



V. 80 No. 44

P.O. BOX 50599 CICERO, IL 60804 (708)-656-64003

ESTABLISHED 1940

Sinai Health System Opens Center



The Center for Advanced Wound Healing located at Holy Cross Hospital – 2701 West 68th St in Chicago is now open to offer advanced wound

care for people living with chronic, non-healing wounds. Sinai Health System has partnered with Healogics, the nation's leading provider of advanced, chronic wound care services. Healogics is headquartered in Jacksonville, Florida, and has a nationwide network of over 600 Wound Care Centers®. It is estimated that chronic wounds affect 6.7 million people in the U.S. and that number is rising, fueled by an aging population and increasing rates of conditions such as diabetes, obesity and the late effects of radiation therapy. If left untreated

chronic wounds can lead to diminished quality of life and possibly amputation of the affected limb. The new wound care center is co-located with the Center for Diabetes and Endocrinology, which provides comprehensive services to help patients dealing with diabetes, endocrinology complaints and weight management to achieve and maintain good health and prevent short and

long term complication by providing the knowledge, skills and support needed for successful control of their condition. The Center for Diabetes and Endocrinology focuses on those living with pre-diabetes or Type 1 or Type 2 diabetes, weight and hormone management and thyroid related care. No referral is needed, call 773-257-HEAL (4325).



Chicago Public Schools Announces Updates to 2020 LSC Elections

Chicago Public Schools announced updates to the district's 2020 LSC elections, including offering mail-in voting for CPS parents, guardians and staff for the first time. Because of the COVID-19 pandemic, parents, guardians and staff can choose between either voting in-person at their respective school, submitting their ballot by mail, or dropping off their mail ballot at their school.

For in-person voting, the district is implementing stringent health and safety measures, including social distancing, face covering requirements, and completing a health screener and temperature check prior to entering school buildings. The district will also offer curbside voting for individuals with disabilities. Community members will still be required to vote in person

because the district does not have access to information for every prospective community voter living within a school's boundary in order to provide a mail-in ballot. Additionally, high schoolers will participate in elections using a digital format.

In-Person Election Times and Dates:

- Elementary Schools:** November 18 between 7:00 a.m. and 7:00 p.m.
- High Schools:** November 19 between 7:00 a.m. and 7:00 p.m.



REGENERON

a prevention study

Has someone in your household been diagnosed with COVID-19?

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If you:

• Are 18+

• Have not been hospitalized due to COVID-19

• Live with someone with confirmed or suspected COVID-19

• Are COVID-19 negative

Please call or text Chris Balthazar at (504)432-5420 for more information



COOK COUNTY HEALTH

THE ILLINOIS STATE TREASURER'S I-CASH PROGRAM WANTS TO RETURN OVER

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If you do not have access to the internet to search for unclaimed property, a computer may be available at your local public library.

I-CASH BY THE NUMBERS

Reported to Treasurer's Office 2/29/20 - 08/31/20

Reports	8,285
Properties	1,368,237
Cash	\$161,397,386.26
Shares	\$5,043,222

Returned to Owners 2/29/20 - 08/31/20

Number of paid claims	84,052
Cash and share value returned	\$91,845,594.54



ILLINOIS TREASURER'S ICASH

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FOR MORE INFORMATION, CONTACT US AT unclaimedproperty@illinoistreasurer.gov or 877-581-3689

These properties have been placed in the custody of the State Treasurer, to whom all further claims must be directed. Information regarding the amount or description of the property and the name and address of the holder may be obtained by any person possessing an interest in the property at www.Illinoistreasurer.gov, 877-581-3689, or by addressing an inquiry to the State Treasurer, Illinois State Treasurer's Office, Unclaimed Property Division, P.O. Box 19495, Springfield, IL 62794-9495. Printed by the authority of the State of Illinois



Attorney General Raoul Urges U.S. Supreme Court to Block Robocall Loopholes

Attorney General Kwame Raoul joined a bipartisan coalition of 38 attorneys general in filing an amicus brief in Facebook v. Noah Duguid, a U.S. Supreme Court case that will determine the scope of the protections of the federal Telephone Consumer Protection Act (TCPA). This case is key to states' ability to protect residents from scammers who use abusive robocall tactics to threaten and scam people. The TCPA, enacted in 1991, generally prohibits the use of an autodialer or an artificial or pre-recorded voice to make a call to cell phone users. Raoul and the coalition argue that Facebook's attempt to narrow the definition of autodialers would leave consumers unprotected under the TCPA. Attorney General Raoul has been an advocate for protections against illegal robocalls. In March, Raoul joined a coalition of 33 attorneys general in filing a brief in the U.S. Supreme Court defending the anti-robocall provisions of the TCPA. In August 2019, Raoul joined a coalition of attorneys general from all 50 states and Washington D.C. in partnering with 12 phone companies to create a set of principles for telecom companies to fight robocalls. Consumers who wish to file a consumer complaint concerning robocalls they have received can do so on the Attorney General's website or by calling the Consumer Fraud Hotline at 1-800-243-0618. Information about how consumers can add their number to the Do Not Call registry is also available on the Attorney General's website.

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Los Reps. García (IL) Presentan Legislación para Escuelas Seguras Durante la Pandemia COVID-19

Los Representantes Jesús “Chuy” García (IL-04), Sylvia García (TX-29), Bonnie Watson Coleman (NJ-12) y Kweisi Mfume (MD-07) se unieron a 36 miembros del Congreso presentando el Acta Equipo Protector Personal (PPE) para Escuelas Seguras, para proveer \$17 mil millones a los distritos escolares, para pagar el PPE, materiales de limpieza, entrenamiento técnico y el personal de apoyo adicional que se necesita para mantener seguros a los estudiantes, los educadores y las comunidades. Al prepararse las escuelas para regresar a clases presenciales entre un surgimiento de casos de coronavirus en E.U., debemos asegurarnos de que tienen



los recursos necesarios para mantener seguras a nuestras comunidades. Las escuelas sufrieron por la desinversión y el presupuesto ajustado antes del COVID-19 y el fondo de emergencia del Acta CARES simplemente no es suficiente para responder

al alcance del reto financiero que enfrentan las escuelas. El Acta PPE para Escuelas Seguras proveerá a las escuelas los fondos necesarios para proteger a los estudiantes, los maestros y el personal de apoyo, en base a las necesidades estimadas,

incluyendo:

- \$8.8 mil millones para PPE en las escuelas y autobuses escolares;
- \$1.6 mil millones para artículos de limpieza y salud; y
- \$6.6 mil millones para demandas adicionales del personal de limpieza.

LEGAL NOTICE

TOWN OF CICERO NOTICE OF PUBLIC HEARING

ZONING BOARD OF APPEALS

LEGAL NOTICE

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 **5928 West 35th Street, Cicero IL 60804**, is requesting a **ZONING VARIANCE** from the required parking spaces to the available to operate a retail store in a C-1 Zoning District.

PIN: 16-32-213-036 and 03-0000

Legal Description:

LOT 12AND LOT 13 IN SUBDIVISION OF LOTS 1 AND 2, 6, TO 9 BOTH INCLUSIVE IN BLOCK 4 AND LOT 1, LOTS 5 TO 9 BOTH INCLUSIVE AND 15 TO 36 BOTH INCLUSIVE IN BLOCK 5 IN CICERO TERRACE, BEING A SUBDIVISION OF ALL THAT PART LYING SOUTH OF THE RIGHT OF WAY OF THE CHICAGO MADISON AND NORTHERN RAILWAY COMPANY OF THE WEST HALF OF THE NORTHEAST QUARTER OF SECTION 32, TOWNSHIP 39 NORTH, RANGE 13, EAST OF THE THIRD PRINCIPAL MERIDIAN, IN COOK COUNTY, ILLINOIS.

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

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nuevo





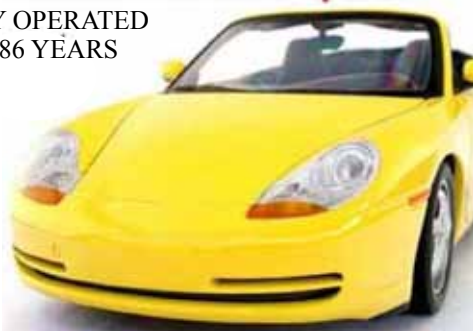
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State of Illinois Joins LISC, Chicago Neighborhood Initiatives Launch Capital Grant Program



The Department of Commerce and Economic Opportunity (DCEO) joined the Local Initiatives Support Group (LISC) and Chicago Neighborhood Initiatives (CNI) in announcing the opening of applications and plans to coordinate reimbursement and capital repairs on Tuesday, October 27, as part of the Rebuild Distressed Communities (RDC) program. The new program will direct \$25 million in funding to help cover the costs of civil-unrest-related repairs while also supporting new investments in economically distressed

communities across Illinois. To ensure that communities facing the most acute damages are able to receive support in applying, qualifying and receiving repair work, the State of Illinois has teamed up with local organizations, LISC and CNI, to expedite the review process and ensure assistance follows the needs. Reimbursements can range from \$1,000 to \$200,000 depending on eligibility and the extent of damages. Additionally, LISC will host the application for the grants on its website. For more information, visit www2.illinois.gov

for all eligible zip codes. To assist small businesses, community organizations, and nonprofits with navigating the application process for RDC, DCEO will team up with LISC and CNI to host a series of webinars detailing the grant opportunities, required documentation, and more. The following webinars are scheduled:
• Friday, October 30, 2020 12-1 p.m. (En Español)
• Friday, November 6, 2020 11 a.m.-12 p.m.
For more information on the application and webinar schedule visit <https://www.lisc.org/chicago/regional-stories/rebuild-illinois-distressed-communities-grant/>.

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Las Escuelas Públicas de Chicago Anuncian Actualizaciones para las Elecciones del CEL 2020

Las Escuelas Públicas de Chicago anunciaron actualizaciones para las elecciones del CEL 2020 del distrito, incluyendo la oferta de votar por correo para padres, tutores y personal de CPS que voten por primera vez. Por la pandemia del COVID-19 los padres, tutores y el personal pueden escoger entre votar en persona en sus respectivas escuelas, enviar su boleta por correo o depositar su boleta por correo en su escuela. Para los que votan en persona, el distrito está implementando estrictas medidas de seguridad y salud, incluyendo el distanciamiento social, cubrirse con una máscara y completar una prueba de salud y revisión de temperatura antes de entrar a un plantel escolar. El distrito ofrecerá también



la votación en la acera para personas discapacitadas. Se requerirá que los miembros de la comunidad voten personalmente porque el distrito no tiene acceso a la información de todos los posibles votantes de la comunidad que viven dentro de los límites de las escuelas para poder enviar una boleta por correo.

Además, los estudiantes de secundaria participarán en las elecciones utilizando un formato digital.
Hora y Fecha para la Elección en Persona:
•Escuelas Elementales: 18 de noviembre, entre 7:00 a.m. y 7:00 p.m.
•Secundarias: 19 de noviembre, entre 7:00 a.m. y 7:00 p.m.

Obtenga ahorros y los beneficios que se merece con un plan de WellCare

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- ✓ Telesalud - visitas médicas por Internet
- ✓ Prueba y tratamiento de la COVID-19
- ✓ **\$800** en artículos de venta libre por año
- ✓ **\$500** en asignación para la visión
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¡Usted tiene desde el 15 de octubre hasta el 7 de diciembre para elegir su cobertura de Medicare para 2021! Llame hoy.

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Visite WellCareforIL.com para buscar un evento virtual o local.



Los planes varían por región y no todos los beneficios están cubiertos en todos los planes. Consulte a su representante con licencia para obtener detalles. Beneficio auditivo por oído.*

WellCare Health Plans, Inc. es un plan HMO, PPO, PDP, PFFS con un contrato de Medicare y es un patrocinador aprobado de la Parte D. La inscripción en nuestros planes depende de la renovación del contrato. Por favor comuníquese con nuestros planes para detalles. Para facilitar el acceso a personas con necesidades especiales en las reuniones de ventas, llame al 1-877-374-4056 (TTY: 711). No hay obligación de inscribirse. Nuestros planes utilizan una lista de medicamentos. La lista de medicamentos y/o la red de farmacias pueden cambiar en cualquier momento. Usted recibirá una notificación cuando sea necesario. Usted puede inscribirse en el plan únicamente en momentos específicos del año, a menos que califique para un período de elección especial (SEP) o un período inicial de elección de cobertura (ICEP). Usted tiene la opción de inscribirse para la entrega automática del servicio por correo. Usted puede solicitar que se le envíen sus medicamentos con receta a su domicilio a través de nuestro programa de entrega del servicio por correo de la red. Usted debería recibir sus medicamentos con receta dentro de los 10 a 14 días calendario a partir del momento en que la farmacia de servicio por correo recibe su pedido. Si usted no recibe sus medicamentos con receta dentro de este plazo, por favor comuníquese con nosotros al 1-866-808-7471 (TTY 711), las 24 horas del día, los siete días de la semana. También puede visitar mailrx.wellcare.com.

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Ways to Turn Seasonal Sad Into Seasonal Glad

An estimated 10 million Americans struggle with Seasonal Affective Disorder (SAD), and women are more than four times as likely as men to have it. “As a mental health issue, SAD is more than just being down about the cold and gloom of the winter months—it actually tends to keep you down and affects you day after day,” Dr. Brad says. “If you suspect you might have this disorder, you should talk to your doctor about it.” If you’re wondering how to beat those common winter blues, or looking for a way to improve your outlook

(whether you have SAD or not), here are some things you can try:

1.Stay Busy — While it may seem easier to hunker down in your cozy home, try to get out and get some exercise, run errands, and do something fun. You can also boost your spirits by helping others.

2.Stay Healthy — The average weight gain during the winter months is 5-7 pounds. Stock your home with healthy food choices, and try to keep the processed foods to a minimum. While a little bit of comfort food now and then might serve a purpose, eating too much of it may only make you feel worse. Eating healthy food has a way of making you feel lighter, which may support a more positive outlook. Added tips: Stay hydrated and get plenty of vitamin C.

3.Mind Your Emotions — Starting the day with



a positive affirmation can really help you keep your mind in a happy place for the rest of the day. Your morning routine could set you off on a positive or negative foot for the next 16 hours, so be mindful of how you begin the day. If negative emotional energy is hiding out in your body, you may be more likely to feel those emotions all the time. Energy healing with The Emotion Code® can help you let go of them.

4.Stay Connected — Organize a “winter blues” group. Rotate locations and plan fun, uplifting events and activities. You could all learn to cook something new, invite new friends to an activity to get to know

new people, or play games and have appetizers.

4.Celebrate the Season — The colder season is chock-full of holidays that can bring you cheer. Use them as a time to have fun and celebrate life.

Veteran holistic physician Dr. Bradley Nelson (D.C., ret) is one of the world’s foremost experts on natural methods of achieving wellness. He has trained thousands of certified practitioners worldwide to help people overcome physical and emotional discomfort by releasing their emotional baggage. You can find a practitioner of his methods at www.DiscoverHealing.com/practitioners.

LEGAL NOTICE OF DEMOLITION

Town of Cicero Building Commissioner Thomas M. Tomschin has determined that the buildings on the following properties in the Town of Cicero, Township of Cicero, County of Cook, State of Illinois, 60804, are VACANT, OPEN AND UNSAFE PUBLIC NUISANCES, ARE IMMEDIATE AND CONTINUING HAZARDS TO THE SURROUNDING COMMUNITY, AND ARE IN NEED OF IMMEDIATE DEMOLITION:

PARCEL #1: NORTH 20 FEET OF LOT 30 & SOUTH 20 FEET OF LOT 31 IN BLOCK 3 IN THE RESUBDIVISION OF BLOCKS 1 TO 5 INCLUSIVE IN MECARTNEY AND COMPANY’S SUBDIVISION OF THE SOUTH 1/2 OF THE SOUTHEAST 1/4 OF THE NORTHEAST 1/4 OF SECTION 20, AND THE EAST 1/2 OF THE NORTHEAST 1/4 OF THE SOUTHEAST 1/4 OF THE NORTHEAST 1/4 OF SECTION 20, TOWNSHIP 39 NORTH, RANGE 13, EAST OF THE THIRD PRINCIPAL MERIDIAN, IN COOK COUNTY, ILLINOIS, commonly known as: 1523 S. 57TH AVENUE, CICERO, IL 60804 (P.I.N. 16-20-230-008-0000);

PARCEL #2: LOT 35 IN BLOCK 2 IN GRANT LOCOMOTIVE WORKS ADDITION TO CHICAGO, A SUBDIVISION OF SECTION 21, TOWNSHIP 39 NORTH, RANGE 13, EAST OF THE THIRD PRINCIPAL MERIDIAN, IN COOK COUNTY, ILLINOIS, commonly known as: 1234 S. 48TH CT, CICERO, IL 60804 (P.I.N. 16-21-206-038-0000);

PARCEL #3: LOT 22 IN BLOCK 5 IN GRANT LOCOMOTIVE WORKS ADDITION TO [CHICAGO, A SUBDIVISION OF] SECTION 21, TOWNSHIP 39 NORTH, RANGE 13, EAST OF THE THIRD PRINCIPAL MERIDIAN, IN COOK COUNTY, ILLINOIS, commonly known as: 1235 S. 50TH CT, CICERO, IL 60804 (P.I.N. 16-21-203-021-0000);

PARCEL #4: LOTS 39 AND 40 IN BLOCK 4 IN JAMES U. BORDEN’S ADDITION TO WARREN PARK, OF THE NORTHEAST 1/4 OF SECTION 20, TOWNSHIP 39 NORTH, RANGE 13, EAST OF THE THIRD PRINCIPAL MERIDIAN, IN COOK COUNTY, ILLINOIS, commonly known as: 1224-26 57TH CT., CICERO, IL 60804 (P.I.N. 16-20-204-031-0000)

(collectively, the “Property”).

This notice is directed to all owners, lienholders and all other parties of interest with a current legal or equitable interest in the Property (collectively, the “Parties”). The buildings on the Property are, without limitation, structurally unsound, rodent-infested, an attractive nuisance for gang activity and other crimes, are fire hazards, contain refuse and debris, suffer innumerable building code violations, and are uninhabitable. The Parties are responsible for remedying these Property conditions by DEMOLITION. If you do not demolish the buildings and remove all garbage and debris from the Property within thirty (30) days from the date of this notice, the Town shall be authorized, intends to and will take action to eliminate these hazards: **ACTION WILL INCLUDE DEMOLITION OF ALL BUILDINGS ON THE PROPERTY.** You are further notified that should the Town be required to take the necessary action to eliminate the hazards caused by these buildings, the owner(s) of record shall be liable for all costs incurred by the Town; the Town will record a lien for costs and seek cost recovery by foreclosing the lien. You have the right to object to the Town taking these actions by filing legal objection in a court of competent jurisdiction including filing a complaint in the Circuit Court of Cook County and serving the Town Clerk and the Town Building Commissioner, 4949 W. Cermak Road, Cicero, IL 60804. (708)656-3600. If you have questions, consult a lawyer. This is a legal notice published pursuant to Illinois Compiled Statutes 65 ILCS 5/11-31-1(e).

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MENTES BRILLANTES QUE BRILLAN MÁS

El futuro está en STEM. Por eso, ya sea mediante becas de estudio, iniciativas en escuelas locales o programas como el Icebox Derby, estamos comprometidos con la educación STEM en todo Chicagoland. Porque dar a los jóvenes las herramientas que necesitan para brillar en el futuro, nos garantiza un futuro brillante a todos.

Aprende más acerca de los programas STEM disponibles para estudiantes en ComEd.com/STEMeducation

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Forma de Convertir la Tristeza Estacional en Alegría Estacional

Se calcula que 10 millones de estadounidenses luchan contra el Trastorno Afectivo Estacional (SAD en inglés) y las mujeres son más de cuatro veces más propensas a padecerlo que los hombres. “Como problema de salud mental, SAD es más que estar deprimido por el frío y la oscuridad de los meses de invierno – tiende actualmente a mantenerte deprimido y te afecta día tras día, dice el Dr. Brad. “Si sospechas que puedes tener este trastorno, debes decírselo a tu médico”. Si

te preguntas como puedes combatir esa común depresión de invierno o buscar una manera de mejorar tu perspectiva (Ya sea que tengas SAD o no), a continuación algunas cosas que puedes tratar:

1.Mantente Ocupado – Aunque puede parecer más fácil y cómodo quedarte en tu casa, trata de salir y hacer algo de ejercicio, haz mandados o algo divertido. También puedes alegrar el espíritu ayudando a otros.
2.Mantente Saludable – El peso promedio que se aumenta durante los

meses de invierno es de 5 a 7 libras. Surte tu casa con alimentos saludables y trata de mantener los alimentos procesados a un mínimo. Aunque un poco de comodidad de vez en cuando en la comida puede ser bueno, comer demasiado de ello puede hacerte sentirte peor. El comer alimentos saludables te hace sentirse más ligero, lo que puede lograr una perspectiva más positiva. Otros consejos: Mantente hidratado y consume suficiente vitamina C.
3.Controla tus Emociones



– Empezar el día con una afirmación positiva puede realmente ayudarte a mantener tu mente feliz el resto del día. Tu rutina mañanera puede conducirte a un efecto positivo o negativo las próximas 16 horas, así que ten cuidado cómo empiezas el día. Si una energía emocional negativa se esconde en tu cuerpo, es probable que sientas esas emociones todo el tiempo. La sanación energética con The Emotion Code puede ayudarte a deshacerte de

ella.

4.Mantente Conectado – Organiza un grupo de “blues de invierno”. Cambia de ubicaciones y planea diversión y eventos y actividades interesantes. También puedes aprender a cocinar algo nuevo, invitar nuevos amigos a una actividad para conocer gente o participar en juegos y disfrutar bocadillos.
5.Celebra con la Temporada – La temporada más fría está llena de días festivos en los que puedes divertirte mucho. Aprovecha para

gozar y celebrar la vida.

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