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Sunday Edition



Noticiero Bilingüe

LAWNDALE NEWS

Sunday, March 8, 2026

WEST SIDE TIMES

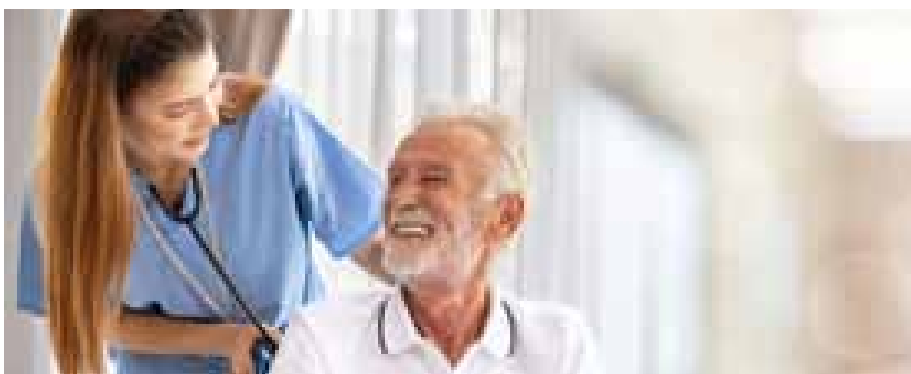


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Pritzker Traubert Foundation Awards First-Ever \$5M Chicago Talent Challenge to City Colleges, Cook County Health



The Pritzker Traubert Foundation announced HealthCatalyst Chicago as the inaugural winner of the Chicago Talent Challenge, a \$5 million

investment to accelerate the training, placement and success of workers in critical healthcare roles. Launched in 2025, the Chicago Talent Challenge is a competitive open call focused on funding bold ideas to help low-income workers access good jobs in the sectors that need those most. HealthCatalyst Chicago is expected to train and place Chicagoans into 1,000 health care jobs over

the next three years and up to 400 positions annually thereafter. The initiative is a transformational partnership led by City Colleges of Chicago in collaboration with Cook County Health, with additional employer partners supporting hiring and placement. The goal is to build a single, coordinated pathway for talent tied to real hiring demand. Built on

a successful relationship between City Colleges of Chicago and University of Chicago Medicine that helped prepare and place more than 200 City Colleges students in healthcare roles over two years, HealthCatalyst Chicago will scale proven training and hiring pathways to meet growing workforce demand across the city.

360 Chicago Celebra el 189. Aniversario de la Ciudad de Chicago con Entrada Gratuita

360 CHICAGO, la icónica plataforma de observación del piso 94 en 875 N. Michigan Ave., celebra el 189 aniversario de la Ciudad de Chicago el miércoles, 4 de marzo, concediendo una vez más admisión general gratuita a los residentes de Chicago hasta el viernes, 6 de marzo. La admisión general a la plataforma de observación será gratuita para los residentes de Chicago, aunque pueden aplicar restricciones de capacidad. Debe presentarse una foto-ID válida en el escritorio de boletos, que

muestre un código postal 606XX para recibir un boleto de admisión general gratuita. También se aceptarán identificaciones de las Escuelas Públicas de Chicago como forma de identificación. Mientras visiten la plataforma de observación los asistentes pueden disfrutar el bar cocktail más alto de la ciudad, CludBar, que tendrá bebidas a la venta, disponibles de su menú, inspirado en el vecindario. 360 CHICAGO está abierto de 9 a.m. a 11 p.m. diariamente con una entrada final una hora antes del cierre. Para



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Allan Gerszanovicz

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más información sobre 360 CHICAGO, visite 360chicago.com/activities/free-admission-for-locals ó @360CHICAGO en Instagram.

360 Chicago Celebrates the City of Chicago's 189th Birthday with Free Admission

360 CHICAGO, the iconic 94th floor observation deck at 875 N. Michigan Ave, celebrates the City of Chicago's 189th birthday on Wednesday, March 4



by once again granting free general admission to Chicago residents through Friday, March 6. General admission to the observation deck will be free for Chicago residents, although capacity restrictions may apply. A valid photo-ID must be presented onsite at the ticketing desk that shows a 606XX zip code to receive a free general admission ticket. Chicago Public School IDs will also be accepted as a form of identification. While visiting the observation deck, guests are welcome to enjoy the city's highest cocktail bar, CloudBar, which will have drinks available for purchase from its neighborhood-inspired menu. 360 CHICAGO is open 9 a.m. -11 p.m. daily with final entry one hour prior to closing. For more information about 360 CHICAGO, please visit 360chicago.com/activities/free-admission-for-locals or @360CHICAGO on Instagram.

Photo Credit: 360 CHICAGO

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Alleged Boss of Violent Sinaloa Cartel Indicted in Chicago on Drug, Firearm, and Material Support of Terrorism Charges



A federal grand jury in Chicago has indicted an alleged boss of the violent Sinaloa Cartel in Mexico on drug, firearm, and material support of terrorism charges. Jesus Omar Ibarra Felix led an armed security group known as the Las Fuerzas Especiales de Chuta (FECH), which engaged in armed conflict on behalf of the Guzman faction of the Sinaloa Cartel, a U.S. designated foreign terrorist organization previously headed by Joaquin Guzman Loera, also known as “El Chapo,” according to an indictment returned Thursday in the Northern District of Illinois. Ibarra Felix’s group allegedly provided armed security in support of Guzman Loera’s four sons, collectively known as “the Chapitos,” who took over leadership of the Sinaloa Cartel after Guzman Loera’s arrest in 2016. Guzman Loera was later convicted by a federal jury in Brooklyn, N.Y., and sentenced to life in prison. The indictment alleges that from 2016 to 2026, Ibarra Felix supplied

Chapitos and conspired with them and others to import methamphetamine and fentanyl into the United States from Mexico. One of the alleged co-conspirators—Fausto Isidro Meza Flores—worked with Ibarra Flores to deploy the armed guards, the indictment states. Meza Flores was indicted in 2019 in U.S. District Court for the District of Columbia and is currently on the FBI’s Top Ten Most Wanted Fugitives list. In addition to leading the FECH, the indictment accuses Ibarra Felix of serving as a “plaza boss,” overseeing drug trafficking operations in his assigned region near Ahome, Mexico, from 2016 to 2025. The indictment charges Ibarra Felix, also known as “El Chuta,” 49, of Los Mochis, Mexico, with terrorism, drug, and firearm charges. The charges are punishable by a maximum sentence of life in federal prison. Ibarra Felix is not in custody, and a warrant has been issued for his arrest. The indictment is the result of a collaboration between prosecutors in the Northern District of Illinois

and Southern District of California, as well as law enforcement partners from the FBI’s Washington, D.C. and San Diego Field Offices, and Homeland Security Investigations’

San Diego and Arizona offices.

The indictment was announced by Andrew S. Boutros, United States Attorney for the Northern District of Illinois, Adam Gordon, United States Attorney for the Southern District of California, Darren Cox, Assistant Director in Charge of the FBI Washington, D.C. Field Office, TJ Holland, Acting Special Agent-in-Charge of the FBI San Diego Field Office, Kevin Murphy, Acting Special Agent-in-Charge of HSI San Diego, and Matthew Murphy, Acting Special Agent-in-Charge of HSI Arizona. The government is represented by Assistant U.S. Attorneys Michael Maione, Michelle Parthum, and Hanna Helwig of the Northern District of

Illinois and Assistant U.S. Attorneys Joshua Mellor and Matthew Sutton of the Southern District of California.

The indictment was announced as part of Operation Take Back America, a nationwide initiative that marshals the full resources of the Department of Justice to achieve various law enforcement goals, including the total

elimination of cartels and transnational criminal organizations (TCOs) and protect American communities from the perpetrators of violent crime. The public is reminded that an indictment is not evidence of guilt. The defendant is presumed innocent and entitled to a fair trial at which the government has the burden of proving guilt beyond a reasonable doubt.



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March is National Nutrition Month



March is National Nutrition Month. This month is all about learning to make informed food choices and developing healthy eating and physical activity habits. While there's no one-size-fits-all approach to living a healthy lifestyle, having a good foundation allows for other healthy habits to follow. Here are a few tips from the Academy of Nutrition and Dietetics to help you stay on track this month.

1. Be active. Regular

physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60+ of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – exercising can be as simple as a walk after dinner.

2. Get cooking. Preparing foods at home can be healthy, rewarding, and cost-effective.

3. Stay hydrated. Choose water over drinks with added sugar, especially

if you live an extra active lifestyle, are an older person, or live/work in hot conditions.

4. Start family meal time. Plan to eat dinner together as a family at least a few times each week. A routine can help you and your family stick to a healthier meal plan. Get kids involved with meal planning and cooking and take this time to teach them about proper nutrition!

5. Explore new foods and flavors. Make nutrition and eating more fun by expanding your range of food choices! When shopping, make a point to try a recipe or a new fruit or vegetable that's new to you and your family.

6. Consult a registered dietitian nutritionist. Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

Commissioner Frank J. Aguilar Endorsed by Elected Officials, Labor, and Community Leaders



Commissioner Aguilar released an updated list of endorsements in support of his re-election campaign for Cook County Commissioner of the 16th District. In total, Frank Aguilar has received over 40 endorsements, spanning from elected officials, labor groups, and community leaders. "I am honored and humbled to have the support of so

many dedicated public servants and organizations who are committed to our community," said Commissioner Aguilar. "I have had the privilege of working with these incredible 16th district mayors, and as a former union organizer and life-long supporter of labor, I am so grateful to have the support of those who fight for working people."

Cook County officials endorsing Commissioner Aguilar are President Toni Preckwinkle, Clerk of the Circuit Court Mariyana Spyropoulos, and Commissioners John Daley, Tara Stamps, Bridget Degnen, Kevin Morrison, Donna Miller, Scott Britton, Bill Lowry, Kisha McCaskill, Stanley Moore, Maggie Trevor, Michael Scott Jr, and Bridget Gainer. "I have seen firsthand Frank's hard work to bring economic

development to the 16th district and protect our communities," said Cook County President Toni Preckwinkle. Together, this coalition of supporters reflects Commissioner Aguilar's deep commitment to, and understanding of, Cook County's 16th district. From delivering county funding and resources to municipalities, to being the most accessible county commissioner in office, Commissioner Aguilar has worked hard to build these relationships to support 16th district constituents.

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Marzo es el Mes Nacional de la Nutrición



una persona mayor o vives/trabajas en condiciones calurosas.

4. Inicie una hora de comida familiar. Planee tomar la comida juntos por lo menos unas cuantas veces cada semana. Una rutina puede ayudarle a usted y a su familia a mantenerse en un plan de comidas más saludable. Haga que los niños participen con la planeación de comidas y la cocina y dese tiempo para enseñarles la nutrición apropiada!

5. Explore nuevos alimentos y sabores. Haga la nutrición y el comer más divertido ampliando su variedad de alternativas de comida! Cuando vaya de compras, haga un esfuerzo por tratar una receta o una fruta o vegetal que sea nuevo para usted y su familia.

6. Consulte a un nutricionista dietético registrado. Ya sea que quiera perder peso, bajar su riesgo de salud o atender una enfermedad crónica, consulte a los expertos! nutricionistas dietéticos registrados pueden ayudarle brindándole un consejo de nutrición personalizado, fácil de seguir.

Marzo es el Mes Nacional de la Nutrición. Este mes se trata de hacer alternativas informadas de comida y desarrollar hábitos de comer saludables y actividad física. Si bien no existe un enfoque universal para llevar un estilo de vida saludable, una buena base permite adoptar otros hábitos saludables. Aquí tienes algunos consejos de la Academia de Nutrición y Dietética para ayudarte a mantenerte en el buen camino este mes.

1. Permanezca activo. Una actividad física regular tiene muchos beneficios de

salud. Empiece haciendo los ejercicios que pueda. Los niños y adolescentes deberían hacer 60+ de actividad física por día y los adultos por lo menos dos horas y 30 minutos por semana. No tiene que ir al gimnasio, puede ser tan sencillo como caminar después de la comida

2. Cocine. Preparar los alimentos en casa puede ser saludable, provechoso y de bajo costo.

3. Manténgase hidratado. Prefiera el agua sobre bebidas con azúcar, especialmente si llevas un estilo de vida extra activo, eres

Health Literacy Webinar is March 20



Organizational health literacy is the degree to which organizations equitably enable individuals to find, understand, and use information and services to make health-related

decisions for themselves and others. Save the date for part three of Cook County Department of Public Health's healthy literacy webinar series on building meaningful collaborations across organizations:

Friday, March 20 from 10 a.m. to 11:30 a.m. To register or for more information, visit <https://cookcountypublichealth.org/health-literacy-in-public-health/>

Problem Gambling Awareness Month: Illinois Lottery Reminds Players -Don't Struggle in Silence



March is recognized nationwide as Problem Gambling Awareness Month, an annual observance dedicated to increasing public understanding of problem gambling and promoting resources for those seeking support. This Problem Gambling Awareness Month, the Illinois Lottery is once again partnering with the Illinois Council on Problem Gambling (ICPG)

to elevate awareness of prevention, treatment, and recovery services available statewide. National Problem Gambling Awareness Month is led by the National Council on Problem Gambling and unites public health professionals, advocacy organizations, treatment providers, and gaming operators in a coordinated effort to expand awareness and access to care. The


campaign reinforces a clear message: recovery is possible, and help is available. The Illinois Lottery's 2026 campaign theme — *"Don't Struggle in Silence: Call 1-800-GAMBLER"* — aims to reduce stigma, encourage open conversations, and connect individuals and families impacted by gambling-related harm with the services they need. **Photo Credit: Illinois Lottery**

THE OAKS




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Oak Park, IL, 60302

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.



CCH Launches the Austin Health Center Advisory Council



On February 10, 2026, Cook County Health hosted the first Advisory Council meeting for the Austin Health Center located at 4800 W. Chicago Street in Chicago. With this council, all ACHN sites have now have advisory councils. The Austin Health Center Advisory Council is composed by representatives from all Chicago, Council of

Islamic Organizations of Greater Chicago (CIOGC), Elevate, Family Guidance Centers, Family Solutions, Gift of Hope, Greater Chicago Food Depository, Malcolm X College, Meals on Wheels, Onward House, Rose Up for Autism, The Mustard Seed Effect Project, and UCAN among others. At the meeting, the council received an overview on Cook County

Health, the Austin Health Center, CountyCare and the Cook County Department of Public Health. To learn more about our advisory councils and to apply to be an advisory council member at any of our sites, please visit: Community Relations | Cook County Health.

Photo Credit: Cook County Health

Griffin Museum of Science and Industry Showcases Clean Energy Nonprofits Woman Leader



Elevate announces that their CEO, Dr. Anne Evens, has been selected by Griffin Museum of Science and Industry (Griffin MSI) as a featured leader in its 2026 Women's History Month pop-up exhibition "Women in Energy". The museum's annual Women's History Month exhibit celebrates women whose work transforms their fields. With the opening of Griffin MSI's new pop-up exhibition, "Women in Energy," this year's

Women's History Month exhibit highlights women in energy, featuring a wide range of energy-related careers, from scientists and engineers to power line technicians and data analysts. The exhibit explores energy's intersection with climate, sustainability, public health, and community resilience. Dr. Evens' leadership embodies this interconnected vision, and her impact is reflected in the measurable progress

Elevate and its partners have achieved. To date, Elevate has helped create more than 2,350 jobs in the clean energy sector, invested more than \$155 million back into communities through energy savings and incentives, and prevented over 576,000 metric tons of carbon emissions through cleaner, more efficient home performance solutions.

Photo Credit: Elevate

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