



Noticiero Bilingüe **LAWNDALE** *news*

Sunday, August 30, 2026

WEST SIDE TIMES



V. 86 No. 35

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

ESTABLISHED 1940

JB for Governor Campaign Launches WhatsApp Channel 'Fuerza JB Pritzker'



On Wednesday, Governor JB Pritzker launched a new WhatsApp channel called "Fuerza JB Pritzker" to connect with Spanish-speaking Illinoisans and provide direct

access to his re-election campaign. Through the WhatsApp channel, Spanish-speaking voters will receive exclusive campaign updates, voter information, photos and

videos from the campaign trail, and special messages from Gov. Pritzker and campaign surrogates, accessible in their language. "This campaign is for all Illinoisans, which is why

I want to talk with them directly, in Spanish," said Governor Pritzker. "That's why we created a WhatsApp channel, *Fuerza JB Pritzker*, where

we will share the latest news from our campaign, including important voting information, photos and videos, and what we're doing every day for Illinois

families. I encourage everyone to join our channel and share with your friends and family." Illinoisans can join *Fuerza JB Pritzker* on WhatsApp.

La Campaña de JB para Gobernador Lanza el Canal de WhatsApp "Fuerza JB Pritzker"

El miércoles, el gobernador JB Pritzker lanzó un nuevo canal de WhatsApp llamado "Fuerza JB Pritzker" para conectar con los habitantes de Illinois de habla hispana y brindar acceso directo a su campaña de reelección. A través de este canal de WhatsApp, los votantes hispanohablantes recibirán actualizaciones exclusivas de la campaña, información para el votante, fotos y videos de las actividades de campaña, así como mensajes especiales del gobernador Pritzker y de representantes de la campaña, todo ello en su propio idioma. "Esta campaña es para todos los habitantes de Illinois; por eso quiero hablar directamente con ellos, en español", declaró el gobernador Pritz-



ker. "Por esta razón creamos el canal de WhatsApp 'Fuerza JB Pritzker', donde compartiremos las últimas noticias de nuestra campaña, incluyendo información importante sobre la votación, fotos y videos, y detalles sobre el trabajo que realizamos

a diario en beneficio de las familias de Illinois. Animo a todos a unirse a nuestro canal y a compartirlo con sus amigos y familiares".

Los habitantes de Illinois pueden unirse a "Fuerza JB Pritzker" en WhatsApp.

Primer Propietario de Vivienda en Cicero en Recibir la Instalación de un Sistema de Prevención de Inundaciones



La primera fase de up-
programa de prevención
de inundaciones, de \$96
millones está programado
para comenzar el miér-
coles, en Cicero, con la
instalación de una válvula
de retención en el patio
frontal de un propietario.
El trabajo comenzará esta
semana en la casa de la fa-
milia Huerta, en la cuadra
3500 de S. Austin Blvd.
La válvula de retención
permite que las aguas re-
siduales salgan de su casa
al sistema de alcantaril-
lado, pero una compuerta

impide que el agua de tor-
menta entre en la vivienda
si el alcantarillado se des-
borda. Este enlace ofrece
una explicación rápida de
cómo una válvula de reten-
ción ayuda a evitar que el
agua entre en un sótano. La
empresa Fernández Sewer,
de Chicago, excavará una
pequeña zanja en el jardín
el miércoles por la mañana;
posteriormente, instalará la
válvula de retención y la
conectará a las tuberías de
la vivienda.

La instalación de
una válvula de retención

en una casa, usualmente
cuesta miles de dólares,
pero este programa ofrece
la instalación y un año
de mantenimiento gratis
a residentes calificados.
El Programa de Preven-
ción de Inundaciones en
el Sótano, fue lanzado en
junio, con la apertura de
un centro de admisión en
el Centro Comunitario de
Cicero. Ahí los residentes
se encuentran con espe-
cialistas de admisión, que
procesan las solicitudes y
los guían en los papeles
que se necesitan para el
programa de fondos fede-
rales. Una lista completa
de requisitos y documen-
tos las puede encontrar en
www.thetownofccero.com.flood-prevention. Fondos
de un subsidio adicional
serán usados en mejoras
de infraestructura de aguas
pluviales, reparación de
alcantarillados, permea-
bilización de callejones y
otras inversiones destina-
das a permitir la preven-
ción de inundaciones a
largo plazo y el trabajo de
recuperación



ICE Sightings in McKinley Park Bring Protestors to the Streets

By: Ashmar Mandou

Residents are on edge
after ICE sightings took
place in McKinley Park,
near 63rd Street and Pulaski
Road, which resulted in
a two-vehicle crash on
Monday. According to the
Department of Homeland
Security, Immigration and
Customs Enforcement
agents were in the area
when a Venezuelan man
fled from immigration
officers and rammed an
officer's vehicle during a
traffic stop. DHS identified
the man as Robinson
Mendez-Gutierrez and said
ICE officers approached
him on August 24th as part
of the agency described
as "targeted enforcement
operations." Aldermanic
candidate for the 25th Ward
and immigration attorney
Nubia Batista Willman
responded to the scene as
a trained rapid-response
volunteer. Willman worked
alongside local and state
officials, attorneys and
other community members
to keep residents informed,
assert their rights and
help de-escalate tensions.
"People are angry, and they
have every right to be. We
need to know our rights,
speak out and stand up for
our neighbors. We also
have to do it safely and

refuse to play into ICE's
hands. As an immigration
attorney and trained rapid-
response volunteer, I was
on the ground today to
stand alongside residents,
help enforce our rights,
and work alongside local
leaders, attorneys and other
community members to
de-escalate a volatile
situation," said Nubia
Batista Willman. According
to DHS, an ICE officer
activated emergency lights
to stop Mendez-Gutierrez,
but he allegedly refused to
pull over and used his pickup
truck to ram the officer's
vehicle. The agency said
the officer was able to
stop the pickup and arrest
Mendez-Gutierrez without
further incident. Illinois
State Police confirmed
Monday that ICE agents
were involved in a two-
vehicle crash on Interstate
55 near the Damen Avenue
exit. Police did not provide
additional details about the
circumstances of the crash.

Videos circulating on social
media appeared to show
federal immigration agents
in the McKinley Park area,
though the reports could
not be independently
verified. Amid the incident,
activists gathered Monday
afternoon in the McKinley
Park neighborhood after
reports of ICE activity
and arrests. The activists
blew whistles and alerted
residents to the agents'
presence. Alderman Julia
Ramirez was on the scene
and shared details of the
whole incident with media.
"ICE agents escalated the
situation this time," said
Ramirez. "They came to
safeguard the vehicle. I
worry about a lot of people
coming to the scene and
them wanting to hurt
people with pepper balls
and tear gas." Ramirez
said the reported activity
urged some community
members to take to the
streets and blow whistles to
warn others about possible
ICE activity.



¿Quinceañera?




¡Nosotros la organizamos!

MAMA LUIGI'S

RESTAURANT • COCKTAIL LOUNGE
BANQUETS • CATERING

7500 s. Harlem Ave.
Bridgeview, IL 60455
708.496.0900
mamaluigis.com



*Menciona este anuncio para
descuento especial

Illinois Publica Directrices para Apoyar la Implementación de la Detección Universal de Salud Mental



Estudiantes y jóvenes de Estados Unidos enfrentan retos sin precedentes de salud mental, especialmente a raíz de la pandemia. Nuevas guías publicadas por la Junta de Educación del Estado de Illinois (ISBE) ayudarán a los distritos escolares

a planear la implementación de pruebas universales de salud mental en las escuelas de Illinois. La Evaluación Universal de Salud Mental: Orientación no normativa para distritos escolares, proporciona a los distritos información sobre la planificación de

la implementación, consideraciones legales y de privacidad, la participación de las familias y los apoyos de seguimiento, a medida que las escuelas se preparan para cumplir con los requisitos estatales de evaluación. Comenzando con el año escolar 2027-28, el Acta Pública 104-0032 requiere que todos los distritos escolares, a menos que sea aprobado por una extensión por ISBE, ofrezcan pruebas anuales de salud mental a los estudiantes de los grados 3 al 12. Los padres serán notificados cuando se programen las pruebas y podrán decidir si desean que a su hijo se le practique o no, la prueba. La guía completa disponible en la red de ISBE, www.isbe.net.

Illinois Issues Guidance to Support Universal Mental Health Screening Implementation

Students and young people across America are facing unprecedented mental health challenges, especially in the wake of the pandemic. New guidance released by the Illinois State Board of Education (ISBE) will assist school districts in planning for the implementation of universal mental health screenings in Illinois schools. The Universal

Mental Health Screening: Non-Regulatory Guidance for School Districts provides school districts with information on implementation planning, legal and privacy considerations, family engagement, and follow-up supports as schools prepare for statewide screening requirements. Beginning with the 2027-28 school year, Public Act 104-0032

requires all school districts, unless approved for an extension by ISBE, to offer annual mental health screenings to students in grades 3 through 12. Parents will be notified when screenings are scheduled and can choose to decline the screening for their child. The full guidance is available on ISBE's website, www.isbe.net



Te ofrecemos más que sólo seguros para autos.



OFICINA LOCAL




Allan Gerszonovicz
geico.com/niles-gerszonovicz
 847-779-8101
 7M W Dempster St Niles
 ¡Hablamos Español!



Aplícale el teu Mòbil geico.com per saber més detalls. GE CO y affiliates, Washington, DC 20076 or 1-800-GEICO2U_258640



Your **home.**
Your **roots.**
Your **neighborhood.**

TRP GUIDES YOU THROUGH

Homebuyer Preparation

Realty

Lending

Your new home in **Back of the Yards**

312-666-1323 **Inquire Today!**

scan QR code for more information



**THE
RESURRECTION
PROJECT**
Relationships. Creating Healthy Communities.



AN INITIATIVE OF THE RESURRECTION PROJECT



Precious
Blood
Ministry of
Reconciliation





140 camas de hospitalización en salud conductual/psiquiatría

Atendiendo a pacientes desde los **5 años** hasta **la adultez mayor**

26 camas para salud conductual **geriátrica**

ATENCIÓN DE LA SALUD CONDUCTUAL EN TODAS LAS ETAPAS DE LA VIDA

Atención integral continua y completa en salud conductual. Ofrecemos programas de hospitalización, ambulatorios y programas ambulatorios intensivos (IOP) para niños, adultos y adultos mayores, con atención brindada por psiquiatras certificados y trabajadores sociales licenciados en salud conductual.

 Saint Mary of Nazareth Hospital

2233 W. Division Street, Chicago, IL 60622

312-770-2000 | saintmaryofnazarethhospital.com

Miembro de Prime Healthcare



Your Forest Preserves of Cook County

— NATURAL FUN —

Walk, bike or run: With 350 miles of trails, this is where to get outside and get healthy.

LEARN MORE: fpdcc.com/trails



BMO Real Financial Progress Index: 81% of U.S. Latino Parents Say the Cost of Raising Kids is ‘Out of Control’



New data from the BMO Real Financial Progress Index reveals that amidst rising costs, 80% of U.S. Latinos wonder how people around them can afford to raise a family. Despite 81% of Latino parents with children under 18 at home agreeing that the cost of raising kids has “gotten out of control,” less than half (45%) believe having a child has nega-

tively impacted their financial security. Facing these daunting figures, 87% of Latino parents say everyday childcare costs negatively impact their ability to save for their child’s long-term future. Yet, despite the squeeze, they still manage to carve out an average of \$1,681 annually to save for college. The data shows that 80% of U.S. Latino parents are

concerned about financially providing the life they wish for their children – 7 points higher than the general U.S. parent population at 73%. And their worry for the future is comprehensive: 80% worry about their children’s health and safety, 81% about emotional wellbeing, and 81% about their children’s education, financial future and future career prospects. BMO is dedicated to helping the Latino community navigate the complex costs of raising a family and supporting an extended family, such as providing customers with a BMO Financial Advisor where families can discuss their financial goals in English or Spanish. BMO also provides the BMO SmartProgress™ for budgeting, saving, and planning tools available in English and Spanish, or visit BMO’s Real Financial Progress Hub to study up with resources designed for the whole family. To learn more about how BMO helps U.S. Latino parents make real financial progress, visit <https://www.bmo.com/goals>. For the full financial report, visit usnewsroom.bmo.com
Photo Credit: BMO

La Secretaria Mariyana Spyropoulos Organiza la Segunda Cumbre Anual de Segunda Oportunidad

La Secretaria de la Corte del Circuito Mariyana Spyropoulos anunció que ofrecerá su Cumbre de Segunda Oportunidad, iniciativa del condado para garantizar que los derechos legales de la eliminación o sellado de antecedentes penales no solo está garantizado en estatuto, sino accesible en la práctica a todo residente del Condado de Cook, elegible. La cumbre tendrá lugar el sábado, 10 de octubre del 2026, de 8:30 a.m. a

4:00 p.m. en Kennedy King College, 740 W. 63 St., Edificio U, Chicago, IL 60621. El evento está designado a ayudar a los residentes a limpiar pasados récords y seguir con nuevas oportunidades. Los asistentes recibirán guía legal gratuita y peticiones y la eliminación o el sellado de antecedentes penales se prepararán en el lugar. Se requiere el registro previo y el envío de una hoja de RAP es obligatoria para completar el registro. La



Secretaria Spyropoulos estará disponible para entrevistas con los medios, del 8 al 11 de septiembre y pronunciará un discurso ante los asistentes durante la cumbre.

SBA Abre Centro de Asistencia para Préstamos de Desastre en Chicago



La Administración del Pequeño Comercio en E.U. anunció la apertura del Centro de Asistencia para Préstamos de Desastre en el Condado de Cook, para ayudar a organizaciones no lucrativas privadas y residentes afectados por severas tormentas ocurridas el 27 de julio. Comenzando esta semana, representantes de servicio al cliente de SBA, estarán

disponibles en Disaster Loan Outreach Center en el Condado de Cook para responder preguntas sobre el programa de préstamos en desastres de SBA, explicar el proceso de solicitud y ayudar a las personas a completar su solicitud. Se aceptan visitas sin previa cita y puede programar una cita en persona por adelantado en appointment.sba.gov. El Centro de Asisten-

cia para Préstamos en Desastres estará localizado en la Sucursal Pullman de la biblioteca Pública de Chicago, 11001 S. Indiana Ave. Las horas de operación son las siguientes:

Horas: Lunes y Miércoles, 10 a.m. – 6 p.m.

Martes y Jueves, del mediodía a las 8 p.m.

Viernes, de 9 a.m. a 5 p.m.

Sábado, de 9 a.m. a 2 p.m.

Cierre permanente a las 4 p.m., el viernes 4 de septiembre. Para hacer su solicitud en línea, visite sba.gov/disaster. Los solicitantes pueden llamar también al Centro de Servicio al Consumidor de SBA, al (800) 659-2955 o vía correo electrónico a disastercustomerservice@sba.gov para más información sobre asistencia en desastres de SBA.



Funcionarios Municipales Colocan la Primera Piedra de Austin Hope Center

Líderes oficiales de la ciudad se unieron a representantes de Stone Community Development Corporation, Ann & Robert H. Lurie Children's Hospital of Chicago, Chicago Neighborhood Initiatives (CNI), Wintrust Bank, y Thresholds, para cortar la cinta de Austin HOPE Center. Localizado en el corazón de la comunidad de Austin, en el 5036 W. Chicago Ave., el proyecto, respaldado por la ciudad, lleva atención pediátrica especializada, servicios de salud conductual y programación centrada en el

barrio, todo bajo un mismo techo, en el moderno centro comunitario desinado con y para las familias de Austin. Austin HOPE Center fue uno de los primeros proyectos en beneficiarse del apoyo brindado por el bono de Vivienda y Desarrollo Económico (HED) de \$1.25 mil millones de la ciudad de Chicago. La instalación, de cerca de 25,000 pies cuadrados, albergará un local de pacientes externos de Lurie Children's donde los pacientes pueden tener acceso a especialidades pediátricas y servicios de salud

conductual, reduciendo las barreras al cuidado, mientras amplían el acceso a experiencia pediátrica reconocida nacionalmente. Más allá del cuidado de salud, el centro servirá como un espacio comunitario flexible para desarrollo juvenil, educación de salud,

entrenamiento de fuerza laboral y programación del vecindario, reflejando las prioridades identificadas por los residentes de Austin, a través del proceso de planeación y diseño.



Estoy alcanzando el mismo sueño, con menos deuda. Es la mejor decisión para mi educación.

QUIÉRELO. VÍVELO.

HAROLD WASHINGTON • HARRY S TRUMAN • KENNEDY-KING • MALCOLM X • OLIVE-HARVEY • RICHARD J. DALEY • WILBUR WRIGHT

CITY COLLEGES
OF CHICAGO

Las clases con crédito universitario comienzan el 20 de agosto.
Las clases gratuitas de inglés (ESL) y para obtener el diploma de secundaria comienzan el 24 de agosto.

ccc.edu/aplica



53 HELP WANTED

53 HELP WANTED

53 HELP WANTED

53 HELP WANTED

53 HELP WANTED

53 HELP WANTED

NOW HIRING

Salon Assistant need for busy Salon in Oakbrook.

Part-time position, 2 evenings per week and Saturdays.
Responsibilities include;
Shampooing clients,
laundry, cleaning.

Please call Ron, 630-954-1900

HELP WANTED/SE NECESITA AYUDA

Women packers for a spice company
for more information **CALL ART**
BETWEEN 7 A.M. TO 5 P.M.
LEAVE MESSAGE

Se necesitan mujeres para empacar
en una Compañía de condimentos.
Para más información **llamar a Art**
Entre las 7 a.m. a las 5 p.m.
DEJAR MENSAJE

773.521.8840

104 PROFESSIONAL SERVICE

104 PROFESSIONAL SERVICE

20% DISCOUNT

ALLEN CONSTRUCTION

CAPITAL MANAGEMENT

ALLEN CONSTRUCTION will modernize & remodel your old-fashioned kitchen & bathroom with minimal inconvenience

CALL NOW

TO SCHEDULE EARLY COSTRUCTION & FOR FREE ESTIMATE

BEFORE



AFTER



(847) 744-1259 OR (312) 210-3299

We are Licensed, Bonded & Insured

We also do Porches & Decks,
Flooring, Painting & Drywall,
Electrical & Plumbing





NOW HIRING

MILLWRIGHT FOR MACHINERY, ELECTRICAL, AND ELECTRONICS.

JOHNSON BROS. ROLL FORMING CO.

LOCATED IN THE CHICAGO SUBURBS is seeking an experienced Millwright..
Ability to maintain and rebuild our type of roll formers, presses, reels and anything else in a roll forming line, as well as tool room equipment.
Electrical and Electronics knowledge and experience necessary.
Using basic tool room equipment, also necessary.
Excellent Salary to those qualified.
Some English preferred, must work well with others.
Benefits include, 401K plan, Family Health Insurance, Vision, & Dental.
Paid Holidays & Vacation. Uniforms provided.

CALL 708-449-7050 or Email: Dawn@johnsonrollforming.com

★ **SEWING FACTORY** ★
NECESITA
CORTADORES DE TELA

Esta buscando **cortadores de tela** con experiencia y **esparcidores de tela** y **También buscamos planchadores de prendas, no se necesita experiencia.** Para el primer turno. Tiempo completo para costureras, empacadores y presores para prendas de vestir como jackets, blazers, camisas y pantalones. Debe tener documentos legales para trabajar. El trabajo es tiempo completo todo el año y oportunidades de tiempo extra, buen pago y ofrecemos seguro.

Aplicar en Persona
6451 Main Street.
Morton Grove, IL 60053 o
llamar al 773-545-0990

104 PROFESSIONAL SERVICE

104 PROFESSIONAL SERVICE

¡SI TUS ZAPATOS O ROPA FAVORITA NECESITAN PRIMEROS AUXILIOS NOSOTROS PODEMOS REVIVIRLOS!



E.R.
Reparación de Zapatos
Alteraciones &
Limpieza en seco

**3364 S. Halsted
Chicago, IL 60608**

(12) 772-8841





ershoorepair
ershoorepairalteration

ADVERTISE WITH US

Discount Offers
Affordable Advertisement Rates
Online Advertisement
Combination Offers

708-656-6400

LEGAL NOTICE

LEGAL NOTICE

Notice is hereby given that a sale will
Take place at 4400 W .Ogden Ave.
Chicago IL 60623 for sale of the
Following: 2020 Jeep Compass
#3C4NJDCB3LT127095 \$6270.86
Owners last known address is Leron
Ross 1250 S. Karlov Ave chicago, IL
60623

ADVERTISE HERE!

708- 656-6400

104 PROFESSIONAL SERVICE

104 PROFESSIONAL SERVICE

ABRIMOS CAÑOS




- **SE DESTAPAN**
- **TINAS, LAVAMOS**
- **Y SEWER LINES**

**Cicero, Berwyn, Chicago
y Suburbios**

Pregunte por Angel

773-406-4670

53 HELP WANTED**WINDOW CLEANER
EXPERIENCE UP TO
\$25.00 AN HOUR**

No experience \$18.00 an hour. Looking for honest hard worker willing to go the extra mile. We work 5-6 days a week. We meet in Orland Park 6 AM each morning. Could lead to team leader position. You should have drivers license and transportation to get to work.

**Yes we pay by check
312-802-6002**

**104 PROFESSIONAL
SERVICE****IMPORT AND
EXPORT RAMIREZ**

*Partes para Licuadoras
Blender Parts*



Chicago, IL.

**TEL: 773-990-0789 /
TEL: 773-209-3700**

HOUSES FOR SALE

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS
COUNTY DEPARTMENT - CHANCERY DIVISION

WILMINGTON TRUST, NATIONAL ASSOCIATION, NOT IN ITS INDIVIDUAL CAPACITY, BUT SOLELY AS TRUSTEE FOR MFRA TRUST 2015-1
Plaintiff,

-v.-
JEFFREY WILSON, FELICIA F. WILSON, CITIBANK, N.A., STATE OF ILLINOIS
Defendants
2018CH01422
830 N. KEELER AVENUE
CHICAGO, IL 60651
NOTICE OF SALE

PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on October 4, 2018, an agent for The Judicial Sales Corporation, will at 10:30 AM on September 9, 2026, at The Judicial Sales Corporation, One South Wacker, 1st Floor Suite 35R, Chicago, IL, 60606, sell at public in-person sale to the highest bidder, as set forth below, the following described real estate: Commonly known as 830 N. KEELER AVENUE, CHICAGO, IL 60651
Property Index No. 16-03-427-024-0000
The real estate is improved with a single family residence.

Sale terms: If sold to anyone other than the Plaintiff, 25% down of the highest bid by certified funds at the close of the sale payable to The Judicial Sales Corporation. No third party checks will be accepted. The balance, in certified funds/or wire transfer, is due within twenty-four (24) hours. The subject property is subject to general real estate taxes, special assessments, or special taxes levied against said real estate and is offered for sale without any representation as to quality or quantity of title and without recourse to Plaintiff and in "AS IS" condition. The sale is further subject to confirmation by the court.

Upon payment in full of the amount bid, the purchaser will receive a Certificate of Sale that will entitle the purchaser to a deed to the real estate after confirmation of the sale. The property will NOT be open for inspection and plaintiff makes no representation as to the condition of the property. Prospective bidders are admonished to check the court file to verify all information.

If this property is a condominium unit, the purchaser of the unit at the foreclosure sale, other than a mortgagee, shall pay the assessments and the legal fees required by The Condominium Property Act, 765 ILCS 605/9(g)(1) and (g)(4). If this property is a condominium unit which is part of a common interest community, the purchaser of the unit at the foreclosure sale other than a mortgagee shall pay the assessments required by The Condominium Property Act, 765 ILCS 605/18.5(g-1).

IF YOU ARE THE MORTGAGOR (HOMEOWNER), YOU HAVE THE RIGHT TO REMAIN IN POSSESSION FOR 30 DAYS AFTER ENTRY OF AN ORDER OF POSSESSION, IN ACCORDANCE WITH SECTION 15-1701(C) OF THE ILLINOIS MORTGAGE FORECLOSURE LAW.

You will need a photo identification issued by a government agency (driver's license, passport, etc.) in order to gain entry into our building and the foreclosure sale room in Cook County and the same identification for sales held at other county venues where The Judicial Sales Corporation conducts foreclosure sales.

For information, examine the court file, CODILIS & ASSOCIATES, P.C. Plaintiff's Attorneys, 15W030 NORTH FRONTAGE ROAD, SUITE 100, BURR RIDGE, IL, 60527 (630) 794-9876

THE JUDICIAL SALES CORPORATION
One South Wacker Drive, 24th Floor, Chicago, IL 60606-4650 (312) 236-SALE
You can also visit The Judicial Sales Corporation at www.tjsc.com for a 7 day status report of pending sales.

CODILIS & ASSOCIATES, P.C.
15W030 NORTH FRONTAGE ROAD, SUITE 100
BURR RIDGE IL, 60527
630-794-5300
E-Mail: pleadings@il.cslegal.com
Attorney File No. 14-17-12974
Attorney ARDC No. 00468002
Attorney Code. 21762
Case Number: 2018CH01422
TJSC#: 46-1719

NOTE: Pursuant to the Fair Debt Collection Practices Act, you are advised that Plaintiff's attorney is deemed to be a debt collector attempting to collect a debt and any information obtained will be used for that purpose.
Case # 2018CH01422
13291947

HOUSES FOR SALE

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS
COUNTY DEPARTMENT - CHANCERY DIVISION

U.S. BANK NATIONAL ASSOCIATION, NOT IN ITS INDIVIDUAL CAPACITY BUT SOLELY AS OWNER TRUSTEE FOR RCF 2 ACQUISITION TRUST
Plaintiff,

-vs.-
MYRIAM BARRERA; UNKNOWN OWNERS and NON-RECORD CLAIMANTS
Defendant
24 CH 6856
CALENDAR 57
NOTICE OF SALE

PUBLIC NOTICE IS hereby given that pursuant to a Judgment of Foreclosure entered in the above entitled cause Intercounty Judicial Sales Corporation will on September 8, 2026, at the hour 11:00 a.m., Intercounty's office, 120 West Madison Street, Suite 718A, Chicago, IL 60602, sell, in person, to the highest bidder for cash, the following described mortgaged real estate:
P.I.N. 16-04-307-030-0000.

Commonly known as 1112 North Laramie Avenue, Chicago, IL 60651.
The real estate is: single family residence. If the subject mortgaged real estate is a common interest community unit, the purchaser of the unit other than a mortgagee shall pay the assessments required by subsection(g)-1 of Section 189.5 of the Condominium Property Act. Sale terms: At sale, the bidder must have 10% (or 25% if so ordered in the Judgment of Foreclosure) down by certified funds, balance within 24 hours, by certified funds. No refunds. The property is sold AS IS subject to all liens or encumbrances. The property will NOT be open for inspection. Prospective bidders are admonished to check the circuit court case record, property tax record and the title record to verify all information before bidding. IF YOU ARE THE MORTGAGOR (HOMEOWNER), YOU HAVE THE RIGHT TO REMAIN IN POSSESSION FOR 30 DAYS AFTER THE ENTRY OF AN ORDER OF POSSESSION, IN ACCORDANCE WITH SECTION 15-1701(c) OF THE ILLINOIS MORTGAGE FORECLOSURE LAW.

For information call Sales Department at Plaintiff's Attorney, Codilis & Associates, P.C., 15W030 North Frontage Road, Suite 100, Burr Ridge, IL 60527. (630) 794-5300. 14-24-03858
INTERCOUNTY JUDICIAL SALES CORPORATION
intercountyjudicialsales.com
13291627

HOUSES FOR SALE

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS
COUNTY DEPARTMENT - CHANCERY DIVISION

Groundfloor Properties GA LLC
Plaintiff

-vs.-
Kingdom Land Investment Group, Inc.; Lamar D. Johnson; The City of Chicago; State of Illinois, Department of Revenue; JBM Capital Group, LLC; Outstanding Transport, Inc.; Altus IG Real Estate, LLC; Unknown Owners and Nonrecord Claimants,
Defendant
24 CH 7332
CALENDAR 62
NOTICE OF SALE

PUBLIC NOTICE is hereby given that pursuant to a Judgment of Foreclosure entered in the above entitled cause Intercounty Judicial Sales Corporation will on September 15, 2026, at the hour 11:00 a.m., Intercounty's office, 120 West Madison Street, Suite 718A, Chicago, IL 60602, sell, in person, to the highest bidder for cash, the following described mortgaged real estate: P.I.N. 16-09-425-003-0000.

Commonly known as 5153 W. Washington Blvd., Chicago, IL 60644.

The real estate is: single family residence. If the subject mortgaged real estate is a unit of a common interest community, the purchaser of the unit other than a mortgagee shall pay the assessments required by subsection(g)-1 of Section 189.5 of the Condominium Property Act. Sale terms: At sale, the bidder must have 10% (or 25% if so ordered in the Judgment of Foreclosure) down by certified funds, balance within 24 hours, by certified funds. No refunds. The property is sold AS IS subject to all liens or encumbrances. The property will NOT be open for inspection. Prospective bidders are admonished to check the circuit court case record, property tax record and the title record to verify all information before bidding. IF YOU ARE THE MORTGAGOR (HOMEOWNER), YOU HAVE THE RIGHT TO REMAIN IN POSSESSION FOR 30 DAYS AFTER THE ENTRY OF AN ORDER OF POSSESSION, IN ACCORDANCE WITH SECTION 15-1701(c) OF THE ILLINOIS MORTGAGE FORECLOSURE LAW.

For information call Sales Department at Plaintiff's Attorney, Sottile & Barile, LLC, 7530 Lucerne Drive, Suite 210, Middleburg Heights, Ohio 44130, (440) 572-1511. ILF2403019
INTERCOUNTY JUDICIAL SALES CORPORATION
intercountyjudicialsales.com
13292015

REAL ESTATE

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS
COUNTY DEPARTMENT - CHANCERY DIVISION

NATIONSTAR MORTGAGE LLC,
Plaintiff,

-v.-
DAMON RITENHOUSE, SPECIAL REPRESENTATIVE OF HERMAN A CLARK, DECEASED; MARY A WELLINGTON-CLARK A/K/A MARY WELLINGTON A/K/A MARY CLARK; AQUA FINANCE, INC.; CITY OF CHICAGO; UNKNOWN OWNERS and NON-RECORD CLAIMANTS; UNKNOWN HEIRS and LEGATEES OF HERMAN A CLARK,
Defendants.

2024CH03647
2825 NORTH SACRAMENTO AVENUE, CHICAGO, IL 60618
NOTICE OF SALE
PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on 1/28/2026, an agent of Auction.com, LLC will conduct the Online Only auction at www.auction.com, with the bidding window opening on 9/7/2026 at 10:00 AM CDT and closing on 9/9/2026 at 10:00 AM subject to extension, and will sell at public sale to the highest bidder, as set forth below, the following described real estate.

Commonly known as 2825 NORTH SACRAMENTO AVENUE, CHICAGO, IL 60618
Property Index No. 13-25-133-014-0000
The real estate is improved with a Multi-Family.
The judgment amount was \$332,963.77
Sale Terms: Full Sale Terms are available on the property page at www.auction.com by entering 2825 NORTH SACRAMENTO AVENUE into the search bar. If sold to anyone other than the Plaintiff, the winning bidder must pay the full bid amount within twenty-four (24) hours of the auction's end. All payments must be certified funds. No third-party checks will be accepted. All bidders will need to register at www.auction.com prior to placing a bid. The subject property is subject to general real estate taxes, special assessments, or special taxes levied against said real estate and is offered for sale without any representation as to quality or quantity of title and without recourse to plaintiff and in "AS IS" condition. The sale is further subject to confirmation by the court.

Upon payment in full of the amount bid, the purchaser will receive a certificate of sale that will entitle the purchaser to a deed to the real estate after confirmation of the sale.

The property will NOT be open for inspection and plaintiff makes no representation as to the condition of the property, prospective bidders are admonished to check the court file to verify all information.
If this property is a condominium unit, the purchaser of the unit at the foreclosure sale, other than a mortgagee, shall pay the assessments and the legal fees required by The Condominium Property Act, 765 ILCS 605/9(g)(1) and (g)(4). If this property is a condominium unit which is part of a common interest community, the purchaser of the unit at the foreclosure sale other than a mortgagee shall pay the assessments required by The Condominium Property Act, 765 ILCS 605/18.5(g-1).
IF YOU ARE THE MORTGAGOR (HOMEOWNER), YOU HAVE THE RIGHT TO REMAIN IN POSSESSION FOR 30 DAYS AFTER ENTRY OF AN ORDER OF POSSESSION, IN ACCORDANCE WITH SECTION 15-1701(C) OF THE ILLINOIS MORTGAGE FORECLOSURE LAW.

You will need a photo identification issued by a government agency (driver's license, passport, etc.) in order to gain entry into our building and the foreclosure sale room in Cook County and the same identification for sales held at other county venues where The Judicial Sales Corporation conducts foreclosure sales.

For information, examine the court file, CODILIS & ASSOCIATES, P.C. Plaintiff's Attorneys, 15W030 NORTH FRONTAGE ROAD, SUITE 100, BURR RIDGE, IL, 60527 (630) 794-9876
THE JUDICIAL SALES CORPORATION
One South Wacker Drive, 24th Floor, Chicago, IL 60606-4650 (312) 236-SALE
You can also visit The Judicial Sales Corporation at www.tjsc.com for a 7 day status report of pending sales.

CODILIS & ASSOCIATES, P.C.
15W030 NORTH FRONTAGE ROAD, SUITE 100
BURR RIDGE IL, 60527
630-794-5300
E-Mail: pleadings@il.cslegal.com
Attorney File No. 14-23-04107
Attorney ARDC No. 00468002
Attorney Code. 21762
Case Number: 2024CH03647
NOTE: Pursuant to the Fair Debt Collection Practices Act, you are advised that Plaintiff's attorney is deemed to be a debt collector attempting to collect a debt and any information obtained will be used for that purpose.
Case # 2023CH05900
13291689

For information, contact Plaintiff's attorney: McCalla Raymer Leibert Pierce, LLP (312) 346-9088 please refer to file number 24-18116IL.
Auction.com, LLC
100 N LaSalle St., Suite 1400, Chicago, IL 60602 – 872-225-4985
You can also visit www.auction.com.
Attorney File No. 24-18116IL
Case Number: 2024CH03647
NOTE: PURSUANT TO THE FAIR DEBT COLLECTION PRACTICES ACT, YOU ARE ADVISED THAT PLAINTIFF'S ATTORNEY IS DEEMED TO BE A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

60602 – 872-225-4985
Auction.com, LLC
100 N LaSalle St., Suite 1400, Chicago, IL 60602 – 872-225-4985
You can also visit www.auction.com.
Attorney File No. 24-18116IL
Case Number: 2024CH03647
NOTE: PURSUANT TO THE FAIR DEBT COLLECTION PRACTICES ACT, YOU ARE ADVISED THAT PLAINTIFF'S ATTORNEY IS DEEMED TO BE A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

60602 – 872-225-4985
Auction.com, LLC
100 N LaSalle St., Suite 1400, Chicago, IL 60602 – 872-225-4985
You can also visit www.auction.com.
Attorney File No. 24-18116IL
Case Number: 2024CH03647
NOTE: PURSUANT TO THE FAIR DEBT COLLECTION PRACTICES ACT, YOU ARE ADVISED THAT PLAINTIFF'S ATTORNEY IS DEEMED TO BE A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

60602 – 872-225-4985
Auction.com, LLC
100 N LaSalle St., Suite 1400, Chicago, IL 60602 – 872-225-4985
You can also visit www.auction.com.
Attorney File No. 24-18116IL
Case Number: 2024CH03647
NOTE: PURSUANT TO THE FAIR DEBT COLLECTION PRACTICES ACT, YOU ARE ADVISED THAT PLAINTIFF'S ATTORNEY IS DEEMED TO BE A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

60602 – 872-225-4985
Auction.com, LLC
100 N LaSalle St., Suite 1400, Chicago, IL 60602 – 872-225-4985
You can also visit www.auction.com.
Attorney File No. 24-18116IL
Case Number: 2024CH03647
NOTE: PURSUANT TO THE FAIR DEBT COLLECTION PRACTICES ACT, YOU ARE ADVISED THAT PLAINTIFF'S ATTORNEY IS DEEMED TO BE A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

60602 – 872-225-4985
Auction.com, LLC
100 N LaSalle St., Suite 1400, Chicago, IL 60602 – 872-225-4985
You can also visit www.auction.com.
Attorney File No. 24-18116IL
Case Number: 2024CH03647
NOTE: PURSUANT TO THE FAIR DEBT COLLECTION PRACTICES ACT, YOU ARE ADVISED THAT PLAINTIFF'S ATTORNEY IS DEEMED TO BE A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

HOUSES FOR SALE

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS
COUNTY DEPARTMENT - CHANCERY DIVISION

U.S. BANK TRUST NATIONAL ASSOCIATION, NOT IN ITS INDIVIDUAL CAPACITY BUT SOLELY AS OWNER TRUSTEE FOR RCAF ACQUISITION TRUST
Plaintiff,

-v.-
ROBERT L. STUART II, NEIGHBORHOOD LENDING SERVICES, INC.
Defendants
2023CH05900
1650 SOUTH KOMENSKY AVENUE
CHICAGO, IL 60623
NOTICE OF SALE

PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on November 22, 2024, an agent for The Judicial Sales Corporation, will at 10:30 AM on September 2, 2026, at The Judicial Sales Corporation, One South Wacker, 1st Floor Suite 35R, Chicago, IL, 60606, sell at public in-person sale to the highest bidder, as set forth below, the following described real estate:

Commonly known as 1650 SOUTH KOMENSKY AVENUE, CHICAGO, IL 60623
Property Index No. 16-22-406-036-0000
The real estate is improved with a multi-family residence.
Sale terms: If sold to anyone other than the Plaintiff, 25% down of the highest bid by certified funds at the close of the sale payable to The Judicial Sales Corporation. No third party checks will be accepted. The balance, in certified funds/or wire transfer, is due within twenty-four (24) hours. The subject property is subject to general real estate taxes, special assessments, or special taxes levied against said real estate and is offered for sale without any representation as to quality or quantity of title and without recourse to Plaintiff and in "AS IS" condition. The sale is further subject to confirmation by the court.

Upon payment in full of the amount bid, the purchaser will receive a Certificate of Sale that will entitle the purchaser to a deed to the real estate after confirmation of the sale. The property will NOT be open for inspection and plaintiff makes no representation as to the condition of the property. Prospective bidders are admonished to check the court file to verify all information.

If this property is a condominium unit, the purchaser of the unit at the foreclosure sale, other than a mortgagee, shall pay the assessments and the legal fees required by The Condominium Property Act, 765 ILCS 605/9(g)(1) and (g)(4). If this property is a condominium unit which is part of a common interest community, the purchaser of the unit at the foreclosure sale other than a mortgagee shall pay the assessments required by The Condominium Property Act, 765 ILCS 605/18.5(g-1).

IF YOU ARE THE MORTGAGOR (HOMEOWNER), YOU HAVE THE RIGHT TO REMAIN IN POSSESSION FOR 30 DAYS AFTER ENTRY OF AN ORDER OF POSSESSION, IN ACCORDANCE WITH SECTION 15-1701(C) OF THE ILLINOIS MORTGAGE FORECLOSURE LAW.

You will need a photo identification issued by a government agency (driver's license, passport, etc.) in order to gain entry into our building and the foreclosure sale room in Cook County and the same identification for sales held at other county venues where The Judicial Sales Corporation conducts foreclosure sales.

For information, examine the court file, CODILIS & ASSOCIATES, P.C. Plaintiff's Attorneys, 15W030 NORTH FRONTAGE ROAD, SUITE 100, BURR RIDGE, IL, 60527 (630) 794-9876
THE JUDICIAL SALES CORPORATION
One South Wacker Drive, 24th Floor, Chicago, IL 60606-4650 (312) 236-SALE
You can also visit The Judicial Sales Corporation at www.tjsc.com for a 7 day status report of pending sales.

CODILIS & ASSOCIATES, P.C.
15W030 NORTH FRONTAGE ROAD, SUITE 100
BURR RIDGE IL, 60527
630-794-5300
E-Mail: pleadings@il.cslegal.com
Attorney File No. 14-23-04107
Attorney ARDC No. 00468002
Attorney Code. 21762
Case Number: 2023CH05900
TJSC#: 46-1713

NOTE: Pursuant to the Fair Debt Collection Practices Act, you are advised that Plaintiff's attorney is deemed to be a debt collector attempting to collect a debt and any information obtained will be used for that purpose.
Case # 2023CH05900
13291689

For information, contact CHAD LEWIS, ROBERTSON ANSCHUTZ SCHNEID CRANE & PARTNERS, PLLC Plaintiff's Attorneys, 6400 SHAHER CT, STE 325, ROSEMONT, IL, 60018 (561) 241-6901. Please refer to file number 25-366505.
THE JUDICIAL SALES CORPORATION
One South Wacker Drive, 24th Floor, Chicago, IL 60606-4650 (312) 236-SALE
You can also visit The Judicial Sales Corporation at www.tjsc.com for a 7 day status report of pending sales.

CHAD LEWIS
ROBERTSON ANSCHUTZ SCHNEID CRANE & PARTNERS, PLLC
6400 SHAHER CT, STE 325
ROSEMONT IL, 60018
561-241-6901
E-Mail: ILMAIL@RASLG.COM
Attorney File No. 25-366505
Attorney ARDC No. 6306439
Attorney Code. 65582
Case Number: 2026 CH 00474
TJSC#: 46-1246

NOTE: Pursuant to the Fair Debt Collection Practices Act, you are advised that Plaintiff's attorney is deemed to be a debt collector attempting to collect a debt and any information obtained will be used for that purpose.
Case # 2026 CH 00474
13291363

HOUSES FOR SALE

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS
COUNTY DEPARTMENT - CHANCERY DIVISION

WILMINGTON SAVINGS FUND SOCIETY, FSB, NOT IN ITS INDIVIDUAL CAPACITY BUT SOLELY AS OWNER TRUSTEE OF CSMC 2018-RPL9 TRUST
Plaintiff,

-v.-
COTTRELL RICHMOND, KAREN DENISE RICHMOND, TRUSTEE OF THE RICHMOND LIVING TRUST DATED FEBRUARY 1, 2022, COTTRELL RICHMOND, TRUSTEE OF THE RICHMOND LIVING TRUST DATED FEBRUARY 1, 2022
Defendants
2026 CH 00474
3445 W ADAMS STREET
CHICAGO, IL 60624
NOTICE OF SALE

PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on May 21, 2026, an agent for The Judicial Sales Corporation, will at 10:30 AM on August 31, 2026, at The Judicial Sales Corporation, One South Wacker, 1st Floor Suite 35R, Chicago, IL, 60606, sell at public in-person sale to the highest bidder, as set forth below, the following described real estate:

Commonly known as 3445 W ADAMS STREET, CHICAGO, IL 60624
Property Index No. 16-14-209-008-0000
The real estate is improved with a single family residence.
The judgment amount was \$287,092.75.
Sale terms: If sold to anyone other than the Plaintiff, 25% down of the highest bid by certified funds at the close of the sale payable to The Judicial Sales Corporation. No third party checks will be accepted. The balance, in certified funds/or wire transfer, is due within twenty-four (24) hours. The subject property is subject to general real estate taxes, special assessments, or special taxes levied against said real estate and is offered for sale without any representation as to quality or quantity of title and without recourse to Plaintiff and in "AS IS" condition. The sale is further subject to confirmation by the court.

Upon payment in full of the amount bid, the purchaser will receive a Certificate of Sale that will entitle the purchaser to a deed to the real estate after confirmation of the sale. The property will NOT be open for inspection and plaintiff makes no representation as to the condition of the property. Prospective bidders are admonished to check the court file to verify all information.

If this property is a condominium unit, the purchaser of the unit at the foreclosure sale, other than a mortgagee, shall pay the assessments and the legal fees required by The Condominium Property Act, 765 ILCS 605/9(g)(1) and (g)(4). If this property is a condominium unit which is part of a common interest community, the purchaser of the unit at the foreclosure sale other than a mortgagee shall pay the assessments required by The Condominium Property Act, 765 ILCS 605/18.5(g-1).

IF YOU ARE THE MORTGAGOR (HOMEOWNER), YOU HAVE THE RIGHT TO REMAIN IN POSSESSION FOR 30 DAYS AFTER ENTRY OF AN ORDER OF POSSESSION, IN ACCORDANCE WITH SECTION 15-1701(C) OF THE ILLINOIS MORTGAGE FORECLOSURE LAW.

You will need a photo identification issued by a government agency (driver's license, passport, etc.) in order to gain entry into our building and the foreclosure sale room in Cook County and the same identification for sales held at other county venues where The Judicial Sales Corporation conducts foreclosure sales.

For information, contact CHAD LEWIS, ROBERTSON ANSCHUTZ SCHNEID CRANE & PARTNERS, PLLC Plaintiff's Attorneys, 6400 SHAHER CT, STE 325, ROSEMONT, IL, 60018 (561) 241-6901. Please refer to file number 25-366505.
THE JUDICIAL SALES CORPORATION
One South Wacker Drive, 24th Floor, Chicago, IL 60606-4650 (312) 236-SALE
You can also visit The Judicial Sales Corporation at www.tjsc.com for a 7 day status report of pending sales.

CHAD LEWIS
ROBERTSON ANSCHUTZ SCHNEID CRANE & PARTNERS, PLLC
6400 SHAHER CT, STE 325
ROSEMONT IL, 60018
561-241-6901
E-Mail: ILMAIL@RASLG.COM
Attorney File No. 25-366505
Attorney ARDC No. 6306439
Attorney Code. 65582
Case Number: 2026 CH 00474
TJSC#: 46-1246

NOTE: Pursuant to the Fair Debt Collection Practices Act, you are advised that Plaintiff's attorney is deemed to be a debt collector attempting to collect a debt and any information obtained will be used for that purpose.
Case # 2026 CH 00474
13291363

**Pick up a copy
of the Lawndale
News...
And put your
hand
on the pulse of
Chicago's
Hispanic Market**

Cervantes to Host Back to School Event

As children across the state start a new academic year, State Senator Javier Loera Cervantes is hosting a back to school event in preparation. The back to school event will be held from 5-7 p.m. on Friday, Aug. 28 at How To? Beauty & Barber Academy, a Latino-owned community barber school with a majority of Latino students that is located at 5931-35 W. 35th St. in Cicero. The free event gives back to the community by providing free haircuts, backpacks and other resources for school. The town of Cicero and the Illinois Department of Children and Family Services are co-sponsoring the event. For



more information on the event, people can contact Cervantes' office at 773-869-9050.

Celebrate Wellness Month

August is designated as National Wellness Month, a yearly observance focused on prioritizing self-care, managing stress, and building healthy daily habits. Founded in 2018, this month encourages you to focus on your physical, mental, and emotional health through sustainable lifestyle changes.

Key Focus Areas

•**Hydration:** Drink at least 8 cups (64 ounces) of water

or caffeine-free fluids daily to keep your energy and focus high.

•**Movement:** Add daily physical activity, such as a 15-minute walk, stretching breaks, or a yoga class.

•**Sleep:** Aim for 7 to 9 hours of quality rest per night by following a consistent bedtime routine.

•**Mindfulness:** Practice meditation, breathing exercises, or screen-free time to lower daily stress.



•**Preventative Care:** Schedule routine medical, dental, and eye exams to maintain your health baseline.

Celebre el Mes del Bienestar

Agosto ha sido designado como el Mes Nacional del Bienestar, una conmemoración anual centrada en priorizar el autocuidado, gestionar el estrés y fomentar hábitos diarios saludables. Esta iniciativa, establecida en 2018, le invita a cuidar su salud física, mental y emocional mediante cambios sostenibles en su estilo de vida.

Áreas clave de enfoque

•**Hidratación:** Beba al menos 8 vasos (64 onzas) de agua o líquidos sin cafeína

al día para mantener altos sus niveles de energía y concentración.

•**Movimiento:** Incorpore actividad física diaria, como una caminata de 15 minutos, pausas para estirarse o una clase de yoga.

•**Sueño:** Procure dormir entre 7 y 9 horas de calidad cada noche siguiendo una rutina constante antes de acostarse.

•**Atención plena (mindfulness):** Practique la



meditación, ejercicios de respiración o dedique tiempo a desconectarse de las pantallas para reducir el estrés diario.

•**Atención preventiva:** Programe revisiones médicas, dentales y oftalmológicas de rutina para mantener un buen estado de salud general.



Illinois to Expand High-Speed Internet

The Illinois Department of Commerce and Economic Opportunity (DCEO) on Tuesday announced the State of Illinois has been approved to receive \$1.04 billion in funding through the Broadband Equity, Access, and Deployment (BEAD) Program to support high-speed internet access statewide. The funding will connect approximately 350,000 residents through homes, businesses, and community

institutions across Illinois by 2031. Between private investment, prior public funding, and new BEAD funding, the total broadband investment will exceed \$2 billion. The new funding will build on the success of Connect Illinois, the State's broadband expansion initiative to deliver high-speed internet to thousands of homes across the state. Across the first three funding rounds, the program

generated nearly \$614 million in combined public and private investments, supporting projects led by 27 internet service providers and local governments to extend access to more than 44,000 households, businesses and community institutions. To date, over 20,610 households have already been connected, with thousands more slated to be set up in the coming months.

Illinois Ampliará el Acceso a Internet de Alta Velocidad

El Departamento de Comercio y Oportunidad Económica de Illinois (DCEO) anunció el martes que el estado de Illinois ha recibido la aprobación para obtener 1.040 millones de dólares en fondos a través del programa de Equidad, Acceso y Despliegue de Banda Ancha (BEAD, por sus siglas en inglés) con el fin de apoyar el acceso a internet de alta velocidad en todo el estado. Esta financiación permitirá conectar a aproximadamente 350.000 residentes —a través de hogares, empresas e instituciones comunitarias en todo Illinois— para el año 2031. Sumando la inversión privada, los fondos públicos anteriores y la nueva financiación del programa BEAD, la inversión total



en banda ancha superará los 2.000 millones de dólares. Estos nuevos fondos darán continuidad al éxito de *Connect Illinois*, la iniciativa estatal de expansión de banda ancha destinada a llevar internet de alta velocidad a miles de hogares en todo el estado. En las tres primeras rondas de financiación, el programa generó cerca de 614 millones de dólares

en inversiones combinadas (públicas y privadas), apoyando proyectos liderados por 27 proveedores de servicios de internet y gobiernos locales para ampliar el acceso a más de 44.000 hogares, empresas e instituciones comunitarias. Hasta la fecha, ya se ha conectado a más de 20.610 hogares, y está prevista la conexión de miles más en los próximos meses.