



## Noticiero Bilingüe **LAWNDALE** Sunday, January 5, 2020 *NEWS*

**WEST SIDE TIMES**



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## Check Yourself During Cervical Cancer Awareness Month



years. This is the preferred approach, but it is also OK to have a Pap test alone every 3 years.

- Women over age 65 who have had regular screenings with normal results should not be screened for cervical cancer. Women who have been diagnosed with cervical cancer or pre-cancer should continue to be screened according to the recommendations of their doctor.
- Women who have had their

uterus and cervix removed in a hysterectomy and have no history of cervical cancer or pre-cancer should not be screened.

- Women who have had the HPV vaccine should still follow the screening recommendations for their age group.
- Women who are at high risk for cervical cancer may need to be screened more often. Women at high risk might include those

with HIV infection, organ

transplant, or exposure to the drug DES. They should talk with their doctor or nurse.

- The American Cancer Society recommends that women do not get a Pap test or HPV test every year, because it generally takes much longer than that, 10 to 20 years, for cervical cancer to develop and frequent screening often leads to procedures that are not needed.



**By: Ashmar Mandou**

During the past several decades, screening – testing for cancer before symptoms develop – has reduced deaths from cervical cancer, as doctors have been able to find cancer early and treat it, or prevent it from developing. In honor of Cervical Cancer Awareness Month, the American

Cancer Society shares the following screening guidelines to help protect women.

### **Screening Guidelines**

Following the American Cancer Society screening guidelines can help find pre-cancers to prevent them from becoming cancer. Screening can also help find cervical cancer early when it might be

easier to treat.

- All women should begin cervical cancer screening at age 21.
- Women ages 21 to 29 should have a Pap test every 3 years. They should not be tested for HPV unless it is needed after an abnormal Pap test result.
- Women ages 30 to 65 should have both a Pap test and an HPV test every 5

# Early Childhood Advocates Support Equitable Funding for Early Childhood Care



Courtesy of Illinois Action for Children We applaud Governor Pritzker for his commitment to young children and their families, as demonstrated

by the launching of the Illinois Commission on Equitable Funding for Early Childhood Education and Care. As longtime advocates for the education and healthy development of infants, toddlers and preschoolers, we greatly appreciate the recent investments made by the Pritzker administration and the General Assembly to improve early childhood services for kids and families across Illinois, investments that are key to securing the state's future. We urge the Funding Commission to confront three major challenges facing our early childhood system, relating to:

**Adequacy:** Even with investments from both the state and federal

government, the Illinois early childhood system is dramatically underfunded. Too many children are left unserved. There are major gaps in funding quality care and education programs, which we know lead to school readiness. Additionally, the workforce is greatly underpaid as compared to other similar professions. We urge the Commission to ensure full funding of high-quality care and early learning.

**Equity:** Far too many kids living in underserved communities, particularly children of color, lack access to high-quality early learning supports. Similarly, some areas of rural Illinois still face troubling service gaps. We

must prioritize meeting the needs of children of color, low-income and rural children with increased access to high-quality early learning supports.

**Stability and transparency:** Early childhood funding is complex, and the burden to make sense of it often falls to providers and families. We urge the Commission to establish a system that provides greater financial stability, and accountability to ensure funding is meeting the needs of children. Currently, funding unpredictability for providers and families fuels uncertainty and a lack of confidence in the system.

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# Baby On the Way? Your Financial Habits May Need a Makeover



First-time parents quickly learn that their days of a full night's sleep and spontaneous outings are a thing of the past, compelling them to modify their lifestyle to reflect the new reality. But sleeping habits and social calendars aren't the only things that require an adjustment when you add a baby to

the family. Your financial plans also need a reset, says Jason Lambert, president and CEO of Northwest Financial & Tax Solutions and author of the upcoming book *The Retirement Trailhead*. After all, the cost to raise a child to age 18 is \$233,610, according to the U.S. Department of Agriculture, and that doesn't even take into account college costs. Lambert offers a few tips to help parents navigate their new financial state of affairs:

**Start a college fund immediately.** Over the last few decades the cost of a college education has gone up faster than most other expenses, Lambert says, and wise parents will expect that trend to continue and plan accordingly. From 2000 to

2019, the average annual inflation rate for college tuition was 5.16 percent, according to the U.S. Bureau of Labor Statistics. That's more than double the overall inflation rate for that period, which was 2.1 percent. "The sooner you start saving, the better," Lambert says.

**Work on a household budget.** "Most of us probably could survive on a lot less than we do," Lambert says. "People don't always realize where their money is going, so it's worth sitting down to figure out how much you are spending each month and what you're spending

it on."

**Make sure you have an emergency fund.** A hospital bill, a major car repair, or a job loss are among the many things that can upend your careful financial planning. "Most people don't have an endless stream of money to pay for an unexpected emergency," Lambert says. Many financial professionals recommend building a fund that could tide you over for six months if you suddenly lost your income. That might be challenging for some people, Lambert says, but you do need to set aside as much as possible.





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Rebecca Crown Library. **Complete at Least Five Days in Advance:**

- Register and choose a time slot: 9 – 11 a.m., 12 – 2 p.m. or 2 – 4 p.m.
- Finish your free application to Dominican University if you've already started one. If you haven't, you can still apply now or opt to do so on the spot at the event.
- Submit your official transcripts electronically from every college you've attended or bring sealed copies with you on the day of the event. Students with

fewer than 24 semester hours of college credit must also submit high school transcripts.

- File your 2019- 2020 FAFSA if you intend to start in January 2020 (Use our school code: 001750).
- File your 2020-2021 FAFSA if you intend to start in August 2020 (Use our school code: 001750).

Any questions? Please email Michael Morsovillo, director of transfer and adult admission, at [mmorsovillo@dom.edu](mailto:mmorsovillo@dom.edu).



## Mayor Lightfoot Submits Letter of Consent for Refugee Resettlement in Chicago

Mayor Lori E. Lightfoot submitted a letter to the U.S. Department of State consenting to refugee resettlement in Chicago and opposing federal policies seeking to limit refugee entry to the United States. The letter was submitted per the guidelines of federal Executive Order 13888, which specifies that refugees may only be resettled in U.S.

jurisdictions where state and local governments have provided their consent – an attempt by the Trump Administration to limit refugee resettlement. Mayor Lightfoot joined more than 80 mayors across the nation earlier this year in urging the Trump Administration to rescind its executive order and to return refugee admissions to earlier annual levels. In

another show of support for refugees amid the uncertainty at the federal level, the Department of Law joined several other U.S. cities in an amicus brief earlier this year, *HIAS, Inc. vs. Donald Trump*, a suit which opposes the potential negative impact of federal policies for Chicago's refugee communities.

## CPD Welcomes New, Promoted Officers



The Chicago Police Department (CPD) Interim Superintendent Charlie Beck congratulated three graduating classes of 197 Police Officers, as well as 125 newly promoted Chiefs, Deputy Chiefs, Commanders, Captains, Lieutenants, Sergeants, Field Training Officers, Evidence Technicians and Police Technicians. Among the new class of

197 new police officers, 69 percent are from minority backgrounds, with 39 percent identifying as Hispanic, 22 percent African-American and seven percent Asian-American. Additionally, 29 percent of graduates are female and approximately 41 percent of the officers graduated from Chicago Public Schools, and 11 percent are military

veterans. Prior to graduation, police recruits spent six months at the Police Academy. These courses are based on a new curriculum modeled on what officers' experience in the field. Officers also study crisis de-escalation tactics, community building, the appropriate use of force and more.

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La agricultura es la mejor inversión en este momento. El rendimiento de su inversión supera con creces los intereses bancarios. Es una gran oportunidad para jóvenes o personas que estén pensando en retirarse con deseos de poner a trabajar su dinero con ganancias seguras.

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