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NEWS

Sunday, May 12, 2024

WEST SIDE TIMES



V. 84 No. 18

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ESTABLISHED 1940

2nd Annual Man Up – Chicago’s Men’s Lifestyle Expo Returns to Address Health Disparities

www.manup-chicago.com

MAN UP

FREE ENTRY

JUNE 8, 2024
9 AM - 4 PM

INSTITUTO DEL PROGRESO LATINO
2520 S. WESTERN AVE

EVENT HIGHLIGHTS

- CELEBRITY APPEARANCES
- HEALTH SCREENINGS & WELLNESS CHECKUPS
- VENDORS & EXHIBITORS
- WORKSHOPS & SEMINARS
- FASHION SHOW

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The 2nd Annual Man Up – Chicago’s Men’s Lifestyle Expo is back, and it’s more than just an event; it’s a movement towards transforming the narrative around men’s

health. Scheduled for June 8, 2024, at the Instituto del Progreso Latino Career Academy, located at 2520 S. Western Avenue, Chicago, this dynamic one-day expo is dedicated to celebrating

Men’s Health Month while addressing the unique health disparities faced by Black and Brown communities. Brown and Black men often encounter disproportionate rates of

hypertension, diabetes, and heart disease, compounded by barriers to accessing healthcare. Men from these communities are also experiencing prostate cancer at a much earlier age here in Chicago.

The Man Up expo aims to bridge these gaps by providing accessible health screenings, wellness checkups, and educational workshops tailored to their specific needs. The Man Up -Chicago’s Men’s

Lifestyle Expo will take place on June 8th from 9a.m., to 4p.m., at Instituto de Progreso Latino Career Academy, 2520 S. Western Ave. For general information, visit www.manup-chicago.com

Segunda Edición Anual de Man Up: la Exposición de Estilo de Vida Masculino de Chicago Regresa para Abordar las Disparidades de Salud

La segunda edición anual Man Up - Exposición de estilo de vida masculino de Chicago está de regreso y es más que un simple evento; es un movimiento hacia la transformación de la narrativa en torno a la salud de los hombres. Programada para el 8 de junio de 2024 en la Academia de Carreras Latinas del Instituto del Progreso, ubicada en 2520 S. Western Avenue, Chicago, esta exposición dinámica de un día está dedicada a celebrar el Mes de la Salud de los Hombres y al mismo tiempo abordar las disparidades de salud únicas que enfrentan las personas de raza negra y de color. comunidades.

MAN UP

CHICAGO

CELEBRATING MEN'S HEALTH MONTH
JUNE 08, 2024 9 AM TO 4 PM FREE ENTRY

WWW.MANUP-CHICAGO.COM

JOIN US FOR THE 2ND ANNUAL EVENT!



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Los hombres morenos y negros a menudo enfrentan tasas desproporcionadas de hipertensión,

diabetes y enfermedades cardíacas, agravadas por barreras para acceder a

Pase a la página 2


FELIZ DÍA DE LA

State Representative 2nd District
ELIZABETH "LISA" HERNANDEZ
 DEPUTY MAJORITY LEADER

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Segunda Edición Anual...

Viene de la página 1

la atención médica. Los hombres de estas comunidades también están experimentando cáncer de próstata a una edad mucho más temprana aquí en Chicago. La exposición Man Up tiene como objetivo

cerrar estas brechas proporcionando exámenes de salud accesibles, chequeos de bienestar y talleres educativos adaptados a sus necesidades específicas. La Man Up -Chicago's Men's Lifestyle Expo se llevará

a cabo el 8 de junio de 9 a.m. a 4 p.m., en el Instituto de Progreso Latino

Career Academy, 2520 S. Western Ave. Para obtener información general, visite www.manup-chicago.com

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Clases de verano comienzan el 5 de junio. ccc.edu/aplica



MCA Chicago, Suenos Music Festival, Instituto Cervantes to United for Exclusive Conversation



Museum of Contemporary Art of Chicago (MCA) and the Suenos Music Festival in collaboration with Instituto Cervantes of Chicago, present *From*

the Galleries to the Streets: Contemporary Art and Urban Music in Latin America and the United States, an enlightening panel discussion at

Instituto Cervantes, 31 W. Ohio, May 22 from 6:30-8 p.m. The conversation will delve into the relevance and sociocultural importance of urban music

and contemporary art in Latin America and the U.S., and their influence on cultural and social frameworks. Following the presentation, attendees are cordially invited to indulge in a reception featuring delectable Spanish cuisine from Little Madrid Tapas Café and

beer generously provided by the Consulate General of Mexico in Chicago. *From the Galleries to the Streets: Contemporary Art and Urban Music in Latin America and the United States* takes place Wednesday, May 22 at Instituto Cervantes of Chicago, 31 W. Ohio St.

from 6:30 to 8 p.m. This event is free and open to the public, seating is limited; reservations are requested by May 17 at eventbrite.com. For more information, visit www.mcachicago.org
Photo Credit: Museum of Contemporary Art of Chicago



CPS Celebrates National Teacher Appreciation Week



Chicago Public Schools (CPS) will recognize more than 23,000 dedicated educators this week, National Teacher Appreciation Week, with events and celebrations across the District. National Teacher Appreciation Week runs through Friday, May 10 and coincides with School Nurse Appreciation Week with celebrations also planned for nurses throughout the week. Earlier this year, 12 CPS teachers were named Golden Apples Excellence in Teaching finalists, more than any

other school district in the state. The Excellence in Teaching Award is a highly competitive and prestigious award that honors teachers who have lasting, positive effects on students' lives and school communities and have significant, positive impacts on their students' growth and learning. Last week, Alicia Carlisle, one of the five selected CPS winners and a first-grade teacher at Turner Drew Language Academy, was selected as one of 10 finalists in the state to receive a paid sabbatical

and \$5,000 cash prize. In February, Comfort Agboola, a middle school teacher at Poe Classical on the City's far south side, was named the sole Illinois 2023-24 recipient of the prestigious Milken Educator Award and won \$25,000. Community members can show support for CPS teachers on social media by using #ThankATeacher or #TheBestAreWithCPS and alumni can share thanks and memories of a teacher by submitting a message that the Children First Fund will share throughout the week on social media.



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2nd Annual Man Up — Chicago’s Men’s Lifestyle Expo Returns to Address Health Disparities



The 2nd Annual Man Up – Chicago’s Men’s Lifestyle Expo is back, and it’s more than just an event; it’s a movement towards transforming the narrative around men’s health. Scheduled for June 8, 2024, at the Instituto del Progreso Latino Career

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disproportionate rates of hypertension, diabetes, and heart disease, compounded by barriers to accessing healthcare. Men from these communities are also experiencing prostate cancer at a much earlier age here in Chicago. The Man Up expo aims to bridge these gaps by providing accessible health screenings, wellness checkups, and educational workshops tailored to their specific needs. The Man Up -Chicago’s Men’s Lifestyle Expo will take place on June 8th from 9a.m. to 4p.m., at Instituto de Progreso Latino Career Academy, 2520 S. Western Ave. For general information, visit www.manup-chicago.com



Opening of First Ever Ferrero Chocolate Factory in North America

On Tuesday, Governor JB Pritzker joined the Department of Commerce and Economic Opportunity, local stakeholders, and Ferrero North America leadership to celebrate the grand opening of the continent’s first Ferrero chocolate factory in Bloomington, Illinois. The 70,000 square-foot expansion to Ferrero’s manufacturing campus in Bloomington will produce

chocolate used in iconic products like Kinder®, Ferrero Rocher®, Butterfinger®, and CRUNCH®. The facility is the company’s first chocolate processing plant in North America and third globally. Governor Pritzker joined the Ferrero North America team three years ago to break ground on the new facility, and the construction was completed this year. This \$75 million investment from Ferrero builds on the company’s

continued impact in Illinois. In 2018, Ferrero took over management of a manufacturing plant in Franklin Park, Illinois, where they focus on Butterfinger and Baby Ruth products. The company also manufactures Keebler products at a plant located on 110th street in Chicago. In 2023, Ferrero opened an Innovation Center and R&D Lab in Chicago’s Marshall Field and Company Building.



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ICC Shares Smart Tips for Consumers Ahead of Spring Moving Season



With peak moving season starting in Illinois, the Illinois Commerce Commission (ICC) is urging residents to research moving companies before

packing any boxes. “A quick online search or call to the ICC can go a long way toward protecting residents from falling victim to moving scams”, said ICC’s Chief of Police Ruben Ramirez. “Spring is a popular time to move, but unfortunately, this also can mean an uptick in predatory or rouge movers. The ICC offers resources to help Illinoisans vet potential movers and avoid the financial and emotional toll of a move gone wrong.” Intrastate moving companies in Illinois must be licensed with the ICC. Consumers can check to see if an intrastate household goods mover is properly licensed to operate in Illinois and view the number of complaints filed against each company on the ICC website. This information

can also be obtained by calling 217-782-6448. If residents are moving to another state, the mover must be licensed by the Federal Motor Carrier Safety Administration. The ICC’s Smart Tips for hiring a mover include:

- Check to see if the moving company is licensed by the ICC to operate in Illinois.
- Do not rely on mobile apps alone to select and schedule your movers.
- Ask the mover to visit your home. If you can,

show them the contents of every room, closet, garage, etc. you want moved, and talk about what they can expect at the new home.

- Request a written estimate. A written quote is not binding, but it will give you a reasonable expectation of what you’ll be required to pay on moving day.

- Discuss your options for loss and damage protection. Get it in writing.

For more information or to file a complaint, visit www.icc.illinois.gov/complaints



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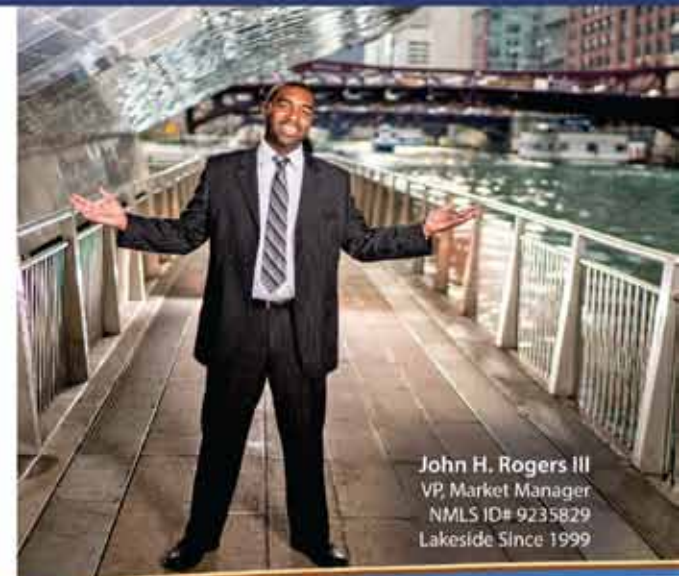
Buying a home is easier than you think! And Lakeside Bank can show you how. We have a number of mortgage options to choose from, with especially good ideas for first time buyers. There are significant advantages to owning your home versus renting and we’ll explain them all!

If you already own your home, ask us about a Lakeside Home Equity Loan. A “HELOC” is a loan you can use for whatever you want. And it’s there ready to use when you want to use it. There’s no cost to have a HELOC available!

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WNDR Museum Partners with Street Artist, Clue for Inaugural Merchandise Collaboration

WNDR Museum, Chicago's original immersive art and technology experience, announced a partnership with Chicago street artist Clue for an exclusive merchandise collaboration, debuting at WNDR Museum's Chicago, Boston and San Diego locations. The Spring collection, "Life Grows Here," features a range of items with Clue's signature character and designs inspired by the spring season. The collaboration will launch Sunday, May 19 with a special event at WNDR Museum's Chicago location (1130 W. Monroe St.) from 12-3 p.m. During the May 19 launch event, Chicagoans are invited to visit WNDR Museum's



on-site merchandise store, "The WNDR Shop," and enjoy a variety of special free activations including autographs and meet-and-greets with Clue and a live set from DJ Eva María. Pilsen-based clothing production company, Jus Studios, will also be on-site providing free screen-printing of Clue's designs on purchased items or

items that guests bring in to upcycle. The event will also offer special surprise and delight giveaways from WNDR Museum. Entry to the May 19 special event in the WNDR Shop is free. Tickets to WNDR Museum are sold separately starting at \$32 and can be purchased on the website in advance at WNDRmuseum.com.

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Experience preferred but not required in some cases based on aptitude. Roll forming die set up experience a big plus. Mechanical ability and creativity needed. Will train motivated worker. Some heavy lifting required. Some English preferred, must work well with others. Benefits include, 401K plan, Family Health Insurance, paid holidays, vacation. First shift hours Tuesday-Friday 5:30am-3:30pm. Uniforms provided.

Email: Dawn@johnsonrollforming.com
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or Call: (773) 631-1460

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**NOTICE
INVITATION TO BID TO**

METROPOLITAN WATER RECLAMATION DISTRICT OF GREATER CHICAGO

Sealed proposals, endorsed as above, will be submitted back to the District via an electronic upload to the Bonfire Portal only, from the date of the Invitation to Bid, up to 11:00 A.M. (Chicago time), on the bid opening date, and will be opened publicly as described in the Invitation to Bid by the Director of Procurement and Materials Management or designee at 11:00 AM on the stated bid opening date below for:

24-416-11

**Operating Engineering and Related Trade Services to the
Main Office Building Complex**

Total Estimated Cost: \$ 4,000,000.00 Bid Deposit: None

Voluntary Technical Pre-Bid Conference via ZOOM: Wednesday, May 15, 2024 at 10:30 am CST.

Optional Pre-Bid Walk-Through: Tuesday, May 14, 2024 at 10:00 am CST at Main Office Annex Building, 111 East Erie Street, Chicago IL 60611.

Compliance with the District's Affirmative Action Ordinance Revised Appendix D, Appendix C, and the Multi Project Labor Agreement are required on this Contract.

Bid Opening: June 4, 2024

The above is an abbreviated version of the 5454545454 Invitation to Bid. A full version which includes a brief description of the project and/or service can be found on the District's website, **www.mwrd.org**. The path is as follows: Doing Business → Procurement and Materials Management → Contract Announcements.

Specifications, proposal forms and/or plans may be obtained from the Department of Procurement and Materials Management by downloading online from the District's website at **www.mwrd.org** (Doing Business → Procurement & Materials Management → Contract Announcements). No fee is required for the Contract Documents. Any questions regarding the downloading of the Contract Document should be directed to the following email:

contractdesk@mwrd.org or call **312-751-6643**.

All Contracts for the Construction of Public Works are subject to the Illinois Prevailing Wage Act (820 ILCS 130/1 et.seq.), where it is stated in the Invitation to Bid Page.

The Metropolitan Water Reclamation District of Greater Chicago reserves the right to reject any or all Proposals if deemed in the public's best interest.

Metropolitan Water Reclamation District of Greater Chicago
By Darlene A. LoCascio
Director of Procurement and Materials Management

Chicago, Illinois
May 8, 2024