



V. 81 No. 4

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ESTABLISHED 1940

# Resumen de la Inauguración de Biden



Entre una abrumadora pandemia, Joe Biden fue juramentado como el presidente No. 46 de Estados Unidos poco antes del medio día, el miércoles, 20 de enero, prometiendo unir el país y pidiendo a

los estadounidenses que terminen la “guerra incivil” que ha fragmentado el país. “Se que hablar de unidad puede sonar estos días como una fantasía tonta, se que las fuerzas que dividen son profundas y reales”, dijo. “Nuestra historia ha sido una constante lucha entre el ideal estadounidense de que todos fuimos creados iguales y la cruda y fea realidad del racismo, el nativismo, el miedo y la demonización. Este es un momento histórico de crisis y de reto – y la unidad es el camino a seguir”, dijo. “La respuesta no es encerrarse en si mismo, retirarse a facciones rivales, desconfiar de aquellos

que no se parecen a ti o que tienen otra religión, o no reciben las noticias de las mismas fuentes que tú”, agregó el presidente un momento después. Debemos poner fin a esta guerra incivil que enfrenta al rojo contra el azul, lo rural contra lo urbano, lo conservador contra lo liberal. Podemos lograrlo si abrimos nuestras almas en vez de endurecer nuestros corazones – si mostramos un poquito de tolerancia y humildad y si estamos dispuestos a ponernos en los zapatos del otro”, continuó

## Medical Corner: COVID-19 Vaccination

By: Ashmar Mandou

There is an abundant amount of information shrouding the COVID-19 vaccination, causing a bit of confusion within the Latino community. As we reintroduce our Medical Corner segment, which focuses on topical health related issues with the help of medical professionals, we begin with the COVID-19 vaccination and Marina Del Rios, MD, MSc, Director of Community Engagement, Illinois

Heart Rescue Project, Director of Social Emergency Medicine, Associate Professor, Department of Emergency Medicine, who aims to address a few of the concerns vocalized by Latinos. Should you have questions about the COVID-19, feel free to submit them to [ashmar.mandou@lawndalenews.com](mailto:ashmar.mandou@lawndalenews.com).

### To Vaccinate or Not

Healthcare providers need to try and arrive where the person is at when it comes to vaccinations.

As healthcare providers we need to understand the apprehension and work through the misinformation many patients have in relation to the COVID-19 vaccine. This is a new disease and we are learning as we go along. It's appropriate to ask questions and we recognize that there is a legitimate concern over the COVID-19 vaccination. Ultimately, you have to decide what is best for you.

### Side Effects

We know through news and social media there

is a lot of contradictory information, however I would like your readers to know that the Pfizer and the Moderna vaccination have been vetted. With every vaccine there is always a risk vs. benefit that you have to assess. There is ongoing research on the effectiveness, so volunteers are welcomed to join the clinical trials so that we gain a better understanding of how the vaccine works in various individuals.

### Latinos at Risk

There is an all-time high of unemployment among

Latina women, higher than any other group; Latinos are dying younger and quicker when it comes to all types of diseases. When it comes to resources for COVID-19 we have seen the inequities in the Latino

community. Healthcare is a privilege. We need to work as a nation to form legislation that will help our workers provide ample resources to the Latino community





## Illinois Department of Financial Professional Regulation Releases Info on Student Loans



The Illinois Department of Financial and Professional Regulation wants to ensure that Illinois consumers are aware of COVID-19 relief options that are available to them. The IDFPR released an educational one pager for consumers to quickly and easily learn about their federal relief options when it comes to evictions, mortgages,

and student loans. “At this unprecedented time of financial hardship, it is essential that consumers know and understand their options. Through our agency’s outreach, we hope to ensure that every Illinois resident takes advantage of the relief they qualify for,” said IDFPR Secretary Deborah Hagan. Federal deadlines

are fast approaching. It is imperative that consumers take action quickly. To find additional information, visit [www.idfpr.com](http://www.idfpr.com). Student Loan Relief has been extended until 1/31/21. This includes interest being waived on all loans, collections on defaulted loans is halted, and loan payments are suspended.

## Consejos de Nutrición Para una Vida Saludable en el 2021



El comienzo de un nuevo año muchas veces está acompañado con auto-reflexión y el deseo de adoptar alternativas de vida más saludables, pero este año priorizar la salud tiene un mayor significado ya que la gente busca mejorar su sistema inmunológico y prevenir enfermedades. La salud holística y la inmunidad contra resfriados comunes van de la mano – de acuerdo a la Biblioteca Nacional de Medicina de los Institutos Nacionales de Salud de E.U, las personas sanas, deberían asegurarse de que su sistema inmune se mantiene bajo a la incidencia de infecciones, bajar la severidad de los síntomas, acortar la duración de los resfriados, lo que sugiere que se podría fomentar la suplementación regular para prevenir y tratar sus resfriados. Nicole Avena, Ph.D., expertos en nutrición y autor de Por Que Falla la Dieta, ofrece recomendaciones para mejorar la inmunidad a

través de la nutrición, cambios de vida y suplementación que puede ser fácilmente incorporada en una de las rutinas diarias de salud y bienestar.

1.Salga para disfrutar la Vitamina D. Una rápida caminata durante el día puede hacer maravillas para el cuerpo, especialmente cuando brilla el sol. Asegúrese de aplicarse SPF y salga por 10-30 minutos por día para aprovechar la forma natural de vitamina D del sol, ya que esta vitamina ayuda a proteger contra los resfriados comunes y puede disminuir la inflamación. ¿Puede salir fuera? No demasiados alimentos contienen la vitamina D en forma natural, pero el salmón y las setas blancas son algunas otras opciones. Trate también de incluir en su dieta productos de alimentos fortificados con Vitamina D, como leche, queso y cereales.

2.Mejore su ingestión de Zinc. El Zinc ayuda a fortalecer el sistema

inmunológico y acortar la duración de los resfriados. Macrófagos y otras células blancas que atacan los patógenos necesitan zinc para funcionar a toda su capacidad. Las vitafusion Gummy Vitamins son fáciles de tomar y tienen un alto suplemento de Zinc que contiene 15 mb de Zinc y 270 mg de Vitamina C. 3.El magnesio lo es todo, especialmente cuando se consumen 300 mgs por día. Hay evidencia de que el magnesio desempeña un importante papel en la función cerebral, la regulación del sueño y la estabilidad emocional. El mineral contiene propiedades calmantes mientras activa el sistema nervioso parasimpático y puede encontrarse en forma natural en vegetales verdes, nueces, semillas, granos enteros y leche. Las vitafusion Gummy Vitamins reúnen este mineral esencial con un sabor citrus tropical en un yummy gummy con 165 mg. de magnesio que puede ser suplementado en la dieta.

## CTU Kicks Off Little Village Caravan for Safe Schools



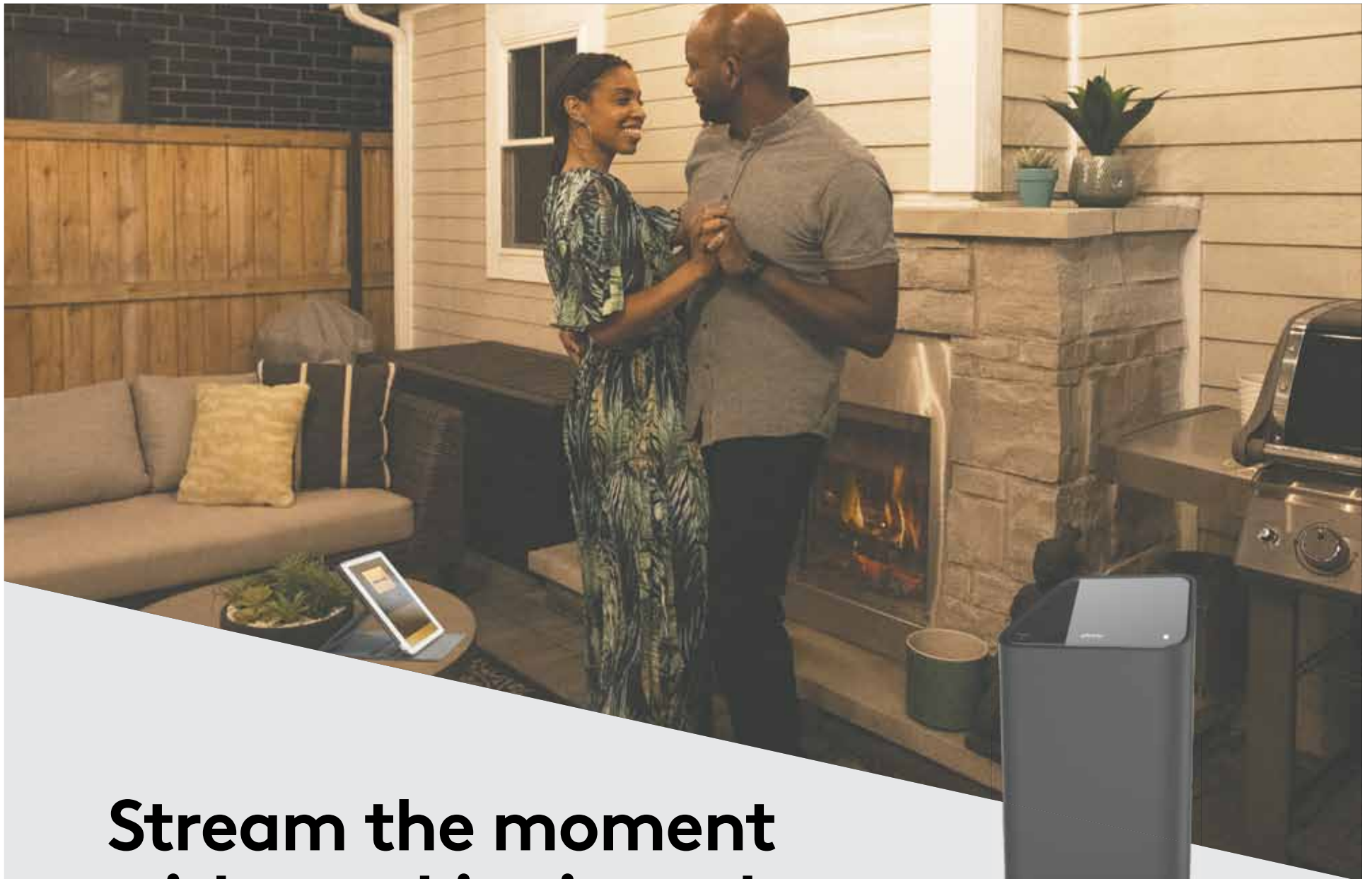
The Chicago Teachers Union kicked off the Little Village Caravan for Safe Schools Tuesday afternoon, 31<sup>st</sup> and Kedzie, to demand that CPS put its dangerous reopening plan

on hold while it bargains with the CTU on a truly safe plan to return to school buildings. Participants decorated their vehicles with solidarity messages to teachers locked out of Google Classroom in Little

Village and citywide. The overwhelmingly working class Latinx neighborhood is home to thousands of frontline essential workers and multi-generational households — and among those hardest hit by the pandemic. The CTU has tallied reports of COVID cases in more than 50 CPS schools in the wake of the school district’s move to start forcing a second wave of workers back into unsafe buildings on January 4. Those returning teachers continue to report shortages of PPE, cleaning supplies, portable HEPA filters for their classrooms and more.

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# Study Shows Online Searches for Boredom, Loneliness, Worry Rose Amid Lockdowns



The number of people searching online for topics that are related to boredom, loneliness, and worry rose sharply at the beginning of the first lockdown, a new study shows. Experts examined Google Trends data from 10 countries across Europe and the United States and found search patterns suggested lockdown had “severely affected” mental health. They tracked how often

people searched Google for terms such as panic, divorce, suicide, boredom and wellbeing. When compared to the same period in 2019, the number of searches in Europe at the time of the lockdown in 2020 for boredom rose by 93%, loneliness 40%, and worry 27%. In America, the number of searches at the time of the lockdown in 2020 for boredom rose by 57%, loneliness by 16%,

and worry by 12%. Researchers found results were similar whether countries, states, or cities went into full or partial lockdown, suggesting that any form of restrictions had a substantial impact on wellbeing. Nattavudh Powdthavee, Professor of Behavioural Science at Warwick Business School, is one of the authors of the paper and specialises in the

economics of wellbeing. He said: “Our findings indicate that people’s mental health may have been severely affected by the pandemic and lockdown.

“There was a substantial increase in searches for boredom, loneliness, and worry. However, we did see a significant drop in searches for suicide, divorce, and stress.

“It may be necessary to make sure support is provided to help those struggling most with lockdown.”

The research by economists from the University of Ottawa, Warwick Business School, Paris School of Economics, and Aix-Marseille was published in the paper *COVID-19, lockdowns and well-being: Evidence from Google Trends* in the Journal of Public Economics.

Researchers analysed Google search data from the United Kingdom, United States, Ireland, Austria, Belgium, France, Italy, Luxembourg, Portugal, and Spain between January

2019 and April 2020.

That allowed them to compare how often people searched for 13 key terms just before lockdown, after they were ordered to stay home, and during the same period 12 months earlier.

Professor Abel Brodeur from the University of Ottawa said: “We did see the number of searches for sadness revert towards the norm, perhaps reflecting hopes that lockdown would be relatively short-lived. “However, the effects on boredom and worry have not dissipated over time and this snapshot of

wellbeing in the first weeks of lockdown does not account potential fatigue as individuals grow increasingly tired of self-regulating as time passes. “It is a reminder that, while the economic cost of the pandemic and lockdown is considerable, there are other potential costs in terms of trust, disruption to schooling, and wellbeing. “That is particularly relevant as many countries are going through a second wave of the pandemic and are facing fresh restrictions.”



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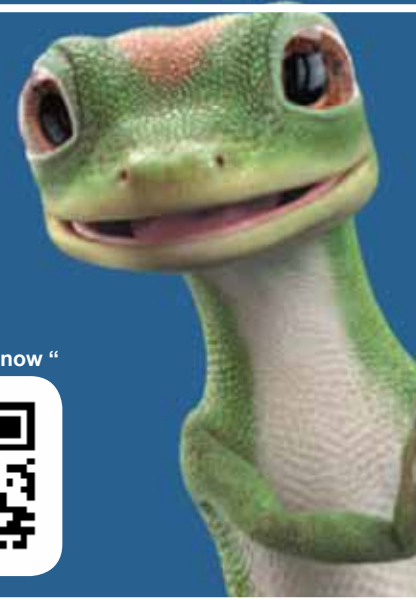
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# Nutrition Tips for Healthy Living in 2021

The start of a new year is often coupled with self-reflection and the desire to adopt healthy lifestyle choices, but this year prioritizing health takes on greater meaning as people look to boost their immune system and prevent illnesses. Holistic health and immunity against common colds go hand in hand – according to U.S. National Institutes of Health’s National Library of Medicine, healthy individuals should make sure to maintain their immune system to lower the incidence of infection, lessen severity of symptoms, shorten duration of colds, which suggests that regular supplementation could be encouraged for preventing and treating their colds.

Nicole Avena, Ph.D., nutrition expert and author of *Why Diets Fail*, provides recommendations to boost immunity through nutrition, lifestyle changes, and supplementation which can easily be incorporated into one’s daily health and wellness routine.

1. Go outside to enjoy Vitamin D. A quick walk during the day can do wonders for the body, especially when the sun is shining. Make sure to apply SPF and head outside for 10-30 minutes per day to take advantage of the sun’s natural form of Vitamin D as this vitamin helps protect against common colds and can decrease inflammation. Can’t go outside? Not too many foods contain vitamin D naturally, but salmon and

white mushrooms are some options to try. Also, try to include Vitamin D-fortified food products in your diet, like milks, cheeses, and cereals.

2. Power up your Zinc intake. Zinc helps build the innate immune system and shorten the duration of colds. Macrophages and other white blood cells that attack pathogens need zinc to function at full capacity. vitafusion Gummy Vitamins makes an easy-to take and highly potent Zinc supplement that contains 15mg of Zinc and 270mg of Vitamin C.

3. Magnesium does it all, especially when about 300mg is consumed per day. There’s evidence that magnesium plays a major role in brain function, sleep regulation, and emotional stability. The



mineral contains calming properties while activating your parasympathetic nervous system and can be found naturally in

leafy vegetables, nuts, seeds, whole grains, and milk. vitafusion Gummy Vitamins fuses together this essential mineral with

a tropical citrus flavor into a yummy gummy with 165mg of magnesium that can be supplemented into the diet.

## Somos trabajadores esenciales.

### Cada día somos la primera línea de defensa.

Somos la primera línea de defensa en hospitales, campos de cultivo, supermercados. Nos ponemos en riesgo para contribuir a tu salud o poner alimentos en la mesa. Las vacunas ya están aquí. Pero es importante mantener la distancia, usar mascarilla, lavarse las manos y evitar multitudes y espacios interiores con personas con las que no vivas para frenar la propagación del COVID-19.

Aprenda más sobre las vacunas y lo que puede hacer para frenar la propagación en [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Traído a usted por el Departamento de Salud y Servicios Humanos de EE.UU.





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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 oportu-

nidad 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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## Pritzker, Preckwinkle Announce State-Run Vaccination Sites Across Cook County



The City announced the locations of four state-support vaccination sites across Cook County that will begin vaccinating Illinois residents beginning this week. The sites are being stood up through support from the Illinois National Guard (ILNG).

### Cook County Locations **Cook County Health's North Riverside Health Center**

1800 S. Harlem Ave.  
North Riverside, IL 60546

### **Cook County Health's Robbins Health Center**

13450 S. Kedzie Ave.  
Robbins, IL 60472

### **Cook County Health's Morton East Adolescent**

### **Health Center**

2423 S. Austin Blvd.  
Cicero, IL 60804

### **Cook County Health's Cottage Grove Health Center**

1645 Cottage Grove Ave.  
Ford Heights, IL 60411

All four locations will operate Monday through Saturday, 9a.m. to 5p.m. They will be available for health care workers who are part of Phase 1A before opening to those eligible for Phase 1B on January 25. For more information on vaccinations in Cook County please visit <https://cookcountypublichealth.org/>

**CLASIFICADOS**

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**LAWNDALE**  
news



**HOUSES FOR SALE**

IN THE CIRCUIT COURT OF COOK  
COUNTY, ILLINOIS  
COUNTY DEPARTMENT - CHANCERY  
DIVISION  
NATIONSTAR MORTGAGE LLC D/B/A MR.  
COOPER  
Plaintiff,

LINDA R. JOSEPH, KWABENA  
JOSEPH, UNITED STATES OF  
AMERICA, MORTGAGE ELECTRONIC  
REGISTRATION SYSTEMS, INC., TCF  
NATIONAL BANK, UNKNOWN OWNERS  
AND NONRECORD CLAIMANTS  
Defendants

2019CH13923  
224 N WALLER AVE  
CHICAGO, IL 60644  
NOTICE OF SALE

PUBLIC NOTICE IS HEREBY GIVEN that  
pursuant to a Judgment of Foreclosure and  
Sale entered in the above cause on September  
29, 2020, an agent for The Judicial Sales  
Corporation, will at 10:30 AM on February 11,  
2021, at The Judicial Sales Corporation, One  
South Wacker Drive, CHICAGO, IL, 60606, sell  
at a public sale to the highest bidder, as set  
forth below, the following described real estate:  
Commonly known as 224 N WALLER AVE,  
CHICAGO, IL 60644  
Property Index No. 16-08-409-017-0000  
The real estate is improved with a single family  
residence.

Sale terms: 25% down of the highest bid  
by certified funds at the close of the sale  
payable to The Judicial Sales Corporation.  
No third party checks will be accepted. The  
balance, including the Judicial Sale fee for the  
Abandoned Residential Property Municipality  
Relief Fund, which is calculated on residential  
real estate at the rate of \$1 for each \$1,000  
or fraction thereof of the amount paid by the  
purchaser not to exceed \$300, in certified  
funds/wire transfer, is due within twenty-  
four (24) hours. No fee shall be paid by the  
mortgagee acquiring the residential real estate  
pursuant to its credit bid at the sale or by any  
mortgagee, judgment creditor, or other lienor  
acquiring the residential real estate whose  
rights in and to the residential real estate  
arose prior to the sale. The subject property  
is subject to general real estate taxes, special  
assessments, or special taxes levied against  
said real estate and is offered for sale without  
any representation as to quality or quantity of  
title and without recourse to Plaintiff and in  
"AS IS" condition. The sale is further subject  
to confirmation by the court.

Upon payment in full of the amount bid, the  
purchaser will receive a Certificate of Sale that  
will entitle the purchaser to a deed to the real  
estate after confirmation of the sale.

Where a sale of real estate is made to satisfy  
a lien prior to that of the United States, the  
United States shall have one year from the  
date of sale within which to redeem, except that  
with respect to a lien arising under the Internal  
Revenue Laws the period shall be 120 days or  
the period allowable for redemption under  
State law, whichever is longer, and in any case  
in which, under the provisions of section 505  
of the Housing Act of 1950, as amended (12  
U.S.C. 1701k), and subsection (d) of section  
3720 of title 38 of the United States Code, the  
right to redeem does not arise, there shall be  
no right of redemption.

The property will NOT be open for inspection  
and plaintiff makes no representation as to the  
condition of the property. Prospective bidders  
are admonished to check the court file to verify  
all information.

If this property is a condominium unit, the  
purchaser of the unit at the foreclosure  
sale, other than a mortgagee, shall pay the  
assessments and the legal fees required by  
The Condominium Property Act, 765 ILCS  
605/9(g)(1) and (g)(4). If this property is a  
condominium unit which is part of a common  
interest community, the purchaser of the unit  
at the foreclosure sale other than a mortgagee  
shall pay the assessments required by  
The Condominium Property Act, 765 ILCS  
605/18.5(g-1).

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County and the same identification for sales  
held at other county venues where The Judicial  
Sales Corporation conducts foreclosure sales.  
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Attorneys, 15W030 NORTH FRONTAGE  
ROAD, SUITE 100, BURR RIDGE, IL, 60527  
(630) 794-9876

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IL 60606-4650 (312) 236-SALE

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report of pending sales.

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100  
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E-Mail: [pleadings@il.cslegal.com](mailto:pleadings@il.cslegal.com)  
Attorney File No. 14-19-10737  
Attorney ARDC No. 00468002  
Attorney Code. 21762  
Case Number: 2019CH13923  
TJSC# 40-2322

NOTE: Pursuant to the Fair Debt Collection  
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attorney is deemed to be a debt collector  
attempting to collect a debt and any information  
obtained will be used for that purpose.  
Case # 2019CH13923  
13162279

**HOUSES FOR SALE**

IN THE CIRCUIT COURT OF  
COOK COUNTY, ILLINOIS  
COUNTY DEPARTMENT -  
CHANCERY DIVISION  
HSBC BANK USA, NATIONAL  
ASSOCIATION, AS  
TRUSTEE FOR  
STRUCTURED ASSET  
SECURITIES  
CORPORATION,  
MORTGAGE PASS-  
THROUGH  
CERTIFICATES, SERIES  
2004-SC1;  
Plaintiff,

vs.

LEE WATT; SHIRLEY WATT;  
CITY OF CHICAGO;  
Defendants,

16 CH 14732  
NOTICE OF SALE

PUBLIC NOTICE IS HEREBY  
GIVEN that pursuant to a  
Judgment of Foreclosure and  
Sale entered in the above  
entitled cause Intercounty  
Judicial Sales Corporation will  
on Monday, February 8, 2021 at  
the hour of 11 a.m. in their office  
at 120 West Madison Street,  
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bidder for cash, as set forth  
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residence. If the subject  
mortgaged real estate is a unit of  
a common interest community,  
the purchaser of the unit other  
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the assessments required by  
subsection (g-1) of Section 18.5  
of the Condominium Property  
Act.

Sale terms: 10% down by  
certified funds, balance, by  
certified funds, within 24 hours.  
No refunds. The property will  
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Department at Plaintiff's  
Attorney, Manley Deas  
Kochalski, LLC, One East  
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**24 APT. FOR RENT**

**24 APT. FOR RENT**

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**24** APT. FOR RENT

**53** HELP WANTED

**53** HELP WANTED

**53** HELP WANTED

**53** HELP WANTED

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