or Housing Insecure, According to A New Report

According to a report released by the Hope Center for College, Community, and Justice at Temple University's College of Education, 64 percent of the City Colleges of Chicago students surveyed expressed food or housing insecurity. City Colleges of Chicago's Chancellor Juan Salgado unveiled the results as he introduced additional measures to address

some of the challenges the city's community college students face outside of the classroom, including an emergency fund and a dedicated housing coordinator. The national survey found that 44 percent of the City Colleges students who responded to the survey were food insecure in the prior 30 days, 54 percent were housing insecure in the previous year, and 15

percent of respondents were homeless in the previous year. More than 3,000 students from the seven colleges participated in the survey, or six percent of the 47,000 students enrolled in the Fall 2018 semester. City Colleges has launched an emergency fund for unforeseen, one-time crises, which is now available to students on a first-come, first-served basis. The fund



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Chicago Park District Board of Commissioners
Michael P. Kelly, General Superintendent & CEO

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is administered by the non-profit All Chicago and made possible by an anonymous donor. It seeks to aid students who face unexpected roadblocks that would otherwise keep them from completing their degree by providing students up to \$750 per

semester. City Colleges is also adding a new housing coordinator, made possible by a \$70,000 grant from Chicago Community Trust, who will help connect students to housing resources within sister agencies and community-based organizations.

The #RealCollege survey, which specifically evaluates access to affordable food and housing, began in 2015 under the Wisconsin HOPE Lab, and is supported by the Lumina Foundation. Media contact: Danny Sternfield, dsternfield@ccc.edu, 847.533.2744



Morton College NSLS Members Receive National Student Scholarship Awards



Two Morton College students were among 88 nationally to receive scholarships from the National Society of Leadership and Success, the nation's largest leadership organization with more than one million members nationwide. With a special focus on leadership, NSLS's events and activities are designed to help students develop and practice communication, organization and goal-setting skills, all while interacting with a close-

knit community of students. Peter Salas, a sophomore, and Dylan Miller, a freshman, received recognition from NSLS based on their Spring 2019 scholarship applications. Miller received a \$1,000 "Financial Aid" award. He is a newly-inducted member from Morton College's Spring 2019 NSLS class. Salas received a \$500 "Practicing Leadership" award. After joining NSLS in its introductory semester at Morton in Fall 2018, Salas

completed his steps to induction in one semester, and in Spring 2019 he earned his Advanced Leadership Certification. Morton College's Chapter of NSLS is preparing to induct new members in Fall 2019. Nominated students will receive letters in the mail in mid-July. All NSLS members, pre- and post-induction, are eligible to apply for scholarships on the NSLS website. For more information, visit nsls.org/memberinfo/awards/overview for more information.



Chicago Public Library Launches Summer Learning Challenge

Chicago Public Library (CPL) joined community leaders at the McKinley Park Branch Library for the launch of CPL's "Summer Learning Challenge" and "Teen Summer Challenge," and to celebrate the tenth anniversary of YOUmedia. Through August 17th, the City's libraries will offer hundreds of programming opportunities for children focused on education, engagement and safety for youth, families and the community at large for summer 2019. CPL's Summer Learning

Challenge is geared toward education, engagement and safety with programming tailored to youth of all ages to prevent the "summer slide," where children can lose up to three months of learning during the summer. This year's programs feature several new learning opportunities for youth, including the Coder in the Library program, created by Chicago Public Library in partnership with Chicago Public Schools, Northwestern's Center for Excellence in Computer

Science Education and First Lady Amy Eshleman, where youth can drop-in at one of twelve locations for help learning to code. CPL will also host the Teen Summer Challenge, "We Are Chicago: Your City, Your Summer, Your CPL," providing youth ages 13-18 a chance to develop new skills, discover award-winning literature and refine their digital skills by working in the Library's YOUmedia learning labs and teen areas. For more information, visit chicago.gov/summer.

La Biblioteca Pública de Chicago Lanza el Reto Aprendizaje de Verano



La Biblioteca Pública de Chicago (CPL) se unió a líderes de La Sucursal de la Biblioteca McKinley

Park para lanzar "Summer Learning Challenge" y "Teen Summer Challenge", y para celebrar el décimo

aniversario de YOUmedia. Hasta el 17 de agosto, las bibliotecas de la Ciudad ofrecerán cientos

de oportunidades de programación para niños, enfocadas en educación, compromiso y seguridad para jóvenes, familias y la comunidad entera para el verano del 2019. El Reto Aprendizaje de Verano de CPL está dirigido a la educación, el compromiso y la seguridad, con programación apropiada para jóvenes de todas las edades para prevenir el "resbalón del verano" donde los niños pueden perder hasta tres meses de aprendizaje durante el verano. Los programas de este año presentan varias nuevas oportunidades de

aprendizaje para jóvenes, incluyendo el programa Coder in the Library, creado por la biblioteca Pública de Chicago en colaboración con las Escuelas Públicas de Chicago, el Centro por Excelencia de Northwestern en Educación de Ciencias Computarizadas y First Lady Amy Eshleman, donde los jóvenes pueden pasar por uno de doce locales para ayudar a aprender a hacer un código.

CPL presentará también Teen Summer Challenge, "Somos Chicago: Tu Ciudad, Tu Verano, Tu CPL", dando a los jóvenes de 13 a 18 años la oportunidad de desarrollar nuevas destrezas, descubrir literatura premiada y refinar sus destrezas digitales trabajando en los laboratorios de aprendizaje YOUmedia de la biblioteca y áreas para adolescentes. Para más información, visite chicago.gov/summer.



YMCA de Metro Chicago se Une a Google para Traer Seguridad Bilingüe en Línea



El YMCA de Chicago se une a Google para ofrecer talleres para que los padres ayuden a enseñar a sus familias sobre la seguridad en línea y la ciudadanía digital, con su programa Be Internet Awesome y a las familias a crear hábitos digitales saludables con la aplicación Family Link. Los talleres, diseñados para los padres, coinciden con el Mes Nacional de Seguridad en Internet de junio y llegan a principio

del verano escolar cuando típicamente surge la afición por las pantallas y los padres buscan la forma de mejor proteger a sus hijos de actividad inescrupulosa en línea. Los talleres de una hora son gratis y enfocados en "Internet Code of Awesome" de Be Internet Awesome: Be SMART, ALERT, STRONG, KIND and BRAVE. Las familias aprenderán a enseñar a sus hijos como comunicarse con

responsabilidad, entender lo real de los ficticio en vista de tantos engaños y estafas, como establecer códigos más fuertes, ser positivos y amables en línea, hablar sobre contenido cuestionable con su familia y porqué es importante establecer hábitos tecnológicos saludables. Para ver la lista completa de talleres, lugares y fechas, visite yBIA.org.



Miembros de Morton College NSLS Reciben Becas Nacionales para Estudiantes

Dos estudiantes de Morton College estuvieron entre 88 estudiantes a nivel nacional que recibieron becas de National Society of Leadership and Success, la organización de liderazgo más grande de la nación, con más de un millón de miembros a nivel nacional. Con enfoque especial en el liderazgo, los eventos y actividades de NSLS están diseñadas para ayudar a los estudiantes a desarrollar y practicar comunicación, organización y destrezas para fijar una meta, todo mientras interactúan con una comunidad unida de estudiantes. Peter Salas,

estudiante de segundo año de secundaria y Dylan Miller, de primero, recibieron el reconocimiento de NSLS en base a sus solicitudes de becas de Primavera 2019. Miller recibió un premio de "Ayuda Financiera de \$1,000. Miller es un miembro de Morton College, recientemente admitido en la clase Spring 2019 NSLS del Colegio. Salas recibió \$500 en "Liderazgo en Ejercicio". Después de unirse a NSLS en su semestre de introducción en el Otoño del 2018, Salas completó los pasos

para entrar a un semestre y en la primavera del 2019 obtuvo su Certificación en Liderazgo Avanzado. El Capítulo de NSLS de Morton College se prepara para inducir nuevos miembros en el otoño del 2019. Los estudiantes nominados recibirán cartas en el correo a mediados de julio. Todos los miembros de NSLS, pre- and post-inducción, son elegibles para solicitar becas en la red de NSLS. Para más información, visitar nsls.org/memberinfo/awards/overview.

Pilsen Café to Donate to Sones de Mexico's Youth Scholarship Fund



Two Chicago organizations with quarter-century roots in Chicago's historic Pilsen neighborhood, Sones de

México Ensemble and Café Jumping Bean, will join together on June 29 and 30 to help build the scholarship fund for the

Youth Mexican Music School operated by Sones de México. Café Jumping Bean will donate five percent of all sales at their

two Pilsen locations (the original at 1439 W. 18th Street and the recently opened L'Cafecito Jumping Bean at 2010 S. Damen Ave) to Sones de México's Mexican music school, which provides five levels of guitar instruction in Pilsen as well as Chicago's Rogers Park neighborhood. "We always support groups that provide programs for kids and families in the community," says Café Jumping Bean owner Eleazar Delgado. "My wife and son are

enrolled in the guitar school, but I know that some kids cannot afford it. We would like to make it available to as many kids as possible." Sones de México co-founder and program director Juan Días adds, "While class fees are lower than most comparable music programs in the city, scholarships make it possible for more families to offer guitar instruction to their kids, regardless of their financial situation." Días will be on hand at

both locations Saturday June 29 to play guitar and chat with patrons about the school's mission, the need for a scholarship fund, and to accept donations and register students for the school's summer session, which begins July 16. He will be at the 18th Street location from 11a.m. to 1p.m., and the Damen Avenue café from 1p.m. to 3p.m. For more information, visit sonesdemexico.com and/or facebook.com/18thStpilsen



Be Aware of These Skincare Products When in Sun



You're all set for a fun day in the sun with your wide-brimmed hat to shield you from the UV rays, and you have given your waterproof SPF 30 or higher plenty of time to absorb into your skin. To play it safe, you have brought more suntan lotion to reapply after swimming or sweating. You are a dermatologist's dream- or so you think. Have you given any thought to what you applied to your skin the night before or that morning before your set out for your day? The answer is you probably

have not if you have concocted a skincare regimen that works for your skin type. We turned to Dr. Manish Shah, a Board-Certified Denver, Colorado plastic surgeon to reveal what types of products/ingredients sun worshippers should avoid and what can serve as safe substitutes.

Topical Acids Alpha and Beta Hydroxy Acids such as Glycolic, Lactic, and Salicylic Acids can cause the skin to be more susceptible to sun damage from being regularly exfoliated. These

ingredients are commonly used in anti-aging, skin-brightening, and acne-fighting products.

Alternative: While AHAs and BHAs only cause minimal photosensitivity, you wouldn't want to risk feeling that stinging sensation on your face. There are alternatives. Azelaic acid, found in wheat, rye and barley—comes in handy during the day as it is useful in the treatment of acne, rosacea, melasma and post-inflammatory hyperpigmentation and is not associated with the sun-

induced reaction. Hydroquinone- Typically used in skin-lightening products. Although hydroquinone is stable in sunlight, it's not advisable to use it during the day as the sun's skin-darkening effects are stronger than hydroquinone's bleaching effect. Additionally, hydroquinone actually reduces your body's ability to create enough pigment to protect you from UV rays.

Alternative: Vitamin C is an excellent alternative to hydroquinone, as it is an antioxidant and combats

dark spots while also having anti-inflammatory and anti-aging properties. Retinol and Retinol Derivatives encourage cell turnover, which exposes delicate, new skin. These newer layers of skin can be more sensitive to the sun. With enough sunscreen protection, newer formulations of retinol can be safely used during the day, but experts still advise limiting its use to nighttime especially for those who have sensitive skin.

Alternative: Bakuchiol is the new, clinically proven "natural retinol,"

a powerful plant-based retinol alternative that decreases skin sensitivity to the sun. It is derived from the leaves and seeds of the babchi plant and helps to heal, calm and soothe the skin, via its anti-inflammatory and antibacterial properties. Manish Shah, M.D., F.A.C.S. was born in Canada and raised in the Washington, D.C. area. He graduated with honors from the University of Pennsylvania, receiving a degree in biomedical engineering.



Two Hours Per Week is Key Dose of Nature for Health and Wellbeing



Spending at least two hours a week in nature may be a crucial threshold for promoting health and wellbeing, according to a new large-scale study. Research led by the University of Exeter, published in *Scientific Reports* and funded by NIHR, found that people who spend at least 120 minutes in nature a week

are significantly more likely to report good health and higher psychological wellbeing than those who don't visit nature at all during an average week. However, no such benefits were found for people who visited natural settings such as town parks, woodlands, country parks and beaches for less than 120 minutes a week. There is growing

evidence that merely living in a greener neighborhood can be good for health, for instance by reducing air pollution. The data for the current research came from Natural England's Monitor of Engagement with the Natural Environment Survey, the world's largest study collecting data on people's weekly contact with the natural world.



Dos Horas por Semana de Naturaleza son Dosis Clave para Salud y Bienestar

Pasar por lo menos dos horas a la semana en la naturaleza puede ser un umbral crucial para promover la salud y el bienestar, de acuerdo a un nuevo estudio a gran escala. Las investigaciones muestran que la Universidad de Exeter, publicado en *Scientific Reports* y patrocinado por NIHR, encontró que la gente que pasa por lo menos 120 minutos en

la naturaleza a la semana son considerablemente más propensos a reportar una buena salud y un mejor bienestar psicológico que quienes no visitan la naturaleza en lo absoluto durante una semana. Sin embargo, tales beneficios no fueron encontrados en gente que visitó lugares naturales como parques de la ciudad, bosques y playas por lo menos 120 minutos a la semana. Hay

una creciente evidencia de que simplemente vivir en un barrio más verde puede ser bueno para la salud, por ejemplo al reducir la contaminación ambiental. El dato para investigaciones actuales llegó de Monitor of Engagement de Natural England con el estudio de Ambiente Natural, el mayor estudio recopilando datos sobre el contacto semanal de las personas con el mundo natural.

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El Gob. Pritzker Firma la Mayoría de las Leyes Centradas en la Equidad en la Nación para Legalizar el Uso de la Marihuana en Adultos



Rodeado por un grupo bipartidano de legisladores y abogados de reforma de justicia criminal, el Gobernador JB Pritzker firmó la mayoría de las leyes

centradas en la equidad el martes, para legalizar el uso de la marihuana en adultos en Illinois, a partir del 1° de enero del 2020. El Proyecto 1438 de la Cámara promueve la equidad e invierte en las comunidades que sufren por la guerra de las drogas, sirviendo como modelo para la legalización y la descriminalización de la marihuana.

“Como el primer estado en legalizar por completo el uso de la marihuana entre adultos, a través del proceso legislativo, Illinois ejemplifica la mejor de las democracias: un compromiso bipartidano y profundo para mejorar la

vida de toda nuestra gente”, dijo el Gob. JB Pritzker. “La legalización del uso de la marihuana entre adultos trae un importante cambio a nuestro estado y es una acción correcta. Esta legislación aclarará los récords de delincuentes no violentos a través de una eficiente combinación de eliminación automática, perdón gubernamental y acción de corte individual. Estoy orgulloso de que nuestro estado encabece con equidad y justicia y su enfoque a la legalización de la marihuana y su marco regulatorio. Gracias al trabajo de la gente de aquí hoy y de tantos más en el estado, Illinois avanza con

empatía y esperanza”. “El legalizar la marihuana y promover la eliminación automática de 700,000 récords llevará justicia a las comunidades que más azotadas por esta prohibición sin sentido”, dijo la Rep. Celina Villanueva (D-Chicago). “Este monumental paso hacia adelante muestra lo que es posible cuando las regulaciones públicas se centran en la equidad. Después de años de duro trabajo, me siento orgulloso de que Illinois conduzca la nación para traer justicia y equidad a la comercialización de la marihuana.

Erie Family Health Centers Lleva a Chicagoland Hacia una Sociedad sin VIH

Después de 30 productivos años del nacionalmente reconocido programa VIH/SIDA, Lending Hands for Life, Erie Family Health Centers está más cerca que nunca de llevar a Chicago hacia una sociedad sin VIH. Con el apoyo de salud de comportamiento del programa, en conjunción con atención médica, el índice de supresión viral de los pacientes de Erie es actualmente de 92.5 por ciento, haciendo de Lending Hands for

Life un programa líder en el estado. Erie es un afiliado de Getting to Zero Illinois, iniciativa a nivel estatal para terminar la epidemia de VIH en el estado para el 2030. Erie Family Health Centers exhorta a todos a conocer su estado de VIH, utilizar días de concientización como el Día Nacional de la Prueba del VIH (27 de junio) e invitar a toda persona interesada en saber su estatus de VIH, que aproveche los servicios de prueba de los centros de

salud. En Erie Humboldt Park y Erie Evanston/Skokie, Erie ofrece rápidas pruebas del VIH sin cita, gratuitas, a todos, con una foto ID, lo que significa que no necesitan ser un paciente, residente de Chicago o inclusive ciudadano para que se le haga la prueba. Las pruebas sin cita están disponibles de lunes a viernes, de 1 p.m. a 4 p.m. en Erie Humboldt Park (2750 W. North Ave, Chicago) y los viernes, de 1 p.m. a 4 p.m. en Erie Evanston/Skokie (1285 Hartrey Ave., Evanston).



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State Rep. Ramirez Hosts 2019 GranFestival Centro Americano



On Friday, 4th District State Representative Delia Ramirez and other honored guests celebrated the official kick-off for the 2019 GranFestival

Centro Americano. The festival is the largest of its kind and highlighted artists, food and cultural traditions from Central American countries. "As the first Guatemalan American to be elected to the General Assembly in Illinois, I am honored to serve as Madrina of this cultural celebration. Our city is filled with so many communities from Central America, and I am grateful this celebration is in our district. I encourage

everyone to come join us this weekend to experience the wonders of Central America without getting on an airplane" said Representative Ramirez. "In a time when our immigrant communities face discrimination and restrictive policies from our federal government, it is especially important to support the cultural bridges that create community in our Chicago neighborhoods. I am proud to serve in a state

government that protects and supports immigrant communities with policy protections like restricting federal immigration centers from operating in Illinois" noted Ramirez. The GranFestival Centro Americano was held at Mozart Park and kicked-off with the help of Senator Aquino, Alderman Maldonado, Alderman Vasquez, and Alderman Cardona.

Photo Credit: Tony Diaz

Navy Pier Celebra el Cuatro de Julio



Navy Pier, el lugar favorito de Chicago para el Día de la Independencia, invita a los habitantes de Chicago e invitados a disfrutar de un extraordinario 4 de Julio, con música en vivo, Miller Lite Beer Garden y los Fuegos Pirotécnicos

del 4º de Julio de Miller Lite del Pier, el jueves, 4 de Julio. Como el único lugar frente al lago con el show de fuegos pirotécnicos de la ciudad, Navy Pier será el epicentro de las festividades del Día de la Independencia de la ciudad, con una extraordinaria demostración de 15 minutos de fuegos pirotécnicos sincronizados con música patriótica. Nuevo en el programa de este año, el Pier presenta orgullosamente el concierto "Tributo al Día de la Independencia del Grupo de Viento de la Banda Marina de los Grandes Lagos" el miércoles, 3 de julio a las 7:30 p.m. en Lake Stage

en Polk Bros Park. Gratis y abierto al público, la tradición de fiestas de verano más espectacular de Chicago regresa con un día extra de celebraciones musicales. Después del concierto, asegúrese de ver una exhibición de los Fuegos Artificiales Aon Summer cada dos semanas en el Pier a las 9:30 p.m. Como siempre, el Navy Pier pide a los invitados

vigilar sus alrededores. Recuerda: Si ves Algo Di Algo. Para reportar un problema comunicarse con la Seguridad de Navy Pier con el oficial de seguridad más cercano o llamando al (312)595-5060. En caso de una emergencia, comuníquese inmediatamente con las autoridades de Chicago marcando el 911.



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