

Dr. Nicole Avena Shares Tips for A Happy Halloween and Children's Health Month this October



While it might be known as a “spooky” time of year, October also is Children’s Health Month, serving as a great opportunity for parents to help children implement healthy nutrition, lifestyle and physical activity

habits. Nicole Avena, Ph.D. Nutrition Expert and author of *What to Feed Your Baby and Toddler*, offers her advice to give kids something actually “good to eat” instead of sugary sweets this season. Some of Dr. Avena’s

Healthy Halloween advice includes:

•**Avoid Food Traps.** Halloween is just the start to the holidays, and it’s easy to overeat at this time of year. Avoid holiday food traps; plan and have healthy foods and snacks easily

available – if attending a Halloween party, bring a fruit or veggie tray with you. It is okay to celebrate – just celebrate for the day, not the entire month!

•**Get the Kids Involved.** One way to make lasting changes to children’s eating

behaviors is including them in the decisions surrounding food and educating them along the way. Have kids help with meal planning, shopping, and preparation so that they can feel empowered to try new foods and feel proud

of the food they have helped to make.

•**Hydrate.** Children do not always recognize they’re thirsty and may forget to drink water. Parents should look out for symptoms like headaches, lack of concentration, dry lips or mouth, constipation, or lethargy. For children under 8 years of age, the recommended amount of water is at least 4-6 glasses of water which increases to a minimum of 6-8 glasses for children older than 8 years. If they don’t like water, add slices of fruit and let them choose their own special cup to make it more exciting.

•**Make Sure Kids Get Enough Sleep.** Without enough sleep, children can feel tired and cranky, even foggy. Many children get about 9.5 hours of rest a night, but experts agree that most need ten or eleven hours each night. To help give kids the sleep support they need, consider using *vita fusion™ Kids Melatonin Gummy Vitamins*, which are non-habit forming, natural ways to help them fall asleep.

HUD Confirms Investigation of Environmental Racism Complaint Against Mayor Lightfoot, Ald. Sadlowski-Garza and Hopkins, and City Council

Officials from the U.S. Department of Housing and Urban Development (HUD) confirmed that the agency is formally investigating claims of discriminatory zoning and land use policies and practices claimed



by environmental justice organizations against the City of Chicago. The investigation comes in response to a civil rights complaint submitted to HUD in August by

Southeast Side community organizations that accused city officials of environmental racism. The groups filing the complaint -- Southeast Environmental Task Force,

Southeast Side Coalition to Ban Petcoke, and People for Community Recovery -- pointed to the city's role in facilitating the proposed relocation of the industrial recycler, General Iron, to the Southeast Side as well as decades of industrial land use policies that have entrenched housing segregation and discrimination against communities of color.

HUD has formally served its complaint on the named respondents, including Mayor Lightfoot, Alderwoman Sadlowski-Garza, Alderman Hopkins and the Chicago City Council, initiating its 100-day investigation period. Community leaders have expressed hope that the elected representatives and local agencies will directly engage in open and transparent discussions on how the city can dismantle environmentally racist policies.

City officials recently approved a key permit necessary for the relocation of General Iron to the Southeast

Continued on page 3

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NOTIFICACIÓN PÚBLICA DE LA SELECCIÓN Y PROPUESTO NOMBRAMIENTO Y CONFIRMACIÓN DE PERSONAS PARA LLENAR VACANTES EN LAS OFICINAS DE JUECES DE ELECCIÓN

POR LA PRESENTE SE NOTIFICA que la Junta de Comisionados de Elecciones para la Ciudad de Chicago ha presentado hoy día en la Corte del Circuito del Condado de Cook, División del Condado, un Reporte y Aplicación para tener las personas mencionadas en la Lista de Vacantes de los Jueces de Elección de la Junta, nombradas y confirmadas para llenar vacantes en las oficinas de Jueces de Elección en y para los varios precintos de los varios distritos de la Ciudad de Chicago.

Una lista de los jueces de elección está disponible para inspección pública en la oficina de la Junta de Comisionados de Elecciones de Chicago, en el 69 West Washington Street, Sala 600, Chicago, Illinois. La letra (D ó R) después de cada nombre denota el partido político.

LA NOTIFICACIÓN PÚBLICA QUE POR LA PRESENTE SE DA con la presentación de dicho Reporte y Aplicación, se introdujo debidamente con una Orden por tal Corte del Circuito, División del Condado, que si por causa alguna, si existe, se demuestre y evidencia en soporte de tal causa para ser archivada en o antes de la apertura de la Corte a las 10:30 a.m. del Jueves, Octubre 29, 2020 en el cuarto 1703 del Centro Richard J. Daley, porqué las personas nombradas, o cualquiera de ellas o más de ellas, no debieran de ser nombradas y confirmadas para llenar vacantes en las oficinas de Jueces de Elección.

Junta de Comisionados de Elecciones para la Ciudad de Chicago

Marisel A. Hernández, Presidente
William J. Kresse, Secretario/Comisionado
Jonathan T. Swain, Comisionado

Lance Gough, Director Ejecutivo

Fechado en Chicago, Illinois en este
22avo. día de Octubre, 2020

HUD Confirms...

Continued from page 2

Side without informing the community or giving residents any opportunity to comment. The City has also informed members of the organizations bringing the complaint that the Department of Public Health will stop bi-monthly meetings with residents that began several years ago to address environmental justice issues on the Southeast Side.

The investigation also comes as some members of City Council hold up a recent zoning amendment proposed by the Mayor's office that would increase review of new and expanding industrial uses because they think it goes too far, further raising concerns that city officials are continuing in their long-term pattern of discriminatory land use practices and underscoring the need for a HUD investigation.

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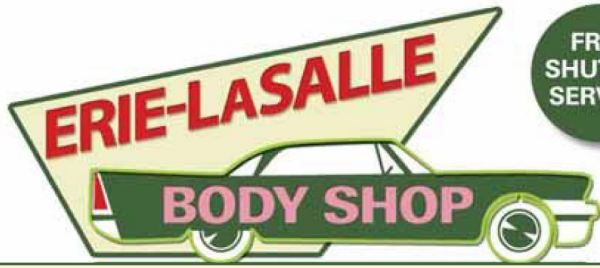


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1871 Extends Its Resources to Chicago Neighborhoods



There has never been a more important time to encourage and support aspiring and active entrepreneurs and small business owners. They are the key to Chicago's economic recovery. In response, Chicago-based 1871 will unveil DGTL ("digital") and Small Business Initiative, two new pilots to energize small businesses and entrepreneurs across the neighborhoods of

Chicago and beyond with tools like unique resources and access to industry experts at no cost. The introduction of these pilots underscores 1871's mission to inspire, equip, and support extraordinary businesses, whether they are an existing part of the 1871 community or not. Powered by Exelon, the DGTL pilot is a new learning platform that is 100 percent designed to meet the entrepreneur

where they are, and allows them to succeed with flexible access to empowering content. DGTL is developed on NovoEd and includes 1871's core curriculum and supplemental workshops on leadership, communication, influence, problem solving, and more. DGTL will officially launch in January of 2021. For information regarding the pilot or how to join DGTL, visit 1871.com/membership/dgtl.



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ISBE welcomes 13 new members to Student Advisory Council



Twenty high school students from across Illinois will meet for the first time at Wednesday's Illinois State Board of Education (ISBE) meeting as members of the ISBE 2020-21 Student Advisory Council. The council includes 13 new and eight returning members from across the state. The Student Advisory Council provides an important student perspective as ISBE develops policy. The council will research and present to ISBE on topics affecting students' success in Illinois. Students will focus on developing ways to respond to the achievement gap widened by COVID-19; creating a diversity, equity and inclusion framework;

ensuring the safety and emotional wellbeing of students; and addressing the teacher shortage and rethinking recruitment. The council will continue to develop the Student Voices microsite at www.isbe.net/studentvoices. The new members of the 2019-20 Student Advisory Council are:

- America Gutierrez**, senior at Collinsville High School in Collinsville
- Araha Uday**, junior at Schaumburg High School in Schaumburg
- Cruz Garza**, sophomore at Zion-Benton Township High School in Beach Park
- Eric Veal Jr.**, junior at Willowbrook high School in Lombard
- Hannah Lawrence**, senior at Lane Tech High

School in Chicago

•**Jimma Gass**, senior at Eldorado High School in Eldorado

•**Kaitlyn Zhou**, senior at Nequa Valley High School in Naperville

•**Kiersten Hornberg**, senior at Huntley High School in Huntley

•**Langston Span**, sophomore at Champaign Central High School in Champaign

•**Lia Rivera Mendoza**, sophomore at Jefferson High School in Rockford

•**Ranyia Cox**, sophomore at East St. Louis High School in East St. Louis

•**Serena Thakkar**, junior at St. Charles East High School in West Chicago

•**Talib Becktemba-Goss**,

senior at Oak Park and River Forest High School in Oak Park

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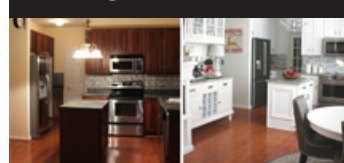
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PLEASE TAKE NOTICE, that the Town of Cicero Zoning Board of Appeals (the "ZBA") will convene a public hearing on **Wednesday, November 18, 2020 at 1:00 P.M.** in the Council Chambers, at the Town of Cicero, 4949 West Cermak Road, Cicero, Cook County, 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 **3146-3150 South Cicero Avenue, Cicero IL 60804**, is requesting a **SIGN VARIANCE** to install a flag-mount sign over the public way for a new car wash in a C-2 Zoning District.

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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

**Notice Invitation to Bid to
METROPOLITAN WATER RECLAMATION DISTRICT OF GREATER CHICAGO**

Sealed proposals, endorsed as above, will be submitted back to the District via an electronic upload to the Bonfire Portal only, from the date of the Invitation to Bid, up to 11:00 A.M. (Chicago time), on the bid opening date, and will be opened publicly as described in the Invitation to Bid by the Director of Procurement and Materials Management or designee at 11:00 AM on the stated bid opening date below for:

CONTRACT 18-144-3M

MAINSTREAM TARP PUMPS REHABILITATION, STICKNEY WATER RECLAMATION PLANT

Compliance with the District’s Affirmative Action Revised Appendix D, Appendix C, Appendix K, Appendix V and the Multi-Project Labor Agreement is required on this Contract.

The above is an abbreviated version of the Notice Invitation to Bid. A full version which includes a brief description of the project and/or service can be found on the District’s website, www.mwrd.org; the path is as follows: Doing Business ➔ Procurement and Materials Management ➔ Contract Announcements.

Specifications, proposal forms and/or plans may be obtained from the Department of Procurement and Materials Management by downloading online from the District's website at www.mwrd.org (Doing Business→Procurement & Materials Management→Contract Announcements). No fee is required for the Contract Documents. Any questions regarding the downloading of the Contract Document should be directed to the following email: contractdesk@mwrd.org or call 312-751-6643.

Chicago, Illinois
October 22, 2020

Metropolitan Water Reclamation District of Greater Chicago
By Darlene A. LoCascio
Director of Procurement and Materials Management