



# Healthy Choices, Healthy Kids



This month we celebrate National Child Health, a time when we show support for children's health and raise awareness about how we can help protect and develop a healthy

lifestyle for them. With the epidemic still at full speed all over the nation, it is important to find ways that we can keep our children happy and healthy. Deborah Ann Davis,

award-winning author, parenting skills coach, mother, and former high school educator of 20+ years, has a few ideas on how parents or guardians can keep their kids happy

and healthy at home.

### **Make water your #1 household beverage.**

Did you know that children are actually more susceptible to dehydration than adults? They need

constant re-hydration in order to keep their body temperatures regulated.

1. Educate your children on the effects that sugary beverages can have on the body. Find a non-water drink that they tend to go for and read the nutrition label with them. Discuss common side effects that may be ailing them, like headaches and sluggishness, and discuss a plan to cut back on those drinks.

2. Make drinking water fun! Add in some fruit slices, fun-shaped ice cubes, or throw it in a funny or colorful cup for them to sip out of.

3. Drink water in front of them all the time! Children tend to model our behavior; So, practicing this healthy hydration habit in front of them can actually get them invested in it as well.

**Get up and play with your**

**kids!**

We could all use a fun playtime after a long day. Five minutes of a little rolling around and giggling with your kids is not only fun for them, but actually has tons of benefits for everyone. Try this idea every hour throughout the day and see the benefits start rolling in. Check out some of the key benefits below:

1. Increases blood flow to the brain which provides more oxygen.

2. Breathing deeply while laughing massages your organs and strengthens your core muscles.

3. Your kids will feel closer to you as you build warm, loving memories with them.

4. The interruption will break any negative cycles being created by schoolwork, especially with older kids.

## AMPT Chicago Announces Second Phase of COVID-19 Aid

AMPT: Advancing Nonprofits (AMPT) is now accepting applications from eligible nonprofits on the West and South sides of Chicago for Phase 2 of its COVID-19 crisis management consulting services through October 19, 2020. This effort comes as a response to the unprecedented threat

COVID-19 is posing to the nonprofit sector, particularly organizations that are Black- and Latinx-led, and Chicago's social service safety net. This spring, AMPT offered services to 30 grassroots nonprofits on Chicago's West and South sides that included coaching sessions with highly experienced

nonprofit consultants, and resources and connections to cover the most pressing and relevant topics facing nonprofits during the pandemic. AMPT will prioritize organizations that: have an annual budget of \$2M or less; primarily serve Black and Latinx communities on Chicago's West and South sides; are

Black and/or Latinx led. To apply for consulting hours, please complete this short application by Monday, October 19, 2020 at: <https://forms.gle/dmmfAbhH6aZsuTgq9> For more details, visit [AMPTChicago.org](http://AMPTChicago.org) or send an email to [programs@amptchicago.org](mailto:programs@amptchicago.org)





# City of Chicago Announces ‘Halloweek’ Activities

Mayor Lori E. Lightfoot joined the Chicago Park District, the Department of Cultural Affairs and Special Events (DCASE), and the Chicago Police Department (CPD) to announce new and exciting events for Chicagoans to enjoy Halloween this year, while still adhering to Chicago Department of Public Health (CDPH) guidelines. The previously announced ‘Halloweek’, which will take place from October 26-31, will include the “Arts in the Dark



Upside-Down Halloween Parade” in addition to opportunities to safely trick-or-treat around the city. The “Arts in the Dark Upside-Down Halloween Parade,” in partnership with LUMA8 and sponsored by Bloomer Chocolate Company, is a reverse parade in which the entertainment is stationary and attendees drive by and watch the visual

artists and performers from the safety of their vehicles. Each year, the parade, which celebrates Chicago’s diverse communities and cultures, draws close to 100,000 guests, and features artists and performers from world-renowned institutions including the Art Institute of Chicago, the Lookingglass Theatre Company, After School Matters and aspiring

artists in every field. A special Halloween goody bag, courtesy of Blommer Chocolate Company, will await parade-goers at the end. The parade will take place along Washington Park on October 31 from 12-3pm. Attendees are encouraged to join the visual experience and dress up their cars in “Car-stumes”. Admission is free, but reservations

*Continued on page 3*

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## MES DE LA HERENCIA ISPANA

**Juan M. Méndez**  
MHOA honra aquí la memoria de uno de sus fundadores, Juan M. Méndez quien ha dejado un legado de dedicación a mejorar la realidad de sus hermanos hispanos a través de su participación en numerosas organizaciones comunitarias. Siempre tuvo un sincero interés en la educación de los jóvenes y ese compromiso se hizo evidente a través del Juan Méndez Memorial Fund para beneficiar el programa local de becas HACER®. Gracias, Juan. Nunca te olvidaremos.

### La Asociación de Dueños-Operadores Hispanos de McDonald's (MHOA) asegura el futuro de nuestra herencia hispana apoyando la educación y el desarrollo cultural.

Uno de los pilares de MHOA, es la educación y por eso sus miembros apoyan el programa local de becas universitarias HACER® para estudiantes hispanos locales con necesidades económicas. Desde 2013 MHOA ha otorgado más de \$300,000 dólares.

Para los alumnos de escuela primaria los obstáculos son básicos y los miembros de MHOA han respondido donándoles mochilas, zapatos adecuados y materiales escolares necesarios para triunfar en sus estudios.

Los empleados de sus McDonald's también se benefician de los programas 'Archways to Opportunity' y el curso 'English Under the Arches'. Pueden mejorar su inglés, obtener un diploma de secundaria o estudiar para obtener un diploma universitario.

MHOA también apoya a la comunidad a través de donaciones a organizaciones de servicio meritarias. Anualmente, miles son invertidos en organizaciones tales como Back of the Yards Community Council, Casa Central, Mujeres Latinas en Acción, Puerto Rican Arts Alliance, Mariachi Heritage Foundation y National Museum of Mexican Art.

# City of Chicago...

Continued from page 2

are required. To register visit: <https://artsinthedark.com/attend/>

The Chicago Park District and CPD will also participate in 'Halloweek' by providing candy for socially distanced trick-or-treaters. Starting October 26, residents can check with their local park for additional information and locations where candy is available. Trick-or-treating

with CPD will take place at the specific district locations below between 4:30-7:00 p.m.:

- Monday, October 26 - Districts 6, 17, 25
- Tuesday, October 27 - Districts 3, 14, 15
- Wednesday, October 28 - Districts 8, 9, 12
- Thursday, October 29 - Districts 5, 7, 10
- Friday, October 30 - Districts 2, 4, 11

•Saturday, October 31 - All districts

A complete list of Halloween safety guidelines, which are in line with those issued by the Illinois Department of Public Health and additional Halloweek events happening across the city can be found at [ChicagoHalloweek.org](http://ChicagoHalloweek.org) starting on October 18th.

## CLASSACTION NOTICE

If you were contracted by the contractor Benito Vazquez or B&F Detasseling to do corn detasseling, rogueing, or related work at Monsanto company facilities in Illinois during the years 2011, 2012, 2013, 2014, or 2015, it is possible that you are part of a class action. Contact Migrant Legal Aid at (616) 454-5055 or visit [migrantlegalaid.org/](http://migrantlegalaid.org/) classaction to obtain information about how to present a claim.

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## ¡VOTACIÓN TEMPRANA EN CHICAGO COMIENZA EN OCT. 14!



**Lunes - Viernes:** 8:30 am - 7 pm

**Sábado - Domingo:** 9 am - 5 pm

**Día de Elección- Nov. 3:** 6 am - 7 pm

- Usted no necesita razón ni excusa para votar temprano.
- Votantes de Chicago: Use cualquier sitio de la ciudad.
- Los votantes pueden registrarse o actualizar cambios de nombre/dirección en cualquier sitio.
- ¿Necesita registrarse? Tenga 2 identificaciones, una con su actual dirección.

DISTRITO	LUGAR	DIRECCIÓN
	<b>Super Sitio del Centro en Clark &amp; Lake</b>	<b>191 N Clark</b>
1	Goldblatts Building	1615 W Chicago Ave.
2	Ogden Elementary School	24 W Walton St.
3	Beethoven Elementary School	25 W 47th St.
4	Dr. Martin Luther King, Jr. Center	4314 S Cottage Grove
5	Ray Elementary School	5631 S Kimbark Ave.
6	Deneen Elementary School	7257 S State St.
7	Burnham Elementary School	9928 S Crandon Ave.
8	Olive Harvey College	10001 S Woodlawn Ave.
9	Curtis Elementary School	32 E 115th St.
10	Sadlowski Elementary School	3930 E 105th St.
11	Sheridan Elementary School	533 W 27th St.
12	Kelly High School	4136 S California Ave.
13	West Lawn Park	4233 W 65th St.
14	Edwards Elementary School	4815 S Karlov Ave.
15	Carson Elementary School	5516 S Maplewood Ave.
16	Lindblom Park	6054 S Damen Ave.
17	Southside High School	7342 S Hoyne Ave.
18	Carroll Elementary School	2929 W 83rd St.
19	Beverly Arts Center	2407 W 111th St.
20	Fiske Elementary School	6020 S. Langley Ave.
21	Turner - Drew Language Acad.	9300 S Princeton Ave.
22	Ortiz De Dominguez Elementary School	3000 S Lawndale Ave.
23	Dore Elementary School	7134 W 65th St.
24	Herzl Elementary School	3711 W Douglas Blvd.
25	Jungman Elementary School	1746 S Miller St.
26	Casals Elementary School	3501 W Potomac Ave.
27	Suder Elementary School	2022 W Washington Blvd.
28	Westside Learning Center	4624 W Madison St.
29	Burbank Elementary School	2035 N Mobile Ave.
30	Lorca Elementary School	3231 N Springfield Ave.
31	Falconer Elementary School	3020 N Lamon Ave.
32	Pulaski Elementary School	2230 W McLean Ave.
33	Bateman Elementary School	4220 N Richmond St.
34	Dunne Elementary School	10845 S Union Ave.
35	NEIU El Centro	3390 N Avondale Ave.
36	Hanson Park Elementary School	5411 W Fullerton Ave.
37	McNair Elementary School	4820 W Walton St.
38	Hiawatha Park	8029 W Forest Preserve Dr.
39	Sauganash Elementary School	6040 N Kilpatrick Ave.
40	Mather High School	5835 N Lincoln Ave.
41	Oriole Park Elementary School	5424 N Oketo Ave.
42	Maggie Daley Park	337 E. Randolph St.
43	Lincoln Park High School	2001 N Orchard St.
44	Inter American Elementary School	851 W Waveland Ave.
45	Hitch Elementary School	5625 N McVicker Ave.
46	Truman College	1145 W Wilson Ave.
47	Welles Park	2333 W Sunnyside Ave.
48	Broadway Armory	5917 N Broadway
49	New Field Elementary School	1707 W Morse Ave.
50	Warren Park	6601 N Western Ave.

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## Chicago Region Food System Awards Additional COVID-19 Response Funds

The Chicago Region Food System Fund extends its pandemic response funding by awarding a new round of grants to 501(c)(3) organizations capable

of supporting the work of other organizations engaged in food system-related emergency response to the COVID-19 pandemic. The grant

recipients will collaborate with non-profits, community organizations, faith communities, food pantries, and other frontline organizations to ensure that support addresses the pandemic as efficiently and effectively as possible. The four grant recipients are:

•Chicago Food Policy Action Council, \$150,000  
•Faith in Place, \$150,000  
•HEAL Food Alliance, \$150,000

•Little Village Environmental Justice Organization, \$150,000

To date, the Chicago Region Food System Fund has awarded \$3,973,750 in grants to 81 organizations. With an investment of over \$7.3M, the Chicago Region Food System Fund focuses on hunger and business disruption in the local food system—from production to processing to distribution to consumption—in an area approximately 200 miles from Chicago (about a day's drive to/from the city).

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PRE-PLANNED FUNERALS

# Hispanic Heritage Month:

## *Honoring Entrepreneur and Philanthropist Carmen Solano -DeCarrier*



**By: Ashmar Mandou**

Entrepreneur Carmen Solano -DeCarrier has developed quite the altruistic reputation for herself in roles, such as overseeing the Ronald McDonald House Charities Scholarships, mentoring young high school students, serving on the McDonald's HACER Scholarship Program as well as establishing the Mia De Carrier Charitable Fund in honor of her daughter Mia who has

autism. "Nothing gives me greater joy than to witness young Latinos across all neighborhoods the opportunity to succeed," said Solano -DeCarrier. Solano -DeCarrier is no stranger to seizing opportunities as she, at the age of 19, worked at McDonald's while attending college and then climbed the corporate ranks to become the highest-ranking Latina in the Chicago Region for McDonald's Corporation, currently owning more

than ten locations and employing over 600 people. Her passion for business took years of cultivation as she worked for McDonald's in all capacities. "I came from the Dominican Republic at a young age and nothing was more important to me than receiving my education and working hard," said Solano -DeCarrier. "I learned a lot while working for McDonald's, I met people from all walks of life, I gained so much experience,

I worked at the back of the house, and I loved that moment of time." Solano -DeCarrier decided to become a McDonald's Franchisee amassing quite the fortune in the last 18 years. "I have to say in the beginning it was rather challenging," laughed Solano -DeCarrier. "It was a struggle, overwhelming, we spoke to many people who shared their wisdom, and we hired an amazing accountant. The best part of the whole experience and it continues to be, is the sense of family we have created for ourselves and our community. It's lovely to sit down with a cup of coffee and talk to people in the community we serve, to know their names, their stories, their dreams." Solano -DeCarrier's

ultimate passion is the ability to give back to the community that has given her so much. "I grew up in Chicago, I come from a working class family and I serve many working class families. It is wonderful to be able to give back in the form of scholarships, the form of mentorship because that has always been important to me. It's important to connect with the younger generation of Latinos with dreams to become something great," said Solano -DeCarrier. "There are so many challenges facing Latinos, it is evident today more than ever, so to be able to provide them with the opportunity to move ahead is an honor." Although these are unprecedented times

leaving young Latinos with the burden to adapt, Solano -DeCarrier, earnest in her advice, offered up some pearls of wisdom during this uncertain time. "Stay focused on your dream. If you have the desire to become an entrepreneur then create a community of people who have those same aspirations, surround yourself with people who know more than you, who can journey you through this process," said Solano -DeCarrier. "Ask a lot of questions, soak up as much as you can, and search out the people who will be able to guide you so you avoid the pitfalls many tend to make in the beginning of their careers. Follow your dreams, there is nothing stopping you."

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Defendants,  
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