

*Sunday Edition*

*Noticiero Bilingüe*

# LAWNDALE NEWS

Sunday, October 9, 2022

**WEST SIDE TIMES**



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P.O. BOX 50599, CICERO, IL 60804 • 708-656-6400

ESTABLISHED 1940



**El Coro de Niños de Chicago Cambia de Nombre a Chicago Uniendo Voces**

## Chicago Children's Choir Changes Name to Uniting Voices Chicago

Chicago Children's Choir is now Uniting Voices Chicago, a new name that better reflects the organization's long-term mission to inspire

and change lives through the power of music. Over the course of 65 years, Uniting Voices Chicago has grown from a single choir in Hyde Park into an

internationally renowned music nonprofit that has redefined the youth choral arts and transformed the lives of more than 50,000 young Chicagoans who

have become leaders in a wide array of fields all over the world. This evolution is a crucial step in both honoring the organization's illustrious legacy while

propelling it into the future. In celebration of its new identity, Uniting Voices Chicago hosted a launch event on October 1 at Navy Pier's Aon Grand

Ballroom. The event featured the world premiere of the new single, "United," and a free concert, open to the public, performed by

*Continued on page 4*



# Chicago 'Halloweek' Returns

Chicago 'Halloweek' returns. 'Halloweek' brings together City departments, corporations, and community-based organizations to plan Halloween-related activations for Chicago residents of all ages. Events and activities will be hosted from October 22 through October 31, and all activities can be found at [ChicagoHalloweek.org](http://ChicagoHalloweek.org). Halloweek activities will begin October 22 with the

UPSIDE DOWN Parade from 12 to 3 p.m. in Washington Park, presented by LUMA8 and the City of Chicago and sponsored by Blommer Chocolate Company. This event turns the traditional parade upside down because attending families will be the parade as they walk in costume through the park to view entertainment all around them. Halloweek will continue throughout October 24 to 28 with ten

community 'Halloweek On the Block' events and additional trick-or-treating and Halloween-themed programs across the city. On October 29, the 8<sup>th</sup> Annual ARTS IN THE DARK Parade will take place on State Street from 6 to 8 p.m. between Lake and Van Buren. The parade is presented by LUMA8 and the City of Chicago and sponsored by Barry Callebaut with support from Chicago Loop Alliance.



Additional Halloweek details will be announced in the coming weeks — visit [ChicagoHalloweek.org](http://ChicagoHalloweek.org) to stay updated or head to the My CHI. My Future. mobile app.



# Illinois Office of Tourism Releases New Interactive 2022 Fall Colors Trip Planner



The Illinois Office of Tourism, in partnership with the Illinois Department of Natural Resources (IDNR), has released the 2022 Fall Colors Trip Planner, a new online guide to make finding the best time to spot peak fall foliage across the state easier than ever. The Fall Colors Trip Planner features the new Illinois Fall Color Tracker, an interactive state map for desktop and mobile that allows users to track fall colors by region within a specific time frame throughout the season. Travelers are encouraged to share their fall color photos all season long using the #EnjoyIllinois hashtag to be featured on [EnjoyIllinois.com](http://EnjoyIllinois.com). The new Fall Colors

Trip Planner also includes a variety of fall travel trip itineraries created to highlight must-visit sights and attractions that are unique to Illinois. A few highlights include:

- **Spellbound in the Suburbs** - Experience all you love about fall just outside Chicago where city skyscrapers quickly give way to apple orchards & pumpkin patches. Make a visit to Bengtson's Pumpkin Farm in Homer Glen, Richardson Adventure Farm in Spring Grove or the Morton Arboretum in Lisle - all truly spectacular in the autumn.
- **Destination Shawnee** - Trek across thousands of acres of majestic natural landscapes that emit colors

of fall foliage resembling sunrises and sunsets. With majestic rock formations, picturesque hills, lush woodlands and scenic bluffs, there's no better place to experience fall than the Shawnee National Forest in southern Illinois.

- **Frights & Delights in Illinois** - Featuring local haunts in the southwest region of the state along the Great River Road, including the McPike Mansion in Alton, the Ruel Hotel in Grafton and Alton Hauntings Tours, winner of a 2021 Tripadvisor Travelers' Choice Award.
- **Great Pumpkin Country** - Discover some of central Illinois' fun-filled

agritourism destinations for families to enjoy like the Great Pumpkin Patch in Arthur, picking apples at

Curtis Orchard and a visit to the state's only Dark Sky Park in Champaign. To view the 2022 Falls

Colors Trip Planner and learn more about planning a fall getaway in Illinois, visit [EnjoyIllinois.com](http://EnjoyIllinois.com).





# Prevención al Cáncer de Mama



Por: Ashmar Mandou

Octubre es el Mes de Concientización del Cáncer de Mama y si usted está preocupada de si desarrollará dicho cáncer, debe estar preguntando que pasos preventivos puede dar.

Aunque algunos factores de riesgo, incluyendo la historia familiar no pueden cambiarse, hay unos cuantos cambios de estilo de vida que pueden ayudarle a disminuir el riesgo.

•**Mantenga un peso saludable.** Si su peso es

saludable, trate de mantener ese peso. Si necesita perder peso, pregunte a su doctor que estrategias saludables puede tomar para lograrlo. Reduzca el número de calorías que come cada día y aumente lentamente la cantidad de ejercicio.

•**Manténgase físicamente**

**activo.** La actividad física puede ayudarle a mantener un peso saludable, que le ayude a prevenir el cáncer de mama. La mayoría de adultos saludables esperan hacer por lo menos 150 minutos a la semana de actividad aeróbica moderada o 75 minutos de actividad aeróbica

vigorosa.

•**Ser amamantado.** El ser amamantado puede jugar un papel importante en la prevención del cáncer de mama. Mientras más tiempo sea amamantado, mayor la protección.

•**Limite el alcohol.** Mientras más alcohol tome, mayor el riesgo

de desarrollar cáncer de mama. La recomendación general – basada en investigaciones sobre los efectos del alcohol en el riesgo del cáncer de mama – es limitarse a no más de una bebida al día, ya que incluso pequeñas cantidades aumentan el riesgo.

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## Promoviendo a la próxima generación de hispanos en STEM.

ComEd está comprometida a diversificar la fuerza laboral en los campos de la ciencia, la tecnología, la ingeniería y las matemáticas (STEM). Nuestro programa STEM Labs te brinda a estudiantes hispanos la oportunidad de aprender e inspirarse sobre carreras profesionales en STEM.

En el Mes de la Herencia Hispana, con la ayuda de mentores de ComEd, los estudiantes obtendrán experiencia práctica en la construcción de robots y desarrollarán confianza para conseguir una carrera en STEM.

Este es uno de varios programas que ComEd patrocina para atraer a más estudiantes de diferentes etnicidades y mujeres a las carreras de STEM. Para recibir notificaciones sobre futuros programas de STEM y cuando aplicar visite [stemsignup.com/comed](https://stemsignup.com/comed)

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# Breast Cancer Prevention



## Sinai Chicago Receives HHS Grant to Expand Community Health Workforce

Sinai Chicago has received a nearly \$3 million grant from the U.S. Department of Health and Human Services (HHS), Health Resources and Services Administration, to fund expansion of its Sinai Urban Health Institute (SUHI) community health worker (CHW) training program. The grant, which is the largest ever for SUHI, is part of more than \$266 million awarded by HHS through the American Rescue Plan to grow the community and public

health workforce. CHWs are trusted healthcare messengers and navigators who live and work in the communities they serve. They connect individuals and families with the resources they need to manage their care and treatment for a variety of conditions, ranging from chronic disease to mental health to COVID-19. The HHS grants are a new multi-year program to support training and apprenticeship initiatives for an estimated 13,000 CHWs across the

country. SUHI has over 20 years of experience in developing, implementing, evaluating and scaling CHW interventions. SUHI's Center for CHW Research, Outcomes & Workforce Development (CROWD), is leading the charge towards advancing social justice and promoting health equity with a deliberate focus on recruitment, training and developing career pipelines/pathways for CHWs. For more information, visit [sinaichicago.org](http://sinaichicago.org)

*By: Ashmar Mandou*

October is Breast Cancer Awareness Month and if you're concerned about developing breast cancer, you might be wondering about preventive steps you can take. Although some risk factors, including family history cannot be changed, there are a few lifestyle changes that can help to lower your risk.

**•Maintain a healthy weight.** If your weight is healthy, work to maintain that weight. If you need to lose weight, ask your

doctor about healthy strategies to accomplish this. Reduce the number of calories you eat each day and slowly increase the amount of exercise.

**•Be physically active.** Physical activity can help you maintain a healthy weight, which helps prevent breast cancer. Most healthy adults should aim for at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, plus strength training at least twice a week.

**•Breast-feed.** Breast-feeding might play a role in breast cancer prevention. The longer you breast-feed, the greater the protective effect.

**•Limit alcohol.** The more alcohol you drink, the greater your risk of developing breast cancer. The general recommendation –based on research on the effect of alcohol on breast cancer risk—is to limit yourself to no more than one drink a day, as even small amounts increase risk.

## Chicago Children's Choir...

*Continued from page 1*

singers in Uniting Voices Chicago's after-school programs. Afterwards, attendees celebrated this epic transformation with music-themed interactive experiences and installations. Uniting Voices Chicago Senior Director Judy Hanson and President Lee led the launch, which was attended

by parents; alumni; community partners; Uniting Voices Chicago Board of Directors, which includes Chicago philanthropic leaders such as David Koo and Ellen-Blair Chube; and Ambassador's Board.

**Photos Courtesy of Uniting Voices Chicago**

## El Coro de Niños de Chicago Cambia de Nombre a Chicago Uniendo Voces

El Coro de Niños es ahora Uniting Voices Chicago [Chicago Uniendo Voces], nuevo nombre que refleja mejor la misión a largo plazo de la organización, de inspirar y cambiar las vidas a través del poder de la música. En el curso de 65 años, Uniting Voices Chicago ha crecido de un sencillo coro en Hyde Park a una organización musical no lucrativa de renombre internacional que ha redefinido el arte del coro juvenil y transformado la vida de más de 50,000 jóvenes residentes de Chicago que se han convertido en líderes en una amplia variedad de campos en todo el mundo. Esta evolución es un paso crucial tanto en honrar el ilustre legado de la organización como en su proyección hacia el futuro. En celebración de su nueva identidad, Uniting Voices Chicago ofreció un

evento de lanzamiento el 1° de octubre en el Aon Grand Ballroom del Navy Pier. El evento presentó la première mundial del nuevo sencillo, "United," y un concierto gratuito abierto al público, interpretado por cantantes de los programas después de la escuela de Uniting Voices Chicago. Después, los asistentes celebraron esta épica transformación con experiencias e instalaciones

interactivas musicales. La Directora Senior de Uniting Voices Chicago, Judy Hanson y el Presidente Lee condujeron el lanzamiento, al que asistieron padres; ex-alumnos y socios comunitarios; la Mesa Directiva de Uniting Voices Chicago, que incluye a líderes filantrópicos de Chicago como David Koo y Ellen-Blair Chube; y la Junta de Ambassador.



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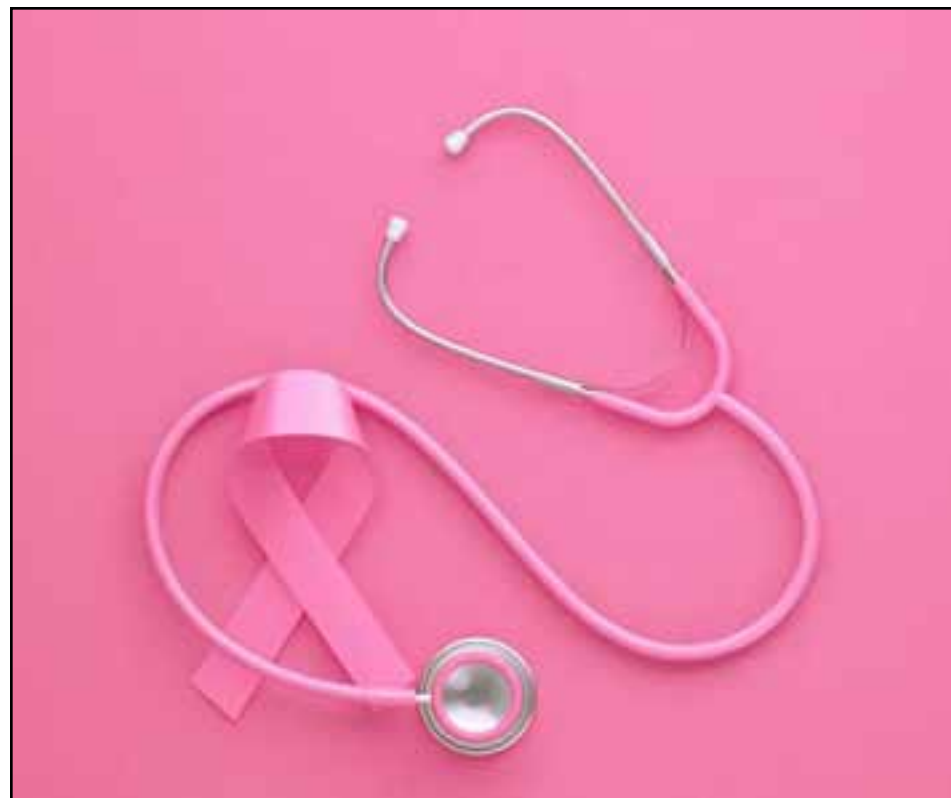


# Loretto Hospital to Offer Free Mammograms throughout October

In recognition of Breast Cancer Awareness Month, Loretto Hospital is offering free mammograms for uninsured and underinsured residents of the Austin community throughout the month of October. Breast cancer is by far the most common cancer among all women. While the incidence of breast cancer is slightly lower among Black women than their white counterparts, Black women have a higher rate of breast cancer deaths – possibly because cancers tend to be detected at a later stage in Blacks than whites.

The five-year survival rate for Black women diagnosed with breast cancer is 71 percent, compared to 87 percent for white women. The West side hospital offers state-of-the-art breast tomosynthesis technology, which utilizes low-dose x-rays to produce a three-dimensional image of the breast tissue, thus helping radiologists detect cancer when it is most treatable. This Food and Drug Administration-approved technology is considered superior to conventional 2D mammography alone, especially for women

with dense tissue. The 3D images can separate breast tissue that may appear overlapping in 2D imaging. Free screening mammograms are available to Austin residents living in the 60651, 60644, 60624, 60623 and 60612 zip codes. Women outside these zip codes can take advantage of Loretto's reduced rate, \$75 mammograms throughout the month of October. Certain restrictions apply. For additional information, call 833-TLH-LOVE or visit [www.lorettohospital.org](http://www.lorettohospital.org).



## FREE Mammograms throughout October



Loretto Hospital proudly supports Breast Cancer Awareness Month.

Throughout the month of October, eligible women can receive a FREE mammogram. This promotion is for uninsured and underinsured Austin residents. Certain restrictions apply. Call for details.

Make yourself a priority and schedule your appointment today!

Breast cancer is the most diagnosed cancer among black women!

At Loretto Hospital we are working hard to change that narrative. We know that the thought of having breast cancer is a scary thing. We also know that not knowing can be even scarier.

# Call: 833-TLH-LOVE

Loretto Hospital  
645 South Central Avenue | Chicago, IL 60644

[www.lorettohospital.org](http://www.lorettohospital.org)



## Fiesta del Sol Scholarship Application is Open



Pilsen Neighbors Community Council and the University Round Table are proud to announce that the Fiesta del Sol Scholarship application process is officially open. For over 20 years,

the Guadalupe A. Reyes Fiesta del Sol Scholarship program has awarded over \$1.3MM to Latino students from the southwest side of Chicago. To learn more about all the requirements and to download the

instructional guide, head over to [www.fiestadelsol.org](http://www.fiestadelsol.org). For any inquiries about the application process, please email [scholarship@fiestadelsol.org](mailto:scholarship@fiestadelsol.org)

## Triton College Hosts High School Visit Day



Triton College will be hosting High School Visit Day, Monday, Oct. 10, from 10 a.m.-2 p.m., for prospective students and their families. Students can visit the campus and stop

by the Admissions Office (B Building) to chat with advisors, receive help with their application or take a campus tour. This event is free. To register, visit [triton.edu](http://triton.edu)

[/highschoolvisitday](https://triton.edu/highschoolvisitday). For more information, please contact [daniellamoureux@triton.edu](mailto:daniellamoureux@triton.edu) or (708) 456-0300, Ext. 3690.

# October is College Changes Everything Month in Illinois

October is College Changes Everything® (CCE) Month in Illinois, when the Illinois Student Assistance Commission (ISAC) teams up with high schools and community partners to support students in completing their college and financial aid applications. During CCE Month and the Fall CCE Campaign from Labor Day through

Thanksgiving, ISAC and its partners provide an intensive schedule of free college and financial aid application completion workshops available statewide. That's especially important this year, as students will see changes in the Free Application for Federal Student Aid (FAFSA®) that will begin to simplify the application,

and there will be expanded financial aid eligibility for some students. The 2023-24 FAFSA and the Alternative Application for Illinois Financial Aid are available now. Among the changes to the 2023-2024 FAFSA form are the removal of the question related to the requirement that students identified as male at birth register for Selective Service before



the age of 26 to qualify for federal student aid. Questions related to drug

convictions have also been removed from the FAFSA. For more information, visit

[www.isac.org/FAFSA-Completion](http://www.isac.org/FAFSA-Completion).

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# JOBS • JOBS • TRABAJOS • TRABAJOS

## INVITATION FOR BIDS

### CITY OF BERWYN

**NOTICE IS HEREBY GIVEN** by the Mayor and City Council of the CITY OF BERWYN, Cook County, Illinois, that sealed bids will be received for the following improvement:

#### **BERWYN RECREATION DEPARTMENT: TOILET ROOM REMODELING**

The proposed improvement consists of remodeling of the men's and women's toilet rooms, located at the Berwyn Recreation Department, 6501 31st Street, Berwyn, IL 60402.

Said bids will be received up to the hour of **10:00 a.m.** on the **25th day of October, 2022**, at the office of the **City Clerk**, in the **City of Berwyn, 6700 W. 26th Street, Berwyn, IL 60402**, and will be publicly opened and read at that time.

**A pre-bid meeting will be held for all bidders at the project site on October 18th, at 10:00 AM at the Berwyn Recreation Department located at 6501 31st Street, Berwyn, IL 60402.**

Plans and proposal forms are available via the project architect: Lukasik + Associates Ltd.. Please contact Lukasik at: (708-785-4107) or via e-mail: [r.lukasik@lukasikassociates.com](mailto:r.lukasik@lukasikassociates.com). **Proposal forms are non-transferable.**

Only those Proposals that have been obtained from, and with the approval of, Lukasik + Associates Ltd. will be accepted at the bid opening. The Architect has been authorized to refuse to issue Specifications and Proposals to any person, firm, or corporation that he or she considers to be unqualified. Proposals must be submitted on the forms provided. No Proposals will be issued to Bidders after **12:00 Noon** on the **24th day of October, 2022**. All proposals or bids must be accompanied by a Bid Bond, Cash, or Certified Check made payable to the **City of Berwyn** in the amount of not less than five percent (5%) of the total amount of the Proposal as a guarantee that if the Proposal is accepted, a Contract will be entered into and the performance of the Contract is properly secured.

No bid shall be withdrawn after the opening of the proposals without the consent of the Mayor and City Council of the City of Berwyn for a period of **forty-five (45)** days after the scheduled time of closing bids.

The bidder is specifically advised that the City is a recipient of a grant made pursuant to the Housing and Community Development Act of 1974 as amended. Further, in compliance with the Stevens Amendment to the Department of Defense Appropriation Act of 1989, the estimated percentage of the total cost of this project to be funded with federal dollars is **one hundred percent (100%)** and the exact dollar amount of federal funds which will be set aside for this project will be based on the Contract amount awarded under this offering.

All laborers and mechanics employed by Contractor or Subcontractor(s) on construction work for this project shall be paid wages at rates not less than those prevailing on similar construction in the locality as determined by the Secretary of Labor in accordance with the Davis-Bacon Act as amended (U.S.C. 76-276a-5), and shall receive overtime compensation in accordance with and subject to the provisions of the Contract Work Hours and Safety Standards Act (40 U.S.C. 327-333) and the Contractor and Subcontractor(s) shall comply with all regulations issued pursuant to these Acts and other applicable Federal laws and regulations pertaining to labor standards. The Secretary of Labor has, with respect to the labor standards specified in this Section, the authority and functions set forth in Reorganization Plan Number 14 of 1950 (5 U.S.C. 113z-15) and Section 2 of the Act of June 13, 1934, as amended (40 U.S.C. 276c).

All Contracts and Subgrantees for construction or repair shall include a provision for compliance with the Copeland "Anti-Kickback Act" (18 U.S.C. 874) as supplemented in Department of Labor Regulations (29 CFR, Part 3).

Each Bidder is required to comply with Equal Employment Opportunity for Community Development Block Grants, a copy of which is on file with the City Clerk and is available for inspection.

Compliance with "Section 3", which calls for affirmative action by the Contractor to train and hire lower income residents of the project area and to subcontract with local small businesses, is required on this project.

An explanation of the applicable federal requirements previously mentioned is provided in the Special Provisions of the Bid Specifications.

The successful Bidder for the construction of the improvement will be required to file a Performance Bond equal to one hundred percent (100%) of the bid, with sureties to be approved by the Mayor and City Council, which Performance Bond shall be conditioned upon proper and faithful performance by the Contractor of the work specified in accordance with the Plans and Specification therefore, according to the time and terms and conditions of the Contract; and also that the Bidder and Contractor shall properly pay all debts incurred by the Contractor in the execution of the work, including those for labor and materials furnished.

The Contractor shall be required to furnish sufficient insurance or guaranty of indemnity to the City of Berwyn, Illinois, and the County of Cook, Illinois, against any and all claims which might arise for damages to persons or property due to the negligence of the Contractor or Subcontractor(s), or their officers, agents, employees or servants, during the construction of said improvement and until the said improvement has been finally accepted as complete by the Mayor and City Council of the City of Berwyn.

**Bidders must be registered and active with SAM.gov prior to the bid date. The right to reject any and all Proposals or Bids is reserved.**

Dated at Berwyn, Illinois, this 6rd day of October, 2022.

**MAYOR AND CITY COUNCIL  
CITY OF BERWYN**

By: Robert J. Lovero, Mayor (s)

A T T E S T:

By: Margaret M. Paul, City Clerk (s)