



# Noticiero Bilingüe **LAWNDALE** news

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## WEST SIDE TIMES

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# IDPH Reminds Illinoisans that Early Detection is Most Effective Way to Fight Breast Cancer



With National Breast Cancer Awareness Month underway across the country, the Illinois Department of Public Health (IDPH) is reminding the public that early detection is the most effective way to prevent the deadly disease. The Governor has issued a proclamation declaring October as Breast Cancer Awareness

Month and October 20 as Mammography Day in Illinois. However public health officials are urging Illinoisans not to wait and to schedule a comprehensive exam as soon as possible. Risk factors for breast cancer include older age, a family history of breast or ovarian cancer and having dense breasts. Dense breasts are seen in half of women over 40 and the

density can make it harder for small cancers to show up on a mammogram. Women are urged to consult with their health care provider about their risk factors and whether additional breast cancer screening is warranted. For those who are uninsured or underinsured, IDPH operates the Illinois Breast and Cervical Cancer

Program (IBCCP) which offers free breast exams and mammograms. The

program also assists with treatment options. To enroll in IBCCP, call the

Women's Health Line 888-522-1282 (800-547-0466 TTY).

## HPH Ofrece Mamografías por \$50 Para Mujeres sin Seguro en Octubre

Humboldt Park Health (HPH) ofrecerá mamografías de detección por \$50 sin necesidad de una orden médica o prueba de seguro durante el Mes de Concientización sobre el Cáncer de Mama en octubre. El cáncer de mama es el segundo cáncer más común en las mujeres, después del cáncer de piel. Las mamografías de detección anuales son fundamentales para la detección y el diagnóstico tempranos, lo que puede generar más opciones de tratamiento y resultados de salud exitosos. Humboldt Park Health, un proveedor de atención médica líder comprometido con brindar una atención excepcional al paciente, se enorgullece de anunciar un desarrollo innovador en su misión continua de promover la equidad en la salud y mejorar la salud y las capacidades de diagnóstico de



las mujeres dentro de la comunidad. HPH adquirió recientemente una máquina de mamografía de última generación, lo que refuerza su dedicación al avance de los servicios de cuidado mamario. La máquina de mamografía de última generación representa el pináculo de la tecnología de imágenes mamarias y ofrece precisión, exactitud y comodidad para el paciente como nunca antes. La elegibilidad para mamografías de \$50 en octubre incluye mujeres mayores de 40 años sin mamografías recientes, sin implantes mamarios, sin antecedentes recientes de cáncer de mama y sin problemas mamarios actuales. Para obtener más información, visite [www.hph.care](http://www.hph.care).



# Cook County Health's Stroger Hospital Ranked #1 Most Racially Inclusive Hospital in IL

Cook County Health's John H. Stroger, Jr. Hospital has been named the #1 most racially inclusive hospital in Illinois and #2 most inclusive hospital in the nation by the Lown Institute Hospitals Index. The Lown Institute Hospitals Index for Social Responsibility is the first rankings program to examine the racial inclusivity of America's hospitals and determine

their success at serving the people of color in their communities. "Cook County is committed to undoing structural racism, whether it be in health care, education, or the judicial system," said Cook County Board President Toni Preckwinkle. "This recognition demonstrates our longstanding efforts to provide high-quality care to all residents of Cook County, regardless

of race, immigration status or ability to pay." Located on Chicago's west side, Stroger Hospital serves a diverse urban population and is home to centers of excellence in cardiology, oncology, neurology, and endocrinology. In keeping with Cook County Health's mission to ensure access to care for all, Stroger Hospital provides more charity care than any other hospital in the State.





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"At Cook County Health, we believe that health is a fundamental human right. We are proud to be recognized as one of the most racially inclusive hospitals in the country," said Israel Rocha, Jr., CEO, Cook County Health. "Being honored for the care

we offer only reinforces our 200-year historic mission of ensuring equitable and accessible health care for all."

## El Hospital Stroger de Cook County Health Ocupa el Puesto Número 1 Como Hospital con Mayor Inclusión Racial en Illinois



El Hospital John H. Stroger, Jr., de Cook County Health ha sido nombrado el hospital racialmente inclusivo #1 de Illinois y el #2 hospital más inclusivo de la nación por Lown Institute Hospitals Index. Lown Institute Hospital Index for Social Responsibility es el primer programa que califica para examinar la inclusividad racial de los hospitales de Estados Unidos y determinar su éxito en servir a la gente de color en sus comunidades. "El condado de Cook está comprometido a combatir el racismo estructural, ya sea en la atención médica, la educación o el sistema

judicial", dijo la presidenta de la junta del condado de Cook, Toni Preckwinkle. "Este reconocimiento demuestra nuestros esfuerzos de proveer cuidado de alta calidad a todos los residentes del Condado de Cook, sin importar su raza, estadio migratorio o capacidad de pago". Localizado en el sector oeste de Chicago, el Hospital Stroger sirve a una diversa población urbana y es sede de centros de excelencia en cardiológica, oncología, neurología y endocrinología. De acuerdo con la misión de Cook County Health de garantizar el acceso a la atención para todos,

Stroger Hospital brinda más atención caritativa que cualquier otro hospital del estado. "En Cook County Health, creemos que la salud es un derecho humano fundamental. Estamos orgullosos de ser reconocidos como uno de los hospitales con mayor inclusión racial del país", dijo Israel Rocha, Jr., director ejecutivo de Cook County Health. "Ser honrados por la atención que ofrecemos sólo refuerza nuestra misión histórica de 200 años de garantizar una atención médica equitativa y accesible para todos".

# Top Fall Weekend Getaways in Illinois in 2023



## **Starved Rock Country (2 hour drive from Chicago)**

- Reserve a lavish, safari-style tent at Camp Aramoni in Tonica - Illinois' first-ever luxury campground
- to relax into a weekend of leisure beneath the stars.

- Hike through 13 miles of trails in Starved Rock and meander through stunning canyons with waterfalls that sparkle in the autumn sunshine.

- For a guided adventure, book a Fall Colors Trolley

Tour that includes lunch at Starved Rock Lodge followed by a scenic hike to Council Overhang and Ottawa Canyon.

## **Grafton (5 hour drive from Chicago)**

- The fresh, apple-scented

orchard air is calling. Snag your field access pass to Eckert's Grafton Farm and fill a pail with homegrown apples. Before you leave for a scenic drive along the Mississippi bluffs, grab a family-size bag of Eckert's famous kettle corn.

- Discover the vineyards of Grafton Winery and Brewhaus - another Illinois Made Maker. Stop for lunch on the outdoor patio with live music on weekends and views of the Mississippi River.

- Check in at Aerie's Resort before sunset so

you can hop on the Grafton SkyTour, an open-air chair or gondola that glides above the golden and yellow trees to your hilltop hotel. Take in the setting sun and views of the confluence of the Illinois and Mississippi rivers from Aerie's Winery and Terrace before soaking in the jetted tub in your cozy suite.

## **Shawnee Forest Country in Southern Illinois (6 hour drive from Chicago)**

- Marvel over the towering bluffs of Shawnee National Forest and the breathtaking changing

colors surrounding you in the Garden of the Gods.

- Take a scenic "flight" through the treetops with the Shawnee Bluffs Canopy Tour in Makanda featuring eight thrilling ziplines and three suspension bridges through a picturesque forest.

- Relax on the grass at Alto Vineyards in Alto Pass for an afternoon of live music. Alto Vineyards is one of eleven award-winning wineries that make up the Shawnee Hills Wine Trail along a 35-mile scenic drive through Southern Illinois.



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## Mayor Brandon Johnson Issues Request Expansion for Vacant Storefront Activation Program



Mayor Brandon Johnson and the Chicago Department of Business Affairs and Consumer Protection (BACP) have issued a Request for Proposal (RFP) for the Small Business Storefront Activation Program. Through this RFP, the City will select community and economic development organizations that will be responsible for identifying vacant storefronts in their respective community areas, negotiating short-term leases with landlords, sourcing local small

businesses for storefront activations, managing preparation and operations for the space, and providing ongoing support to small businesses operating pop-up stores. These activations will boost local spending and draw additional foot traffic to commercial corridors across all 77 neighborhoods. RFP grantees will negotiate short-term leases for move-in ready vacant storefronts, and partner with local small businesses to launch pop-up stores, community markets, or other

commercial activations that support local businesses. The grantees will also assist the businesses with business coaching and support them in managing a storefront. For information about the RFP and pre-submittal conference, please visit [Chicago.gov/BACPRecoveryPlan](http://Chicago.gov/BACPRecoveryPlan). To view this RFP, visit the City's eProcurement website and search by RFP #9649. To learn more about BACP's Recovery Plan efforts, please visit [Chicago.gov/BACPRecoveryPlan](http://Chicago.gov/BACPRecoveryPlan).

## HPH Offers \$50 Mammograms for Uninsured Women in October

Humboldt Park Health (HPH) will offer \$50 screening mammograms without the need for a physician order or proof of insurance during Breast Cancer Awareness Month in October. Breast cancer is the second most common cancer in women, after skin cancers. Annual screening mammograms are critical to early detection and diagnosis, which can lead to more treatment options and successful health outcomes. Humboldt Park Health, a leading healthcare provider committed to delivering exceptional

patient care, is proud to announce a groundbreaking development in its ongoing mission to advancing health equity and improve women's health and diagnostic capabilities within the community. HPH has recently acquired a state-of-the-art mammogram machine, reinforcing its dedication to advancing breast care services. The cutting-edge mammogram machine represents the pinnacle of breast imaging technology, offering precision, accuracy, and patient comfort like



never before. Eligibility for \$50 mammograms in October includes women over 40 without recent mammograms, no breast implants, no recent breast cancer history, and no current breast problems. For more information, visit [www.hph.care](http://www.hph.care)

# Las Mejores Escapadas de Fin de Semana de Otoño en Illinois en 2023



## Starved Rock Country (2 horas en coche desde Chicago)

- Reserve una lujosa tienda de campaña estilo safari en Camp Aramoni en Tonica, primer campamento de lujo de Illinois, para relajarse y disfrutar de un fin de semana de ocio bajo las estrellas.
- Camine por 13 millas de senderos en Starved Rock

y deambule por impresionantes cañones con cascadas que brillan bajo el sol de otoño.

• Para una aventura guiada, reserve un recorrido en tranvía Fall Colors que incluye un almuerzo en Starved Rock Lodge seguido de una caminata panorámica hasta Council Overhang y Ottawa Canyon.

## Grafton (5 horas en coche desde Chicago)

• Disfrute en grande el aire fresco del huerto con aroma a manzanas. Obtenga su pase de acceso al campo para Eckert's Grafton Farm y llene un cubo con manzanas de cosecha propia. Antes de emprender un recorrido panorámico por los acantilados de Mississippi, tome una bolsa

tamaño familiar del famoso maíz hervido de Eckert.

• Descubra los viñedos de Grafton Winery y Brewhaus - otro Illinois Made Maker. Haga una parada para almorzar en el patio al aire libre con música en vivo los fines de semana y vistas al río Mississippi.

• Regístrese en Aerie's Resort antes del atardecer para poder subirse al Frafton Sky Tour, una silla al aire libre o una góndola que se desliza sobre los árboles dorados y amarillos hasta su hotel en la cima de una colina. Disfrute de la puesta de sol y de las

vistas de la confluencia de los ríos Illinois y Mississippi desde Aerie's Winery and Terrace antes de sumergirse en la bañera de hidromasaje de su acogedora suite.

## Shawnee Forest Country in Southern Illinois (6 horas en coche desde Chicago)

• Maravíllate ante los imponentes acantilados del Bosque Nacional Shawnee y los impresionantes colores cambiantes que te rodean en el Jardín de los Dioses.

• Realice un "vuelo" panorámico a través de las

copas de los árboles con el Shawnee Bluffs Canopy Tour en Makanda, que ofrece ocho emocionantes tirolesas y tres puentes colgantes a través de un pintoresco bosque.

• Relájese en el césped de Alto Vineyards en Alto Pass para disfrutar de una tarde de música en vivo. Alto Vineyards es una de las once bodegas galardonadas que conforman la ruta del vino Shawnee Hills a lo largo de un recorrido panorámico de 35 millas por el sur de Illinois.



## Nuestras mejores hamburguesas de la historia

Disponible en la mayoría de los restaurantes de esta zona. Comparación de hamburguesas clásicas de McDonald's con hamburguesas anteriores.

## IHCC to Host Business EXPO at Navy Pier

The Illinois Hispanic Chamber of Commerce (IHCC) will host the 2023 Business EXPO Make the Connection!™ on Thursday, Oct. 19<sup>th</sup> at Navy Pier in Chicago. The EXPO continues to be one of the nation's premier events, highlighting businesses of all sizes and industries, especially Latino-owned businesses. This single-day event is intended to help business owners establish relationships with leaders from the corporate sector and government agencies. The Expo will showcase networking with high-profile business leaders, an opening breakfast with Illinois' most influential decision-makers, business workshops, procurement matchmaking sessions, and free resources. Except for the opening breakfast, all the events are free



and open to the public. Registration is required. IHCC will host an opening breakfast, from 8 am to 10 am that will have several speakers, including Illinois Secretary of State Alexi Giannoulias, Illinois State Treasurer Michael Frerichs, and keynote speaker Rosa Santana, founder and CEO

of Santana Group, a Tier 1 supplier for TOYOTA, whose story is an example of perseverance and hard work of a Latina businesswoman. The exhibit floor is open to the public at no cost. All attendees must register at [ihccbusiness.net/business-expo](http://ihccbusiness.net/business-expo)

## CTA, CPS, Chicago Scholars, Walsh-Fluor Announce Final "CTA Elevating Futures"



### Scholarship Fund" Student Winners

CTA President Dorval R. Carter, Jr., CPS CEO Pedro Martinez, Chicago Scholars and Walsh-Fluor Design-Build Team announced that three Chicago Public School seniors have been awarded scholarships from the "CTA Elevating Futures Scholarship Fund," which provides assistance to CPS students who want to pursue construction and engineering related college educations and future careers. This scholarship program provides \$5,500 each year for four years to economically disadvantaged students who plan to pursue studies in Science, Technology, Engineering, or Math (STEM) for engineering and construction-related degrees. This year's winners will join eight additional students who were awarded the scholarship in past years, and are now pursuing degrees in the construction and engineering fields. Walsh-Fluor is sponsoring the scholarships and offering students the opportunity to apply for paid internships on the RPM project. The 2023-

2024 CTA Elevating Futures Scholars are:

### **Jonathan Vazquez, West Elsdon**

Jonathan Vazquez graduated from John Hancock College Prep last spring. He was on the honor roll, and studied advanced pre-engineering, construction and several STEM courses. In his high school career, he was a member of the Spanish Honor Society, participated in Model UN, and played on the varsity soccer team. Including these commitments, Jonathan also worked several jobs outside of school and is a participant in the ACE (Architecture, Construction, and Engineering) Mentor Program. Since childhood, Jonathan has helped his uncle every summer on construction projects. Through his experiences, and learning how engineering can be environmentally focused while helping communities, his passion grew. Jonathan wants to major in civil engineering and hopes to one day have his own construction company. He will attend the University of Illinois at Chicago.

**Austin Washington, Kenwood**

Austin Washington attended Kenwood Academy where he was enrolled in several STEM courses including pre-engineering and construction and AP classes, and was a member of the National Society of Black Engineers. He participated in several sports and a variety of STEM and leadership organizations including SMASH STEM Scholars, Obama Youth Job Corp/Urban Alliance, Jack and Jill of America, NAACP, and The Fellowship Initiative through JP Morgan Chase. He is the president of his chapter for Top Teens of America and is involved in numerous other experiences in volunteering and leadership. Austin will attend Morehouse College this fall and will major in mechanical or construction engineering. He hopes to travel the country and build affordable housing for those in need as an engineering consultant. For more information about this program, visit CTA's web site at [transitchicago.com/rpm](http://transitchicago.com/rpm) or Chicago Scholars' web site at [chicagoscholars.org/elevatingfutures](http://chicagoscholars.org/elevatingfutures)

An advertisement for The New You at ssc.edu. It features a woman with glasses and braided hair smiling. A blue diagonal banner on the left says "Enrollment Open Now". To the right, the text "The New You" is written in large blue letters, with "ssc.edu" in smaller blue letters below it. At the bottom, it says "Fall 2023 2nd 8 Weeks Registration is Open!"

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