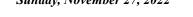
Sunday Edition







WEST SIDE TIMES

V. 82 No. 48

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



NOIS PRESS

Holiday Magic® en Brookfield Zoo regresa en su Deslumbrante Año No. 41



Ilumine la temporada de fiestas con su familia y amigos en el Holiday Magic® anual del Brookfield Zoo presentado por ComEd y Meijer. El festival de luces más antiguo de Chicagoland regresa el 25-27 y 30 de noviembre, y el 1, 4, 7, 11, 14, 18 y 26, 31 de diciembre, de 3 a 9 p.m. (El zoológico de Brookfield no abrirá hasta las 3 p.m. en las fechas de Holiday Magic). Antes de llegar al zoológico, los

asistentes que prefieran estacionar en el lote sur necesitarán tener reservaciones por adelantado (incluyendo los miembros del zoológico) así como la admisión y los boletos de estacionamiento en línea, en CZS.org/HolidayMagic. No se requiere hacer reservaciones por adelantado para quienes utilicen el lote del estacionamiento norte, sin embargo, se aconseja a los asistentes que aseguren la admisión y el estacionamiento en línea, antes de su visita. Holiday Magic® presenta más de dos millones de luces LED creando una velada llena de brillantes momentos. El "Mar de Luces" regresa con un nuevo y entusiasta diseño con dos millas de coloridas luces sincronizadas a la música, en el centro comercial oeste del zoológico. La transformación en una creación mágica de luz en movimiento sumergirá a los asistentes en el

espíritu navideño, al igual que el "Túnel de luces" adyacente de 600 pies de largo, presentado por Xfinity, por el que los visitantes del zoológico pueden caminar. La admisión al Brookfield Zoo es \$24.95 adultos, \$17.95 niños de 3-11 años y \$19.95 para adultos de 65 años y más. El estacionamiento cuesta \$15. Para más información sobre Holiday Magic, visite CZS.org/HolidayMagic.





(Visit with Santa) Saturday, December 10, 2022 Columbus Park Refectory

5701 W. Jackson Blvd. 10:00 a.m. - 12:00 p.m.

Join us at Columbus Park Refectory circular driveway for a Visit with Santa. The morning includes Christmas gifts for children 12 and under registered by an adult.

Brought to you by: The Loretto Hospital External Affairs Community Committee 645 S. Central Ave. Chicago, IL

For more information: Call 773-854-5063 To Register, Go To: https://www.lorettohospital.org/TLHSANTA Online registration only! Deadline for registration November 28, 2022. Space is limited to the first 350 families.



Special Thanks to: Rep. Camille Y. Lilly, Chicago Fire Department, Chicago Police Department (15th District), Chicago Transit Authority, MacArthur's Restaurant, SisterHouse, The Assumption Greek Orthodox Church, Vera G. Davis NAACP, Westside Minister's Coalition. Decorations provided by: • Loretto Hospital Expressive Therapy Department and Patients • Columbus Park Refectory

Eat Healthy this Holiday Season



It's all about moderation Moderation will be your saving grace during the holiday season. There's nothing wrong with enjoying an indulgent, festive dinner — but you'll want to make sure that your meals surrounding it are healthy and nutrientdense. Have a light lunch like salad with olive oil dressing, and opt for a healthy breakfast the next morning like avocado on whole wheat toast. By eating healthy during the holiday season, you can afford to go all out for a few big events.

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Add more vegetables It's easy to go all-out with our favorite recipes, but sometimes eating better is as simple as keeping more healthy choices on hand. Increase the number of vegetable dishes on the dinner table, finding small twists to dress them up without making them unhealthy. Roasted asparagus can be beautiful on its own, and roasted carrots or sweet potatoes are rich in taste and a bright pop of color. Don't forgo exercise There's a million other

things to do, and if you're away from your home gym, working out can seem even more difficult. Despite that, it's important to maintain regular exercise for both your mental and physical health. Exercise is good for your body and can also relieve the stress that's so commonplace during the holiday season.

Take time for yourself

The holidays are full of family and friends, and while this can be a great thing, it can also be draining and stressful. Whether you're staying with family over the holidays or just attending a large number of events, remember to take time every day for yourself. Go for a walk, meditate once a day, or offer to go to the store for a few minutes of quiet. Even extroverts need time to recharge.

State Street Holiday Market

The merriment of the holiday season is alive at the State Street Holiday Market. Beloved small businesses from the award-winning Sundays on State series take the party indoors with local artisanal materials. festive gift options and more. Support local Chicago artists and small businesses while soaking in all the joy of Holidays in the Loop. Weekly entertainment and fun seasonal activities await. The State Street Holiday Market is a

project of Chicago Loop Alliance made possible through a Chicago Department of Business Affairs and Consumer Protection (BACP) Small Business Storefront Activation Program grant, and all small businesses are Chicago businesses who have been negatively impacted by the pandemic. For more information, visit www.loopchicago.com.



CCDPH Awarding Over \$14M in Community Grants for Behavioral Interventions



Cook County Board President Toni Preckwinkle, Cook County Health

Chief Executive Officer Israel Rocha, and Cook County Department of

Public Health (CCDPH) Chief Operating Officer Dr. LaMar Hasbrouck,

announced CCDPH will be awarding over \$14 million in grant funding across four years to expand mental health and substance use prevention, treatment and support in suburban Cook County. [This] announcement demonstrates our commitment the to well-being of all Cook County residents," said President Preckwinkle. "This investment in behavioral health as part of our Building Health Communities Initiative ensures that we're taking a holistic approach to

healthcare that prioritizes mental health, as well as physical health."

Grants will range from \$250,000 to over \$1 million each and are part of the Building Healthy **Communities Behavioral** Health Initiative, funded under the American Rescue Plan Act (ARPA). "This initiative will allow us to support our residents, getting them access to be sound in body and mind," said Cook County Commissioner Frank J. Aguilar. "By making these grants available to stakeholders and

community organizations that our residents are familiar with and trust, we will be able to reach many of our residents with services they otherwise could not access. I want to thank my colleagues on the Board and at Cook County's Department of Health for once again showing their support for our resident's health, both mental and physical." Applications are now being accepted thru Dec. 7, 2022, and awards will be announced in January, 2023. For more information and to apply online, visit our website at: BHCopencall.com.

Holiday Magic[®] at Brookfield Zoo Returns for its 41st Dazzling Year



Light up the festive season with family and friends at Brookfield Zoo's 41st annual Holiday Magic[®], presented by ComEd and Meijer. Chicagoland's longestrunning lights festival returns November 25-27 and 30, and December 1-4, 7-11, 14-18 and 26-31 from 3 to 9 p.m. (Brookfield Zoo will not open until 3 p.m. on Holiday Magic dates.) Prior to arriving at the zoo, guests who prefer to park in the south

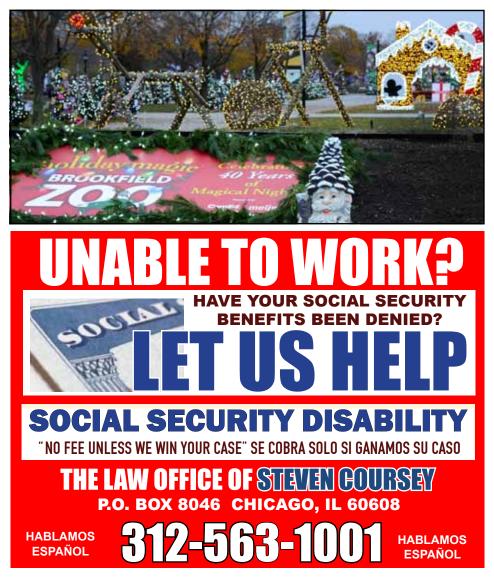
lot will need to secure advanced reservations (including zoo members) as well as admission and parking tickets online at CZS.org/HolidayMagic. Advanced reservations are not required for those who use the north parking lot, however, guests are encouraged to secure admission and parking online prior to their visit. Holiday Magic® features over two million twinkling LED lights creating an evening filled with shining

moments. The "Sea of Lights" returns with a new exciting design featuring two miles of colorful, sparkling lights synchronized to music, on the zoo's entire West Mall. The transformation into a magical creation of moving lights will immerse guests in the holiday spirit as will the adjacent 600-footlong "Tunnel of Lights," presented by Xfinity, that zoogoers can walk through. Admission to Brookfield Zoo is \$24.95 for adults,

\$17.95 for children ages 65 and over. Parking is 3-11, and \$19.95 for seniors

\$15. For more information

about Holiday Magic, visit CZS.org/HolidayMagic.



Build Your Future in STEM with Wright College



By: Ashmar Mandou

According to the Pew Research Center study, Latino adults make up 17 percent of the U.S. workforce, but just eight percent of those working in a science, technology, engineering or math (STEM) job. Since 2010, there has been an increasing share of Latino students attending and graduating from college as well as a rise in the share earning a bachelor's degree in a STEM field. Latino students remain underrepresented among college graduates and among master's and doctoral degree-earns in STEM. In an effort to enhance

the representation of people of color in the STÉM fields, Wilbur Wright College curated a dynamic and inclusive engineering program, Engineering Pathways, designed for students who have an interest in aerospace engineering, bioengineering, computer science, and electrical engineering to name a few. Once completed, students can transfer to a 4-year university, increasing their access to multiple opportunities with the help of partnerships with College of Engineering at the University of Illinois at Urbana-Champaign and the Armour College of Engineering at the Illinois Institute of

Technology, both which offer guaranteed admission. "I am motivated by all the different opportunities that are available in STEM and I want to help the diversity in the field," said Yessenia Nicacio-Rosales, 28, who is majoring in Computer Engineering with guaranteed admission to IIT, President of the Society of Hispanic Professional Engineers, Wright Chapter (SHPE). "These partnerships are significant to students because it gives students guaranteed admissions to well-known universities. such as The Grainer College of Engineering and The Armour College of Engineering. Students of color have a greater chance

of attending and succeeding in these colleges with these partnerships."

Engineering Pathways is unique in that it features small classes, talented and diverse instructors, comprehensive support, opportunities both inside the classroom and outside, as well as significant partnerships with major 4-year institutions, a component to the program that was particularly important to Dr. Doris Espiritu, who spearheaded engineering the program, and trained in Computational Chemistry at the Academies of Sciences in the Czech Republic and Princeton University, and is a professor at City Colleges of Chicago teaching chemistry, biophysics, engineering, and computer science for 15 years. "We want to ensure we provide our students with the best opportunities so that they are able to compete in an ever-growing field," said Dr. Espiritu. "The engineering program is beneficial to students who want to pursue a career in STEM because it aims to really work with the students and walk them through the program, make sure they are doing well and make sure we address their needs whether it's in or out of the classroom. We want our students to be successful."

Engineering Pathways offers financial support for selected students qualified to work as engineering tutors or nearpeer mentors, is culturally inclusive for students from every background, internship offers partnerships with globallyrecognized companies and opportunities through the U.S. Department of Energy's Community College Internships (CCI) program, dual advising with Wright College and transfer institution advisors, memberships in distinguished professional societies, such as ACS, SHPE, and SWE, and undergraduate research opportunities at Argonne National Laboratory, Illinois Institute of Technology, Northwestern University, and Princeton University. In addition, Wright College offers a summer program to increase the number of minority and underrepresented students in engineering and computer science. The Bridges into Engineering and Computer Science

program focuses on key changes along students' educational journeys from high school through college.

"The Bridge Program offered the summer before our first semester was a great opportunity to catch up on math and chemistry prerequisites. It offered a smooth transition into college and prepared us for the intense workload required in STEM," said Selvin Tobar, 20, studying Chemical Engineering. guaranteed admission to UIUC, President of the American Chemical Society, Wright Chapter. "There is a large community out there that can provide support and guidance. Many Latinos are breaking many barriers by being the first to go to college or the first to pursue a STEM degree in their family. It won't be easy but there is a lot of support and people who will cheer you on. The engineering program provides that community and is built to help you succeed."

If you would like to learn more about Engineering Pathways, be sure to www. engineering.ccc.edu.

El Hospital Loretto Realizará la 32.ª Visita Anual con Santa



El Hospital Loretto ofrecerá su 32º visita anual con Santa el sábado, 10 de diciembre, de 10 a.m. al mediodía en Columbus Park Refectory, 5701 W. Jackson Blvd. en una de las más queridas tradiciones navideñas entre las familias de Austin y las comunidades del sector oeste circunvecinas. Santa entregará regalos navideños gratis a los niños de

12 años y menores, en una procesión drive through. La participación estará limitada a las primeras 350 familias que residan en las zonas postales 60623, 60624, 60639, 60644, 60651 y 60607. Los interesados en asistir deben reservar su lugar antes del lunes, 28 de noviembre, visitando la página del Calendario Comunitario en la red del Hospital Loretto. Para más información sobre el Hospital Loretto v los próximos eventos. visitar https://www.lorettohospital.org/ o siga al Hospital Loretto en Facebook o Twitter.

Mercado Navideño de la Calle State

La alegría de la temporada navideña está viva en el Mercado Navideño de la Calle State. Las queridas pequeñas empresas de la galardonada serie Sundays on State llevan la alegría al interior con materiales artesanales locales, opciones de regalos festivos y más. Apoye a los artistas locales de Chicago y al pequeño comercio mientras se adentra en el júbilo de la Navidad en el centro de Chicago. Le espera mucha diversión y entretenimiento. El Mercado Navideño de la Calle State



es un proyecto de Chicago Loop Alliance posible a través del Departamento de Asuntos Comerciales y Protección al Consumidor de Chicago (BACP) El subsidio del Programa de Activación de Tiendas para Pequeñas Empresas, y todas las pequeñas empresas son empresas de Chicago que se han visto afectadas negativamente por la pandemia. Para obtener más información, visite www. loopchicago.com.



Cradles to Crayons Needs 50,000 Coat Donations to Support Chicagoland Children

Cradles to Crayons Chicago (C2C) launches its annual "Gear Up for Winter" initiative to provide Chicagoland children with 50,000 winter coats, freeof-charge. As the only national organization addressing Children's Clothing Insecurity on a large scale, C2C seeks donations of new and likenew winter coats to provide to its network of over 70+ service partners who directly provide essential social and health services to families. Through February 2023, C2C will collect coat donations (size newborn to adult medium) and other donations

at the North Center Giving Factory and 30+ participating Chicagoland locations (listed below) and distribute them directly to partners. Coats can also be purchased through C2C's Amazon winter wish list, and monetary donations can be received online at cradlestocrayons.org/ chicago/gear-up-forwinter-2022/. Participating drop-off sites include: Bridgeport: McGuane Park (2901 S Poplar Ave, Chicago, IL 60608) Bucktown: Windy City Fieldhouse (2367 W Logan Blvd, Chicago, IL 60647) Irving Park: Children's Lighthouse of North Center

Chicago (2600 W Irving Park Rd, Chicago, IL 60618)

Irving Park: Irving Park YMCA (4251 W Irving Park Rd. Chicago, IL 60641)

Irving Park: Ultimate Ninjas Chicago (2915 W Montrose Ave, Chicago, IL 60618)

Little Village: Rauner YMCA (2700 S Western Ave. Chicago, IL 60608) Logan Square: Moonwalker Café (4101 W Belmont Ave, Chicago, IL 60641) Logan Square:

McCormick YMCA (1834 N Lawndale Ave. Chicago, IL 60647)

The Loretto Hospital to Host 32nd Annual Visit with Santa

Loretto Hospital will host its 32nd annual Visit with Santa on Saturday, Dec. 10, from 10 a.m. to Noon, at the Columbus Park Refectory, 5701 W. Jackson Blvd. In one of the most cherished holiday traditions among families from Austin and surrounding West side communities, Santa will hand out free Christmas gifts to children age 12 and under, in a drive-through procession. Participation will be limited to the first 350 families residing within the 60623, 60624, 60639, 60644, 60651 and 60707 zip codes. Those interested



in attending should reserve their spot by Monday, Nov. 28, by visiting the Community Calendar page on the Loretto Hospital website. For more information on Loretto Hospital and upcoming events, visit https:// www.lorettohospital.org/ or follow The Loretto Hospital on Facebook or Twitter.

ZooLights Returns to Lincoln Park Zoo for Holiday Season



Lincoln Park Zoo kicks off their one-of-a-kind holiday experience this weekend with the opening of ZooLights Presented by ComEd and Invesco QQQ. Now open, visitors will enjoy the festive lights radiating among the Chicago Skyline and spectacular animal habitats. The event runs most nights through Jan. 1, 2023. ZooLights is a holiday tradition that brings world-class animal care and seasonal cheer

together to transform the zoo into a sparkling winter wonderland. To buy tickets and review the ZooLights calendar (Free admission, Members-Only, and Sensory-friendly nights included), please visit lpzoo.org/zoolights. ZooLights is made possible by ComEd, Invesco OOO, UChicago Medicine Comer Children's Hospital, Coca-Cola, Louis Glunz Beer, Inc., and 93.9 Lite FM. To learn more about Lincoln Park Zoo, ZooLights, and

other upcoming events, visit lpzoo.org.



ELIMINACIÓN SEGURA DE MEDICAMENTOS = ACUÍFEROS MÁS SEGUROS

El Distrito de Recuperación de Agua de Chicago (siglas en inglés MWRD) le invita a que "Piense Dentro de la Caja" cuando elimine medicamentos.

Proteja los acuíferos. Utilice las cajas permanentes de recolección del MWRD para desechar medicamentos que no quiera o estén expirados:

Oficinas Principales 100 E. Erie St., Chicago

Lunes a viernes, 9 a.m. - 6 p.m.

Calumet WRP 400 E. 130th St., Chicago 7 días de la semana, 9 a.m. - 6 p.m. **O'Brien WRP** 3500 Howard St., Skokie 7 días de la semana, 9 a.m. - 6 p.m.

Stickney WRP 6001 W. Pershing Rd., Cicero 7 días de la semana, 9 a.m. - 6 p.m.

Consejo: En lo posible mantenga los medicamentos dentro de sus cajas o envases originales.

Aprenda más: visite mwrd.org/medication-disposal o llame al (855) 323-4801.



Metropolitan Water Reclamation District of Greater Chicago









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