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WEST SIDE TIMES



V. 80 No. 2

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Gov. Pritzker Announces Appointments to the Illinois State Board of Health



Building on a strong team of diverse experts in their fields, Governor JB Pritzker announced the following appointments in his administration:

Patricia Canessa will serve on the Illinois State Board of Health Canessa is the Director of Diversity and Health Equity at the Illinois Public Health Association, addressing

programmatic and Public Health policy issues that directly impact health disparities outcomes in the Illinois and Midwestern region. Additionally, Canessa holds an academic position at Northwestern University Feinberg School of Medicine where she serves as Field Director of the National Lupus Outreach and Clinical

Trials Education Program, a partnership with Harvard Medical School.

Esther Sciammarella will serve on the Illinois State Board of Health Sciammarella is the Executive Director of the Chicago Hispanic Health Coalition currently holds a position at the University of Illinois Hospital & Health Sciences System

working closely with the Family Medicine Clinic Medical Director in the development of Pilsen Clinic-based community health programs and classes to serve the community. Sciammarella previously served as Special Assistant to the Commissioner for Hispanic Affairs at the Chicago Department of Public Health. In addition

to being on the board of the Chicago Hispanic Health Coalition, she is currently Community Co-Chair of Partnerships and Community Engagement for Healthy Chicago 2.0 Department of Chicago Public Health.

Susan Swider will serve on the Illinois State Board of Health Swider is a Professor in the Department of Community, Systems and Mental Health Nursing at Rush University

in Chicago. Dr. Swider has practiced in acute care, home health and public health settings over the past forty years. Her research focuses on program development and evaluation of community health workers, engaging urban communities in health promotion, health policy to support health promotion efforts and educating health professionals in population health.

Don't Let Cold and Flu Season Knock You Down; Try These Natural Remedies



Cold and flu season are upon us, that time of year when body aches, fever, chills and nasal congestion combine and can stop you in your tracks, leaving you bedridden for days. Statistics show that the flu annually sickens millions of Americans, kills tens of thousands,

and results in billions of dollars in medical expenses and sick days. "Complications arising from the flu can become serious," says Dr. Suhyun An, an expert on regenerative medicine and co-author of *Demystifying Stem Cells: A Real-Life* **Continued on page 2**

Study Finds Dopamine, Biological Clock Link to Snacking, Overeating and Obesity



During the years 1976 through 1980, 15 percent of U.S. adults were obese. Today, about 40 percent of adults are obese. Another 33 percent are overweight. Coinciding with this increase in weight are ever-rising rates of heart disease, diabetes, cancer and health complications caused by obesity, such

as hypertension. Even Alzheimer's disease may be partly attributable to obesity and physical inactivity. In a study published Thursday in the journal *Current Biology*, researchers demonstrate that the pleasure center of the brain that produces the chemical dopamine, and the brain's separate biological clock that regulates daily physiological rhythms, are linked, and that high-calorie foods -- which bring pleasure --

disrupt normal feeding schedules, resulting in overconsumption. Using mice as study models, the researchers mimicked the 24/7 availability of a high-fat diet, and showed that anytime snacking

eventually results in obesity and related health problems. The National Institute of General Medical Sciences and University of Virginia Brain Institute funded the research.



Don't Let Cold... *Continued from page 1*

Approach To Regenerative Medicine. Dr. An says there are ways to prevent the symptoms from reaching that serious point. To feel better and get back on your feet, she recommends numerous natural cold and flu remedies to alleviate your symptoms:

Vitamin C. Some studies indicate that Vitamin C can shorten the lifespan of a cold and boost your immune system. "The best way to get it is through your diet; the fresher the food, the better," Dr. An says. "Oranges, limes, lemons, grapefruits, leafy greens, and bell peppers are all good sources of vitamin C. Be careful with supplements because they can lead to upset stomach and kidney stones."

Honey. Honey has natural antiviral and antimicrobial properties. "Drinking honey in tea with lemon can ease sore

throat pain," Dr. An says. "Research suggests that honey is an effective cough suppressant, too. Honey often contains *Clostridium* bacteria, so never give honey to a child younger than 1-year-old because infants' immune systems aren't able to fight them off."

Chicken soup. This popular cold and flu remedy helps because hot liquids reduce mucus buildup and keep you hydrated. "Chicken soup, in particular, has anti-inflammatory properties, which help reduce a cold's unpleasant side effects," Dr. An says. "Keep some in the freezer or even canned for flu season. It's quick to prepare that way and soothing to eat."

Aromas. "When you have congestion from the flu, applying camphor or menthol salve around your nose can help break

up mucus," Dr. An says. "Aromatherapy oils, such as peppermint and eucalyptus, can have a similar effect. Also, vapor rub can reduce cold symptoms, especially in children older than 2 years. It helps open air passages to combat congestion, reduce coughing, and improve sleep. It's a good alternative to over-the-counter cold medicines in young children because of unwanted side effects."

Probiotics. These are friendly bacteria and yeast found in the body, some foods, and supplements. "They can help keep your gut and immune system healthy, and they may reduce your chance of getting sick with an upper respiratory infection," Dr. An says. "For a delicious and nutritious source of helpful bacteria, include probiotic yogurt in your diet."

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Harold Washington College to Welcome New President



The City Colleges of Chicago (CCC) Board of Trustees voted late last year to approve the appointment of Dr. Daniel López, Jr. as president

of Harold Washington College (HWC). Dr. López will assume the position on January 21. A search that included faculty, staff and students resulted in the hiring of Dr. López, who currently serves as Vice President of Student Affairs at Northeastern Illinois University, a Hispanic Serving Institution with 9,000 students in Chicago. In that role, he oversees a \$20 million budget, 100 full-time staff, and the following areas: Pedroso Center for Diversity and Intercultural Affairs; Student Leadership Development; Student Health Services; Student Counseling Services; Career Development; Student Housing; Student Disability Services; Campus Recreation; Academic and Community

Partnerships. Like so many City Colleges students, Dr. López was a first-generation college student. The appointment will be a homecoming, as he earned his associate degree from HWC. Dr. López later went on to complete a bachelor of arts in communication

from University of Illinois at Springfield, a master of education from Loyola University in Chicago, and a doctorate in higher education administration from Illinois State University. For more information and/or to apply, call (773) COLLEGE or visit www.cccu.edu/apply.





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Saint Anthony Hospital Continues to Excel as a Top Performing Hospital

At a time when community hospitals are faced with limited resources and financial strains, Saint Anthony Hospital continues to excel in delivering high quality of care to patients from Chicago's most underserved communities. Recently, Saint Anthony Hospital was awarded the 2019 IMEC Silver Award for Excellence.

This award recognizes high-performing organizations who use the Baldrige Framework for Performance Excellence to systematically evaluate and improve areas important to the accomplishments of the organization. For more than a century, Saint Anthony Hospital has been a community-centered organization, serving more than 400,000

residents on Chicago's west and southwest side. Saint Anthony Hospital, its affiliated clinics, including 5-star rated Dialysis Center, and community wellness centers provide quality health and wellness services, as well as a wide variety of bilingual community health education, counseling and mental health programs.

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Norwegian Welcomes 2020 Baby



Norwegian American Hospital welcomed the first baby of 2020, Javier

Eddie Rivera born on January 3rd, 2020 at 7p.m., weighing six pounds and

three ounces, 18 inches long. The proud parents live in Chicago.

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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.

El clima es perfecto para sembrar árboles de alto rendimiento económico como la teca y balsa y plantaciones comerciales de cacao, yuca, banano o bien pastizales para ganadería. Las opciones son innumerables. Su inversión puede ser en muchísimas plantaciones de alto valor y rendimiento.

Las plantaciones de árboles necesitan poca supervisión durante su crecimiento, por ello es que esta es una oportunidad inmejorable para residentes en el extranjero.

No es necesario el cuidado constante de las plantaciones.

Es una oportunidad de inversión inmejorable. Ud. puede recuperar su inversión en tan solo un par de años con una plantación de cacao o bien a lo más en 4 años si es una plantación de balsa.

Por su ubicación, la finca es también susceptible de lotificación y urbanización.

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ISBE Recognizes Five Educators for Leadership and Excellence in Implementing KIDS



The Illinois State Board of Education (ISBE) has recognized five educators for their leadership in implementing the Kindergarten Individual Development Survey (KIDS). ISBE named the five inaugural “KIDS

MVPs” at the third annual Mastering KIDS Summit on December 13th in Normal, IL. Kindergarten teachers use KIDS to observe and collect evidence about each child’s math, literacy, and social-emotional skills at the beginning of

kindergarten in order to better support them during the year. The KIDS MVPs have embraced KIDS as a tool to better understand what kindergarten students need at their age, such as developmentally appropriate play-based

instruction. Among the 2019 KIDS MVPs is: •**Michelle Lewis**, a bilingual kindergarten teacher in West Chicago Elementary School District 33 in West Chicago. Lewis used KIDS data to inform child-centered instruction and provided insights on KIDS implantation in dual language contexts. The Mastering KIDS Summit brought together 350 educators on December 13th to share best practices in using the KIDS tool and in transitioning to play-based learning. Kindergarten teachers completed the third statewide implementation of KIDS this past fall. ISBE will release the fall 2019 data in spring 2020. Learn more about KIDS at www.isbe.net/kids.

Saint Anthony Hospital continúa sobresaliendo como un hospital de alto rendimiento



En un momento en que los hospitales comunitarios enfrentan recursos limitados y tensiones financieras, el

Hospital Saint Anthony continúa sobresaliendo en brindar atención de alta calidad a pacientes de las comunidades más

desatendidas de Chicago. Recientemente, Saint Anthony Hospital recibió el Premio de Plata IMEC 2019 a la Excelencia.

Este premio reconoce a las organizaciones de alto desempeño que usan el Marco Baldrige para la Excelencia en el Desempeño para evaluar y mejorar sistemáticamente áreas importantes para los logros de la organización. Durante más de un siglo, el Hospital Saint Anthony ha sido una organización centrada en la comunidad, que presta servicios a más de 400,000 residentes en el lado oeste y suroeste de Chicago. El Hospital Saint Anthony, sus clínicas afiliadas, que incluyen el Centro de Diálisis con calificación de 5 estrellas, y los centros de bienestar comunitarios brindan servicios de salud y bienestar de calidad, así como una amplia variedad de programas bilingües de educación, asesoramiento y salud mental en la comunidad.

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