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ESTABLISHED 1940

CPS Names Devon Morales, Sr. as New Executive Director of the Office of Sports Administration



Chicago Public Schools (CPS) announced Monday that Mr. Devon Morales, Sr., Principal of Roberto Clemente Community Academy, has been appointed as the new Executive Director of the Office of Sports Administration. A proud CPS graduate, U.S. Navy veteran, educator, and

longtime school leader, Morales brings a powerful combination of personal experience, academic leadership, and student-centered commitment to this Districtwide role. Morales is a product of J. Sterling Morton Elementary, Brian Piccolo Elementary, and Carl Schurz High School.

Following graduation, he joined the U.S. Navy and served aboard the USS John F. Kennedy (CV-67), including a tour during the Persian Gulf War from 1990 to 1991. Morales began his teaching career at South Shore High School, where he taught history from 1998 to 2009. During his tenure,

he was twice nominated for the Suave Performance Plus Award and led the school's debate team to a city championship—their first and only title to date. Morales will begin his tenure as executive director this summer and will work closely with schools, coaches, student-athletes, and community partners

to ensure that CPS sports programs continue to be inclusive, competitive, and supportive of student success both on the field and in the classroom.

CPS Nombra a Devon Morales, Sr. Nuevo Director Ejecutivo de la Oficina de Administración Deportiva



Las Escuelas Públicas de Chicago (CPS) anunciaron el lunes que el Sr. Devon Morales, Sr., Director de la Academia Comunitaria Roberto Clemente, fue nombrado nuevo Director Ejecutivo de la Oficina de Administración Deportiva. orgulloso graduado de CPS, veterano de la Marina de E.U., educador y por mucho tiempo líder escolar, Morales trae consigo una poderosa combinación de experiencia personal, liderazgo

académico y compromiso estudiantil a este puesto distrital. Morales es producto de J. Sterling Morton Elementary, Brian Piccolo Elementary y Carl Schurz High School. Tras su graduación se unió a la Marina de E.U y sirvió a bordo del USS John F. Kennedy (CV-67), incluyendo una gira durante la Guerra del Golfo Pérsico, de 1990 a 1991. Morales comenzó su carrera de enseñanza en

Pase a la página 5

What You Don't Know About Mental Health Can Hurt You (and Others)



May is Mental Health Awareness Month, making it a great time to put this critical issue in the spotlight. It's an issue that touches every family in some way around the country. It's evident in the problems we

see played out, from mass shootings to a bullying epidemic and beyond; we have some serious issues that are causing pain and decreasing the quality of life for millions. The more we can identify the problem,

and what to do about it, the better society will be. According to the National Institute of Mental Health, mental illness affects tens of millions of adults in the country, and only half of those people receive

treatment. It is estimated that 1 out of every 5 adults in the U.S. lives with a mental illness, which is nearly 60 million people. There are numerous things that people can do to focus on improving mental health, including:

- Get professional help.** Many people need mental health treatment assistance, which is readily available. Working with a professional can help people get the tools they need to help improve their well-being. A counselor or therapist can help people identify the underlying issues, address concerns, and provide ways to cope with and improve conditions.

- Relax and reduce stress.** When people feel stressed

out, their bodies remain in a "fight or flight" response, and long-term stress can make health conditions worse. Engaging in ways to help reduce stress and anxiety can go a long way toward improving mental health and well-being. Consider practicing mindfulness, meditation, yoga, breathing exercises, biofeedback, etc.

- Prioritize sleep.** According to research published in the journal *Sleep Medicine Reviews*, greater improvements in sleep quality lead to greater improvements in mental health. They conclude that sleep is causally related to the experience of mental health difficulties. Improving sleep quality can go a long way toward

helping to improve one's mental health.

- Reduce social media usage.** Not only do teens feel worse when they spend time on social media, but adults do as well, so limiting how much time is spent on it is a good idea.

- Be more positive.** Looking for the bright side has positive implications. According to the Mayo Clinic, positive thinking and self-talk can increase life span, lower rates of depression and anxiety, provide better psychological and physical well-being, and more. It doesn't mean someone is always positive, but it helps them find the good and bounce back from adversity.

THE OAKS

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This property with its architecturally award winning atrium provides seniors and disabled individuals with parking, library, laundry room, Wellness Center and other conveniences. A service coordinator is on staff to assist tenants who may need additional services. The units are studio and one bedroom, each with electric appliances, tile bath, and wall to wall carpeting. Modern fire and safety systems are installed in each apartment and common areas of the building. There are also 8 accessible one bedroom units for the mobility impaired. The Oaks is owned and operated by The Oak Park Residence Corporation and is funded by the Department of Housing and Urban Development through the 202/section 8 Program. Residents pay approximately 30% of their monthly income for rent. For additional information please visit our website at www.oakparkha.org or contact us at 708-386-5812.



EQUAL HOUSING OPPORTUNITY

PrEP HIV Prevention Now Available Directly from Illinois Pharmacists

The Illinois Department of Public Health (IDPH) has issued a standing order that will allow Illinoisans to obtain the HIV preventive medication known as PrEP (pre-exposure prophylaxis) directly from a pharmacist without first requiring a doctor's prescription. PrEP is one of the most effective means of preventing HIV infection. Studies have shown that when taken as directed, it reduces the risk of HIV infection through sexual transmission by as much as 99 percent. The order, signed by IDPH Director Dr. Sameer Vohra, will make it easier for people at risk of exposure to HIV to obtain either of the two oral medications used in the PrEP regimen. It also streamlines the process for pharmacists to receive reimbursement for providing PrEP services. The Illinois Pharmacy Act



authorizes pharmacists to provide PrEP if there is a standing order approved by a physician or, as in this case, by the IDPH Director. Those considered at-risk are people who are HIV-negative but may have other risk factors such as:

- Have a sexual partner who is HIV-positive.
- Have partner who injects drugs.
- Don't use condoms consistently.
- Were diagnosed with an STI (sexually transmitted infection) in the past six

months.

- Share injection drug equipment (needles, cookers, syringes, etc.).

Persons seeking more information about PrEP can visit the IDPH website at Pre-Exposure Prophylaxis (PrEP). For information on the state's PrEP Assistance Program, contact IDPH's HIV Section PrEP Helpline at 1-833-773-7445

(1-833-PREP4IL), by email at DPH.PrEP4IL@illinois.gov or through the website www.PrEPforIllinois.com.

Clasificados/Classifieds 708-656-6400

Explore Oak Park and Beyond Estrena Nuevo Nombre y Enfoque Regional



Visit Oak Park tiene un nuevo nombre y una visión más amplia. Conocido ahora como Explore Oak Park and Beyond, la renombrada entidad turística refleja un enfoque más amplio en promover no solo Oak Park, sino también 19 vibrantes comunidades vecinas en los suburbios del cercano oeste de Chicago. La nueva identidad acompaña el lanzamiento

de una campaña de turismo regional, pero el nuevo nombre señala un considerable cambio en como la organización define y muestra sus destinos. Con “and Beyond” agregado oficialmente a su nombre, la organización reconoce los ricos bienes culturales, culinarios y recreacionales de las comunidades cercanas, incluyendo Riverside, La Grange, Brookfield, Forest

Park y muchas otras. “Este cambio de nombre es más que solo cosmético – se trata de inclusividad y narración regional”, dijo Annie Coakle, directora

ejecutiva de Explore Oak Park and Beyond. “Cada comunidad ofrece algo distinguido y juntas crean una experiencia de destino mayor que la suma de sus

partes”. El nuevo nombre incluye también una identidad visual más fresca y una nueva presencia digital, designada a unificar las atracciones de la región

bajo una marca cohesiva. Para más información, visite www.visitoakpark.com. **Crédito Fotográfico:** Explore Oak Park and Beyond



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Mental Health Awareness Month Shines Light on Suicide Prevention Efforts Across Illinois

The Illinois Chapter of the American Foundation for Suicide Prevention (AFSP-IL) is honoring Mental Health Awareness Month in May by hosting a series of free prevention education programs to empower individuals with the knowledge and tools to help save lives. Throughout May, AFSP-IL will offer a variety of programs—both virtual and in-person—focused on suicide prevention in Latinx, LGBTQ+, and other communities, as well as specialized sessions for those seeking hope and connection.

- May 3 – Oak Park Volunteer Gathering (10am-1pm)
- May 5 - Talk Saves Lives for Mental Health Mondays at AFSP Illinois (Virtual 6:00-7:30pm)
- May 8 - Talk Saves Lives:



- Latinx for Mental Health Mondays at AFSP Illinois (Virtual 6:00-7:00pm)
- May 19 – Talk Saves Lives: LGBTQ+ for Mental Health Mondays at AFSP Illinois (Virtual 6:00-7:00pm)
 - May 25 – Finding Hope

Program for Mental Health Mondays at AFSP Illinois (Virtual 6:00-7:00pm)

For more information and to register go to <http://afspilprograms.org/> and scroll to find the event(s) you wish to attend.

IDOC Celebrates Commencement of First-Ever Adler University Graduates from Big Muddy River Correctional Center



Last week, Big Muddy River Correctional Center (BMRCC) hosted a graduation ceremony celebrating seven students who earned their Bachelor of Arts degrees in Applied Psychology through an educational partnership with Adler University. The graduates received diplomas during the ceremony inside BMRCC’s chapel, attended by family, IDOC staff, and Adler University faculty, including Dr. DiMatteo-Gibson, program director of the online Doctor of

Philosophy in Industrial and Organizational Psychology program, and Dr. Mazurowski, program director of the Master of Arts in Psychology online program. Adler University’s Chief of Staff, Kyra Lobbins, Ph.D., and IDOC’s Assistant Director, Alyssa Williams, delivered welcome messages. Lisa Coleman, Ph.D., President of Adler University, gave the keynote speech. Launched in June 2021, Adler University’s online undergraduate program at Big Muddy Correctional

Center began as an eight-week course in applied psychology before expanding to the 20-course program that exists today. Through a partnership with the Illinois Department of Corrections (IDOC), it was a significant step toward expanding access to education within the correctional system, offering advanced courses to individuals in custody who had completed an associate degree or accumulated at least 60 college credits.



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La Ciudad de Chicago Anuncia una Nueva Ronda de Subsidios Comunitarios de \$2 Millones



El Alcalde Brandon Johnson anunció la semana pasada que diez proyectos comerciales del barrio recibirán un total de dos millones de dólares en subvenciones para el de-

sarrollo comunitario de la ciudad. Los proyectos, que se financiarán con los fondos del bono de Vivienda y Desarrollo Económico del Alcalde Johnson, representan aproximadamente \$4.5

millones en inversiones vecinales. Los negocios y los montos de las subvenciones incluyen: **Artists Book House, 4207 W. Irving Park Road, Irving Park:**

\$249,032 para convertir un antiguo edificio escolar en un centro de artes comunitario y librería. **Belmont Tavern, 3405 W. Belmont Ave., Avondale:** \$250,000 para la renovación de un espacio de taberna histórica para uso de un nuevo operador de bar. **RRM Visions LLC, 3420 W. Roosevelt Road, North Lawndale** \$250,000 para renovar un

local comercial vacío en un restaurante y lugar para eventos. **Skylark Bar & Restaurant, 2147-49 S. Halsted St., Lower West Side:** \$31,893 para rehabilitación de un restaurant y unidades residenciales. **Tacotlán, 4312 W. Fullerton Ave., Hermosa:** \$250,000 para la rehabilitación de un local de restaurante con asientos en el segundo piso y una

ampliación de cocina. Los subsidios de Desarrollo Comunitario son administrados por el Departamento de Planeación y Desarrollo (DPD) y se distribuyen de forma incremental a medida que se completan las fases individuales del proyecto. Para más información o para ver la lista completa de beneficiarios, visite la red de DPD en la red Community Development Grant.

CPS Nombra a Devon...

Viene de la página 1

South Shore High School, donde enseñó historia de 1998 al 2009. Durante su estancia, fue dos veces nominado al Premio Suave Performance Plus y condujo el equipo de debate de la escuela a un campe-

onato de la ciudad – su primer y único título a la fecha. Morales comenzará su trabajo como director ejecutivo este verano y trabajará en estrecha colaboración con las escuelas, entrenadores, estudiantes

atletas y asociados comunitarios para garantizar que los programas de deportes de CPS continúan siendo inclusivos, competitivos y apoyan el éxito estudiantil, tanto en el campo como en el salón de clases.



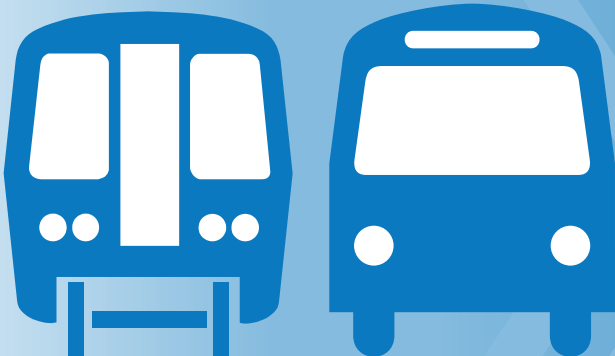
¡Ayude a impulsar “El futuro de nuestro transporte”!

Por primera vez, la CTA pone en marcha una planificación estratégica global a largo plazo. Es importante que este proceso sea impulsado por **ustedes**: los pasajeros y las comunidades a las que servimos. Responda a una breve encuesta sobre su experiencia con la CTA y qué tipos de servicios de tránsito le gustaría ver en el futuro.

Obtenga más información en transitchicago.com/strategicplan y escanee el código para participar en nuestra encuesta.

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Latinos Progresando Miller-Perez Family Scholarship Fund Accepting Applicants



Latinos Progresando is pleased to announce that the Miller-Perez Family Scholarship Fund application is officially open! Recipients of this award will receive a \$2,000 scholarship for the 2025-2026 academic

year. Applications are due Tuesday, May 13th at 5:00pm. Please share this opportunity with students in your community who are applying to college or university this upcoming school year or are currently enrolled

in an undergraduate degree-seeking program or certificate program. Questions and other communications should be directed to scholarship@latinospro.org. To apply, visit <https://latinospro.org/miller-perez-family-scholarship-fund/>

Chicago Man Charged with Possession of Child Pornography



A 29-year-old Chicago man has been charged with possession of child pornography following a Sheriff's Police Internet Crimes Against Children (ICAC) investigation, Cook County Sheriff Thomas J. Dart announced last week. In October, the ICAC Unit began investigating a tip they received from the National Center for Missing and Exploited Children about a user on a social media app who had uploaded files containing child pornography. Through subpoenas and search warrants, investigators confirmed the content on the account contained

child pornography and that the account belonged to Marcos Fuentes-Robledo, of the 3600 block of W. 55th Place. On April 3, Investigators met with Fuentes-Robledo, and after being issued his Miranda Warning, he admitted to viewing child pornography on his cell phone. Investigators took possession of his phone and obtained a search warrant for it. A forensic analysis of the phone found approximately two dozen sexually explicit videos and images involving children. On April 25, Investigators arrested Fuentes-Robledo. That afternoon, the Cook State's

Attorney's Office approved one count of Dissemination of Child Pornography, a Class X felony, and one count of Possession of Child Pornography, a Class 2 felony, against him. He is scheduled to appear today at the George N. Leighton Criminal Courthouse for his initial hearing. Since 2020, Sheriff's Police ICAC Unit Investigations have led to charges against 53 people for cases involving victimization of children and child pornography. The public is reminded that defendants are presumed innocent until proven guilty by the government in a court of law.

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