

Merry Christmas

Sunday Edition



Noticiero Bilingüe

LAWNDALE news

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AMA Ofrece 10 Recomendaciones De Salud Para El Año Nuevo



Con la llegada del nuevo año, la Asociación Médica Estadounidense (AMA) ofrece recomendaciones

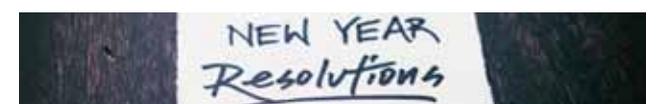
para ayudar a los estadounidenses a realizar las mejoras más impactantes y duraderas en su salud en

2025 y más allá. “La mejor manera de abordar el estancamiento posterior a las fiestas es hacer algo

bueno por su salud”, dijo el presidente de la AMA, Bruce A. Scott, M.D. “Incluso las pequeñas decisiones positivas que tome ahora pueden tener un gran impacto en su bienestar a largo plazo”. Las recomendaciones de la AMA para un nuevo año más saludable incluyen lo siguiente: Reduzca el azúcar: beba más agua y reemplace los alimentos procesados con alimentos integrales y nutritivos, como frutas, verduras, cereales integrales, nueces y semillas, productos lácteos bajos en grasa y carnes magras y aves. Si tiene hijos, intente preparar comidas saludables con ellos, ya que un estudio demostró que los niños que participaban más en la preparación de comidas en casa también consumían dietas

más saludables. Según un estudio publicado en JAMA Network Open, beber bebidas azucaradas, incluso jugos de frutas 100 %, está asociado con un mayor riesgo de mortalidad por todas las causas. Actividad física: el ejercicio es esencial para la salud física y mental. Un estudio reciente publicado en JAMA descubrió que dejar de lado el control remoto del televisor y salir a caminar puede mejorar el envejecimiento saludable, lo que resalta la importancia de los pequeños cambios cotidianos que podemos hacer. Los adultos deben realizar al menos 150 minutos a la semana de actividad de intensidad

moderada o 75 minutos a la semana de actividad de intensidad vigorosa. Hazte exámenes de detección: consulta con tu médico para saber si debes realizarte cuidados preventivos, pruebas o exámenes de detección, y pide una cita. Estas medidas están diseñadas para mantenerte saludable y ayudar a tu médico a detectar ciertas afecciones antes de que se agraven. Controla el estrés: una buena salud mental es parte de una buena salud general. Duerme lo suficiente (al menos 7,5 horas por noche), haz ejercicio y pide ayuda a un profesional de la salud mental cuando la necesites.



Help Spread Holiday Cheer at El Hogar del Niño



By: Ashmar Mandou

With the holidays just around the corner, El Hogar del Niño is calling on the community to help spread some joy to more than 300 children through their annual Toy Drive. “It feels very rewarding to know that we are able to help families during this time who may not be able to provide a toy to their children this year,” said

Viviana Vergara, home base supervisor for El Hogar del Niño.

Since 1972, El Hogar del Niño has been serving Chicago’s predominately Latino neighborhoods of Pilsen and Little Village. The organization provides high-quality childcare services, preschool services, and provides home visit services to pregnant women, infants, and toddlers to promote

the school readiness of young children from low-income families. “We try our best to meet the families where they are at; we try to understand that not only are times changing, but also understanding that development and education is changing, and we want to be the people that are there to support them along the way. For us, its collaboration, and that feeling of we are just

another person in your village to help take care of your child,” said Vergara. As many years before, El Hogar del Niño is counting on compassionate individuals to help make the holidays even more special by checking out the organization’s Amazon wish list and donating. A lot of care goes into crafting the list, added Vergara. “We really become in tuned with our family and children’s needs. There is strong communication between our home specialists and families, our teachers and children. We have children that are special needs or have language delays, so we take all that into consideration. So, parents’ feedback, feedback from our teacher and education coordinators, and feedback from support specialists and we make those decisions based on what we think our kids



might like and what they might need. So, toys can be so much fun, but we try to ensure that the toys are also developmentally appropriate. We want to make sure that there are things they are having fun with but also going to be learning with.” For those unable to give a monetary donation, there is a plethora of other ways to help. “A lot of things we can try to provide, too, is staff volunteering aspect. So maybe if you can’t provide joy from purchasing a toy, there’s an opportunity to volunteer, or to spread

the word. It’s the idea of fulfilling that purpose of giving. It’s not just about the money, it’s also about helping, it’s about being the voice, being the people to push out what we are trying to do. If you donate that would be amazing, but there are other ways people can help.” If you would like to donate where you find toys, such as bingo card sets, Lego sets, Hot Wheels, or if you would like to get involved, visit www.elhogardelnino.org. The annual El Hogar del Niño Toy Drive runs through December 20th.



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'Christmas at Cantigny' Now Open

A holiday wonderland awaits visitors to *Christmas at Cantigny*. This holiday treat includes dazzling new light installations set to music in the gardens, the McCormick House decorated in French flair, a new pop-up Christmas bar, the Noel Lounge in the House, and ice skating. Tickets are on sale now at Cantigny.org. Cantigny's gardens and grounds are lit up and the McCormick House is a stunning backdrop to a new light show set to Christmas music. Wide accessible pathways lead

visitors through creative lighting displays – a festive stroll offering surprise and delight for all ages. Along the half-mile path, visitors will have the chance to sip hot cocoa and roast marshmallows. On Sundays, Cantigny will transform into a tribute to Taylor Swift, with lights set to songs every fan will know and love. Outside the Visitors Center, a 100-by-40-foot ice rink will add some wintery magic to the scene. Skaters can rent blades or bring their own and the whole family can cozy up by the fire

pits, roast s'mores, sip on specialty drinks and enjoy the festive atmosphere. Visitors can also reserve a private "Cocoa Cabana," perfect for friend groups and families. On weekends in December, guests can indulge in an elegant and exclusive Holiday Brunch at the McCormick House. Each intimate seating offers a decadent spread, from luxurious seafood to tender beef with an array of gourmet delights like handmade quiches, local bacon, and a sumptuous dessert collection.

Photo Credit: Cantigny

A Century in the Making: Shedd Aquarium's Historic Rotunda Reimagined as the Wonder of Water Exhibit



Shedd Aquarium's historic rotunda space returns with a new exhibit, *Wonder of Water*, featuring two bustling habitats brimming with activity – one freshwater and one saltwater ecosystem. *Wonder of Water* sets the tone for an awe-inspiring journey into the aquatic animal world, where guests can stand at the heart of the aquarium between two distinctly rich environments to immerse themselves in the biodiversity of life beneath the water's surface.

The dynamic, diverse exhibits feature live corals, freshwater plants and a colorful array of fishes, designed to be ever-changing and in a state of growth. The planted freshwater exhibit for *Wonder of Water* at Shedd is one of the largest in the world, featuring more than 5,000 fish swimming in dazzling schools amongst a variety of 50 lush plant species, some over 7 feet tall and growing. On the marine side, vibrant and colorful corals live, grow and thrive in colonies that

come in stunning shapes and sizes with 1,500 bold and beautiful reef fishes. Side by side, guests will see the distinct differences and surprising similarities between fresh and saltwater environments. Guests can find new immersive, hands-on opportunities to commune with nature and explore the rotunda space to rediscover the astounding architecture and historical details. For more information about *Wonder of Water*, visit www.sheddaquarium.org. **Photo Credit: Shedd Aquarium**

Local Organizations to Present Youth-Focused Community Plans



The City of Chicago Department of Family and

Support Services (DFSS) invited Chicago leaders, youth-serving stakeholders and young people to the

Harold Washington Library Center Winter Garden for the December My CHI. My Future. (MCMF) citywide partners meeting. This meeting provided an opportunity to hear from the MCMF Community Anchor Organizations about their efforts to convene stakeholder networks and develop community plans focused on meeting the needs of youth in their communities. Organizations representing 15 regions across the city are presenting data identified through a community needs assessment and outline strategies to address opportunity gaps for young people. Mayor Johnson invested \$14.2

million across the MCMF initiative through the American Rescue Plan Act (ARPA) as part of Mayor Johnson's Road to Recovery Plan. Since 2023, the Community Anchor Organizations program has funded 15 delegate agencies to serve as Community Anchors, bringing together community stakeholders dedicated to

youth development. The goal of the program is to create strategies that connect young people of all ages to engaging and meaningful out-of-school time programs in each of the 15 MCMF Community Strategy Regions. For more information about services and opportunities offered through DFSS, please visit: www.cityofchicago.org/fss.





Holiday cheers, not tears: 'Drive Sober or Get Pulled Over,' 'Drive High, Get a DUI'

With the holiday season just around the corner, the Berwyn Police Department has joined forces with the Illinois Department of Transportation for the "Drive Sober or Get Pulled Over" and "Drive High, Get a DUI" enforcement campaign to ensure that festive gatherings do not end in tragedy. From Dec. 13 through Jan. 2, law enforcement agencies across Illinois will adopt a zero-tolerance policy for impaired driving to keep our roads safe. "This season, let's make safety our shared priority," said

Chief Michael D. Cimaglia, "If you plan to drink or use impairing substances, plan ahead for a sober ride home. Driving impaired isn't just dangerous – it's unacceptable. We'll be out in full force, and no excuses will be accepted." The Berwyn Police Department urges everyone to take the following simple steps to prevent impaired driving:

- Plan ahead:** Designate a sober driver, use public transportation or arrange for a ride-sharing service.
- Report dangers:** If you spot an impaired driver, pull over safely and contact

local police.

- Be a hero:** Stop a friend from driving impaired by taking their keys and helping them get home safely.

- Buckle up:** It's your best defense against impaired drivers.

Make this holiday season memorable for all the right reasons. Celebrate responsibly and help ensure everyone gets home safely. This campaign is made possible through federal highway safety funds from the National Highway Traffic Safety Administration administered by IDOT.

Chicago Public Schools Announces New Network 11 Chief of Schools



The Chicago Board of Education last Thursday approved the appointment of Latasha M. Geverola as the new chief of Network 11 schools. Network 11 is an elementary school network made up of 29 schools, serving approximately 9,100 students and families in Chicago Public Schools. The network encompasses

the Englewood, Auburn Gresham, and Washington Heights communities. Chief Geverola has held a variety of educational leadership roles in CPS for more than two decades. Geverola began her career at CPS as a middle school reading teacher at Oscar DePriest Elementary. Her passion for technology

led her to transition to the role of computer teacher at Uplift Community High School, after which she served as an International Baccalaureate (IB) coordinator. In this role, she excelled in securing funding, establishing community partnerships, and developing IB programming at DePriest. Chief Geverola later became an assistant principal and then principal of DePriest Elementary—the school where she began her CPS career. After more than six years as principal at DePriest, she served as the Deputy Chief of Schools for Network 3 for more than two years. Chief Geverola earned her bachelor of arts in 2003, a master of educational leadership in 2008 and master of education in technology in 2006, all from National Louis University. She has been married for 22 years and is the mother of two children.



Que tus días estén llenos de felicidad y luz

En ComEd, estamos trabajando duro para que tus celebraciones brillen intensamente. Para nosotros, iluminar tus tradiciones—grandes, pequeñas, nuevas y antiguas—es el regalo que sigue dando. La temporada más mágica sigue brillando con el respaldo de ComEd y su confiabilidad líder en su clase.

Encuentra unas bellas, tradicionales luces de temporada en Chicago para que disfrutes en familia en [ComEd.com/Holiday](https://www.comed.com/holiday)

¡ComEd te desea felices fiestas!



New Laws Take Effect in 2025



With the New Year quickly approaching, a number of new state laws will take effect. Nearly 300 laws will officially be on the books beginning Jan. 1 — from one that fights catalytic converter theft to another that makes it easier to cancel online subscriptions. In the New Year, victims of car theft won't be on the hook for towing and storage fees, families can expect lower out-of-pocket EpiPen costs and more. The Illinois Senate Democratic Caucus outlined the top 10 laws affecting Illinoisans in the upcoming year. These include:

•**HB 2443:** Insurers must now cover medically prescribed hearing aids and services for individuals of all ages, ensuring access to essential care.

•**HB 3639:** Life-saving epinephrine injectors are now capped at \$60 per twin-pack, making allergy care more affordable.

•**HB 4589:** Recyclable metals dealers must track vehicle and part information for catalytic converters to prevent

illegal sales.

•**HB 4911:** Gym memberships can now be canceled online or via email if those options were used to join the contract.

•**HB 5561:** Employees are protected from retaliation for exposing workplace practices they believe violate the law.

•**SB 2654:** Vehicles that are stolen and later towed will not incur storage fees if recovered within seven days, and owners can retrieve essential items, like medical devices and textbooks.

•**SB 2764:** Businesses offering free trials longer than 15 days must email consumers three days before the cancellation deadline.

•**SB 3201:** Law enforcement will now be trained to better recognize and respond to individuals with autism.

•**SB 3471:** Illinois drivers can now request free replacement plates if their license plates are stolen.

•**SB 3479:** Businesses offering veteran or military benefit services for a fee must disclose all terms upfront.

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Que el Año Nuevo les traiga felicidad y paz.



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Mayor Brandon Johnson Announces Board of Education Appointments

Mayor Brandon Johnson announced the appointment of Sean Harden as President of the Chicago Board of Education, accompanied by a slate of experienced and passionate leaders whose collective expertise will guide Chicago's public schools toward greater equity and opportunity for all students. Sean Harden, a South Side native and former Deputy CEO of Chicago Public Schools, brings decades of experience in education, workforce development and community revitalization to his new role. Harden's innovative leadership will drive forward the administration's vision of equity and opportunity, drawing on his proven record of transformative community engagement and systemic change. Another board appointment includes Norma Rios-



Sierra, an accomplished artist, activist and CPS parent, has used her creative talents and leadership skills to unite and empower communities in Logan Square and Hermosa. Her work organizing cultural celebrations and mentoring parents and youth underscores her dedication to inclusivity and community-driven solutions in education. Pastora Emma Lozano,

a lifelong advocate for immigrant families and education equity, has spent decades leading transformative initiatives through organizations like Centro Sin Fronteras, will also serve on the Board of Education. A champion for bilingual education and immigrant rights, Lozano's leadership bridges faith and activism to create lasting change for Chicago's most vulnerable communities.

Discover the Magic of the Holidays at Garfield Park Conservatory



Garfield Park Conservatory Group is the perfect winter wonderland destination for all ages. Its family-friendly spaces and engaging activities make it the ideal spot to spend family time. The Play and Grow Garden, specifically tailored for children up to age 8, provides a safe, hands-on space where younger visitors can discover the wonders of the natural world. The Conservatory is excited to introduce even more engaging spaces like the Child Wild Garden, set to open in 2025. What to know:

- Winter Flower Show: Snowflakes (through January 5, 2025)

- This year's Winter Flower Show "Snowflakes" celebrates the beauty of snow with more than 25 macro images of snow crystals hanging above the annual display of poinsettias and lighted

conifer trees. Visitors will enjoy a colorful selection of poinsettias including 'FabYULEous Red', 'Lemon Glow', 'Frozen', and 'Orange Glow'.

- Art After Dark (Wednesdays 4 - 7:30 p.m.)

- This free, drop-in program is designed for kids and families ages 4 and older. Activities will follow themes of nature and science, but with a special focus on learning, processing, and making personal connections to

subject matter through art. Families can enjoy open-ended collaborative or individual projects, nature journal prompts inspired by the Conservatory collection and conversations about Chicago's ecosystems and our place in them, in a calm and inviting atmosphere! For more information, visit www.garfieldconservatory.org

Photo Credit: Garfield Park Conservatory Group



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