

>>LOCALES

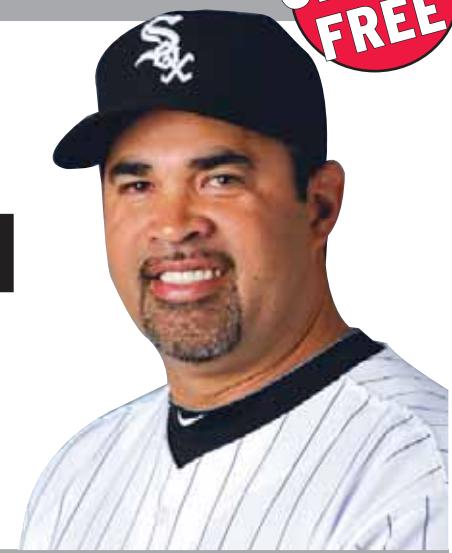
Marcha pro inmigrantes | Chicago unites for immigrant rights p5

GRATIS
FREE



July 8, 2011 | extranews.net

SPORTS p19
OZZIE GUILLEN
On the All-Star Game
experience



VIVIR BIEN ALIMENTADO

Healthy eating taking root in Little Village p10



Escuche 'By the way with EXTRA Newspaper' en vivo el lunes 11 de julio en 89.5 FM y Vocalo.org.

Listen to 'By the way with EXTRA Newspaper' live, Monday, July 11 at noon on 89.5 FM and Vocalo.org.



Photo illustration: Laura Vergara / EXTRA

Image: Bonnai3

COPA AMÉRICA EN HD

DISFRUTA DE LA COPA AMÉRICA 2011 EN EEUU EN ALTA DEFINICIÓN POR UNIVISION Y TELEFUTURA A TRAVÉS DE DishLATINO



me conviene.

¡LLAMA YA!

1-866-776-7537



PAQUETES DESDE
\$29^{99*}
AL MES
PRECIO PROMOCIONAL
PRECIO REGULAR \$44.99
EL DESCUENTO ES POR LOS PRIMEROS 12 MESES
*CON CONTRATO DE 24 MESES



El plan Digital Home Advantage requiere un contrato de 24 meses y calificación crediticia. Si el servicio es cancelado antes de la expiración del contrato, habrá un cargo de \$17.50 por cada mes restante. Después de 12 meses de descuentos de programación, el precio regular vigente aplicará. El cargo por HD de \$10/mes no se aplicará mientras que la cuenta esté activa y requiere un contrato de 24 meses y pago automático con facturación electrónica. Salvo otra instalación profesional estándar es gratuita. El equipo es alquilado y debe ser devuelto a DISH Network al momento de la cancelación de la cuenta o habrá un cargo por dicho(s) equipo(s). Hay un límite de 5 antenas/cuenta por cuenta; pueden aplicar cargos por adelantado y renovaciones dependiendo del tipo y número de receptores. La programación HD requiere un televisor HD. Todos los precios, paquetes y programación están sujetos a cambio sin previo aviso. Oferta válida solo para clientes nuevos y clientes previos de DISH Network que califiquen. La oferta está sujeta a los términos de la Promoción que aplica y del acuerdo de Cliente Residencial. Pueden aplicar restricciones adicionales. La oferta termina el 31/01/12.

ANTES Q' NADA BEFORE WE BEGIN



Photo: Lorena Alcaraz Minor

Alondra en Chicago - Si hay 'estrellas del rock' en una orquesta sinfónica de música clásica, la mexicana Alondra de la Parra es ciertamente una de ellas. La mundialmente famosa conductora trae su talento a Chicago 8 y 9 de Julio para dos conciertos gratis para conducir como invitada la Orquesta de Grant Park con el guitarrista David Russell en el Pabellón Jay Pritzker del Parque Milenio (201 E. Randolph). Guitarra española clásica ejecutará también la Sinfonía No. 7 de Dvorák.

Alondra in Chicago - If there are 'rock stars' in classical symphony orchestra music, the Mexican Alondra de La Parra is certainly one of them. The world famous conductor brings her talents to Chicago July 8 and 9 for two free concerts as she guest conducts the Grant Park Orchestra with guitarist David Russell in Millennium Park's Jay Pritzker Pavilion (201 E. Randolph). Spanish classical guitar to be performed, as well as Dvorák's Symphony No. 7.



DEL EDITOR FROM THE EDITOR

Elías Cepeda
Gerente Editor | Managing Editor
editor@extranews.net

Tasas de obesidad están fuera de control y latinos están en peor forma que la mayoría. El 74 por ciento de mujeres mexicanas y 77 por ciento de hombres mexicanos tienen sobrepeso o son obesos. En La Villita, que es 83 por ciento latina, más de la mitad de niños tienen sobrepeso o son obesos. Hay muchas consecuencias a esta pobre salud. Por suerte, hay también muchas soluciones. En junio, el reporte de Miranda Viglietti enfocó la actividad física como solución. Esta semana, Claire Thompson reporta lo que individuos y organizaciones están haciendo en La Villita por combatir obesidad con mejor nutrición. Saludable no se trata de ser perfecto - se trata de tomar decisiones diarias que nos ayuden a llevar vidas más largas y saludables. Lea en buena salud.

Obesity rates are out of control and Latinos are in worse shape than most. Seventy four percent of Mexican women and seventy seven percent of Mexican men are overweight or obese. In Little Village, which is eighty three percent Latino, more than half of children are already overweight or obese. There are many consequences for this poor health. Luckily, there are also many solutions. In June, Miranda Viglietti's report focused on physical activity as a solution. This week, Claire Thompson reports on what individuals and organizations are doing in Little Village to combat obesity with better nutrition. Health isn't about being perfect - it's about making little decisions every day that will help us live happier and longer lives. Read on in good health.



SE LASTIMÓ EN EL TRABAJO...
USTED TIENE DERECHO A TENER ATENCIÓN MÉDICA

BEST PRACTICE
TERAPIA FISICA
ESPECIALISTAS EN EVALUACIÓN MÉDICA

4105 W. Belmont Ave. Chicago, IL 60641 PH:773.685.4439 FAX:773.685.4618

- Afiliados con centros quirúrgicos.
- Personal bilingüe y con experiencia.
- Educación en técnicas para prevenir lesiones.
- Experiencia profesional en tratamiento de dolores agudos y crónicos.
- Red de profesionales doctores médicos, terapeutas físicos y cirujanos.
- Acceso a equipo para diagnosticar condiciones como: Rayos X y MRI (RMN resonancia nuclear magnética)

Tratamos dolores causados por:
ACCIDENTES DE TRABAJO
AUTO-DEPORTE

El Payasito.com
Balloon Performance

- * Balloon Animals
- * Temporary Tattoos
- * Airbrush Stencils
- * Face Painting
- * Moonwalks



708-539-7000

www.elpayasito.com

3906 W. North Ave.
Chicago, IL 60647

p. (773)252-3534 | f. (773)252-6031
Web: extranews.net
E-mail: noticias@extranews.net
Mon - Fri 8:30 a.m. - 5:00 p.m.

extra
Two Languages Una Voz

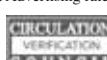
Published by: City-Suburban Community Newspapers Inc.

Publisher	Operations	Classified Manager
Mila Téllez	Lecy Villaparedes	Fax: (773) 252-4073
Associate Publisher	Translations	Lucy Rivera
Nile Wendorf	Víctor Flores	Display Manager
Managing Editor	Copy Editor/Reporter	Fax: (773) 252-5891
Elías Cepeda	Rafael Navarro	Kate Téllez
Production Manager	Graphic Design	Reporter
Abel Arciniega	Laura Vergara	Cristina Rodríguez

UN PERIÓDICO PREMIADO | AN AWARD-WINNING PUBLICATION

EXTRA Bilingual Community Newspaper, se edita semanalmente por City-Suburban Community Newspapers, Inc. y circula en Chicago y los suburbios. Las tarifas de anuncios pueden obtenerse llamando a nuestras oficinas al (773) 252-3534.

EXTRA Bilingual Community Newspaper is published weekly throughout Chicago and its surrounding suburban areas by City-Suburban Community Newspapers, Inc. Advertising rates may be obtained by calling (773) 252-3534.



NECESITO AYUDA HELP FOR HARD TIMES



Finanzas | Finance

PREGUNTA | QUESTION

¿Dónde puedo hallar ayuda para renta?

Puede ser difícil costear gastos de renta, pero hay varios sitios en el área de Chicago donde renteros necesitados pueden hallar ayuda temporal.

Where can I find rental assistance?

It can be tough to keep up with rental expenses, but there are several places in the Chicagoland area where needy renters can get temporary help.

SITIOS COMUNITARIOS DISPONIBLES | AVAILABLE COMMUNITY SITES

North

The Chicago Department of Family and Support Services - North Area
4740 N. Sheridan Road
(312) 744-2580

Centros de Servicio Comunitario del DFSS ayudan a individuos necesitados a obtener una amplia gama de recursos. Clientes pueden obtener información sobre renta, servicios y otros programas de ayuda financiera.

DFSS Community Service Centers help individuals and families in need access a wide range of resources. Clients can get information about rental, utility and other financial assistance programs.

South

The Chicago Department of Family and Support Services - South Chicago
8650 S. Commercial Ave.
(312) 747-0500

Centros de Servicio Comunitario del DFSS ayudan a individuos necesitados a obtener una amplia gama de recursos. Clientes pueden obtener información sobre renta, servicios y otros programas de ayuda financiera.

DFSS Community Service Centers help individuals and families in need access a wide range of resources. Clients can get information about rental, utility and other financial assistance programs.

Suburbs

Cicero Housing Authority
6140 W. Cermak Road
Cicero, IL 60804-2025
(708) 652-0386

La Autoridad de Vivienda de Cicero ha sido notificada por la Autoridad de Vivienda del Condado de Cook de información tocante a ayuda inmediata a familias que necesitan pagar su renta.

The Cicero Housing Authority has been notified by the Housing Authority of Cook County about information regarding immediate assistance to families who are in need of paying their rent.

Si usted tiene un problema y necesita ayuda, envíe un correo electrónico a HelpforHardTimes@extranews.net y escriba necesito ayuda en la casilla 'subject'.

If you have a difficult situation and need help, e-mail your questions to HelpforHardTimes@extranews.net and write HELP FOR HARD TIMES in the subject line.

Hecho posible por: | Made possible by:

para más detalles, visita tu tienda Cricket más cercana

micricket.com



Cuida el planeta. Recicla tu celular viejo en tu tienda Cricket más cercana.

esta primavera,
REVIVE
tu vida social
y tu bolsillo

SANYO ZIO™ de KYOCERA
con tecnología ANDROID™

¡Apúrate! Hasta agotar existencias



\$55 al mes
PRECIO COMPLETO

LLAMADAS, TEXTOS, INTERNET MÓVIL Y
RED 3G A NIVEL NACIONAL, TODO ILIMITADO
SIN CONTRATOS. SIN PASARTE DE MINUTOS.
SIN CARGOS EXTRA.

Redescubre las ventajas de
cambiarte a Cricket hoy mismo.

**muy smart.
muy cricket.**

El plan de tarifa contiene un nivel de uso de 1GB. Una vez que usted alcanza su nivel de uso, la velocidad se verá afectada. Visite micricket.com/usojusto para los detalles. El servicio no está disponible en todos los lados. Podemos limitar o dar por terminado su servicio sin previo aviso si usted ya no reside, ni tiene dirección postal, dentro del área de cobertura de la red de propiedad de Cricket o si, durante el mes anterior, la mayoría de su uso de voz y/o datos se realizó en una red asociada. Se aplican términos, condiciones y otras restricciones. Android™ es una marca comercial de Google, Inc. © 2011 Cricket Communications, Inc. 3790AH OMA 3-11

Illinois Marcha Unido Pro Apoyo a Derechos Migratorios

por Deysi Cuevas
Deysi.Cuevas@extranews.net
trad. Víctor Flores

Estudiantes, padres y activistas comunitarios locales se unieron al Congresista Luis Gutiérrez y a varios oficiales electos locales en la Marcha Unida pro Imparcialidad el jueves 30 de junio. La marcha, guiada por el Concejal del 25º Distrito Daniel Solís, tuvo lugar en la Sala Teamsters y fue un llamado para urgar al Presidente Obama a detener las deportaciones y separación de familias. La marcha fue la última parada de la ÓCampanía Gira pro Niños Estadounidenses y Familias del Congresista Gutiérrez, que fue tenida en eventos en 30 ciudades desde su inicio el 31 de marzo.

La meta es urgir al Presidente Obama a detener la separación de familias tomando tres acciones inmediatas: Asegurar que regrese el Programa Comunidades Seguras a su intento original de deportar criminales, proveer más guía a Aplicación de Aduanas e Inmigración para permitir Excención de Dureza y detener la deportación de estudiantes elegibles al Acta DREAM.

El programa Comunidades Seguras fue parte del plan del Presidente Obama de proveer métodos más estrictos de leyes migratorias. Además de chequeo rutinario de bases de datos del FBI de criminales, el programa aseguraría registrar huellas dactilares de cada persona

detenida por la policía contra bases de datos del Departamento Seguridad de la Patria por violaciones migratorias. Sin embargo, algunos oficiales estatales, incluido el Gob. de Illinois Pat Quinn han discutido que en vez de deportar criminales convictos, el programa deportaba inmigrantes que estaban ilegalmente en EEUU pero no eran convictos de un crimen. A principio del año, el Gob. Quinn delineó el Programa Comunidades Seguras en Illinois.

El 31 de mayo, la Asamblea General de Illinois dio vigor al Acta DREAM en Illinois. La iniciativa no provee un camino a la ciudadanía, pero permite a estudiantes indocumentados financiar sus estudios con fondos privados y les facilita consejeros de secundaria para informarse de oportunidades disponibles a jóvenes indocumentados.

La marcha tuvo a oficiales electos, incluidos el Sen. Estatal Tony Muñoz, la Rep. Estatal Toni Berrios, al Concejal Solís y al Congresista Gutiérrez, quien cautivó al gentío con su apasionada oratoria. Gutiérrez expresó su ira por el obsoleto sistema migratorio y señaló que inmigración no era sólo asunto latino. "Sr. Presidente, usted está creando una brecha con la comunidad inmigrante. Lo elegimos para que pudiera ser nuestra voz. Estamos esperando aún que proteja a la comunidad inmigrante", añadió Gutiérrez.

La marcha incluyó también testimonios de tres familias que están o han sido separadas como resultado del sistema migratorio. Una persona es Héctor Núñez, cuya esposa fue deportada a México luego que un abogado de inmigración la aconsejara ir a Juárez, México, para iniciar el papeleo para legalizarse. Ya que Núñez está en las fuerzas armadas, el abogado de inmigración dijo que el proceso sería simple. En vez de eso, la prohibieron regresar al país por 10 años. Afortunadamente, gracias al Congresista Gutiérrez y su personal, ella pudo regresar con una visa humanitaria de un año. "Estoy hoy aquí a causa del estatus migratorio de mi esposa y tratando de apoyar a otros [que están] en la misma situación", acota Núñez que tuvo también un mensaje al Presidente Obama. "Piense no sólo en nuestra familia, sino en otras familias y póngase en nuestra situación. ¿Cómo se sentiría usted sin sus hijos y sus seres queridos?", destacó él.

La sala estaba llena de gente de todas las edades, ansiosa de hacerse oyeran sus voces. Se hizo referencia al mensaje de esperanza que Obama hizo famoso en su campaña. Mensajes como "Esperanza, aún estamos esperando" y "mantengan vivo el sueño de estudiantes" se oyeron entre el gentío, con otros exigiendo un alto a las deportaciones y oportunidad educativa a estudiantes indocumentados. ■

Illinois rallies together to support immigrant rights

by Deysi Cuevas
Deysi.Cuevas@extranews.net

Students, parents and local community activists joined Congressman Luis Gutierrez and several local elected officials at the United Rally for Fairness on Thursday June 30. The rally, led by 25th ward Alderman Daniel Solis, took place at Teamsters Hall and was called to urge President Obama to stop the deportations and separation of families. The rally was the last stop of Congressman Gutierrez's "Campaign for American Children and Families tour," which has held events in 30 cities since its launch on March 31.

The goal is to urge President Obama to stop separation of families by taking three immediate actions: Ensure that the Secure Communities program returns to its original intent of deporting criminals, to provide more guidance to Immigration Customs Enforcement for allowing Hardship Waivers and to stop the deportation of DREAM eligible students.

The Secure Communities program was part of President Obama's plan to provide stricter methods of immigration laws. In addition to routine checks against the FBI's criminal databases, the program would ensure that the fingerprints of every person booked by the police are checked

against Department of Homeland Security databases for immigration violations. However, some state officials, including Illinois Governor Pat Quinn have argued that instead of deporting convicted criminals, the program was deporting immigrants who were in the United States illegally but had not been convicted of a crime. Earlier this year, Governor Quinn withdrew Illinois from the Secure Communities Program.

On May 31, the Illinois General Assembly passed the Illinois DREAM Act. The bill does not provide a path to citizenship but it will allow undocumented students to finance their studies with private funds and will also make it easier for high school counselors to be informed about the opportunities available to undocumented youth.

The rally featured elected officials including State Senator Tony Munoz, State Representative Toni Berrios, Alderman Solis and Congressman Gutierrez, who captivated the crowd with his impassioned speech. Gutierrez expressed his anger at the flawed immigration system and stated that immigration was not only a Latino issue.

"Mr. President, you are creating a gap with the immigrant community. We elected you so you could be our voice. We are still waiting for you to protect the immigrant community," states Gutierrez.

The rally also included testimonials from three families that are or have been separated as a result of the immigration system. One person is Hector Nunez, whose wife was deported to Mexico after an immigration lawyer advised her to go to Juarez, Mexico to begin the paperwork for legalization. Since Nunez is in the armed forces, the immigration lawyer said the process would be simple. Instead, she was given a 10 year ban. Fortunately, thanks to Congressman Gutierrez and his staff, she was able to return on a one year humanitarian visa. "I'm here today because of my wife's immigration status and to try to support others [who are] in the same situation," states Nunez who also had a message for President Obama: "Think about not only our family but other families and put yourself in our situation. How would you feel without your kids and loved ones near you," he said.

The hall was filled with people of all ages eager to make their voices heard. References were made to the messages of hope that made Obama famous during his campaign. Messages like "Hope, We are still waiting" and "keep students' dreams alive" were strewn among the crowd with others demanding a stop to the deportations and a chance for education for undocumented students. ■



PRINTING SPECIALS

T-SHIRTS

WHITE T-SHIRTS - FRONT & BACK IMPRINT - ONE COLOR INK

COLOR T-SHIRTS ADD \$2.00

Only \$4.25 EACH

LESS THAN 100 T-SHIRTS
50-99 - \$4.24
30-50 - \$5.50
Less than 30 \$6.50

YOUR LOGO

- Playera Blanca
- 100% Algodón
- Una Tinta

* Minimum 100 PCS.
Plus \$20 Screen Charge



BANNERS & POSTERS

LARGE FORMAT POSTERS

BUSINESS CARDS \$4.99 x 500 CARDS

DESIGN NOT INCLUDED (\$10 - \$35)

773-277-2030

GRAPHIC ARTS 2501 S. HOMAN AVE. • CHICAGO 60623

Drew Elesh & Associates

DREW ELESH ATTORNEY AT LAW

ABOGADO ESPECIALIZADO EN:

- INMIGRACIÓN
- RESIDENCIAS PERMANENTES (GREEN CARDS)
- BASADOS EN PETICIONES FAMILIARES O DE TRABAJO
- DEFENSA CONTRA EMBARGO (FORECLOSURE)
- PERMISOS DE TRABAJO
- DEFENSA CRIMINAL
- DEFENSA DE DEPORTACIÓN

CONSULTAS
773-206-3321

OFICINAS EN CHICAGO EN LA FULLERTON Y PULASKI (CON CITA)
401 S. MILWAUKEE AVE, WHEELING, IL 60090

SEA MAS QUE FELIZ EN EL AMOR

PREDICCION GRATUITA EN EL ACTO DE SU LLAMADA

¿Te sientes frustrado(a) porque no sabes en quien confiar tu problema sentimental? El Psiquico más exitoso de la cadena de habla Hispana a nivel Internacional te hará una consulta telefónica totalmente gratuita en la cual usted podrá saber los más íntimos secretos, sentimientos y pensamientos de la persona que usted ama; sobre todo podrá decirte si lo que vives es un verdadero amor o una falsa ilusión porque nuestra misión es darle alegría a tu mundo solitario.

¿Tu pareja se burla de ti y no sabes que hacer? Ahora lo pondremos en tus manos y odiando a tu rival de amor te amará con alma, corazón y vida; obediente y fiel, no importa con quien esté o en donde se encuentre y como pacto de honor no te prometere nada que no pueda cumplir.

iRECUPERA A TU PAREJA EN UNA NOCHE!

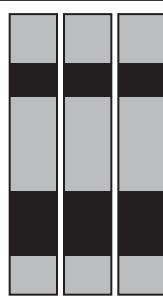
El amor es producto de Dios, Ignoralo y sufriras.

ADIOS A LA TRISTEZA Y LLAMA GRATIS

I-800-790-4997

Descubre gratis tu futuro amoroso ahora atravez de las runas incaicas en
www.GALLIOSTRO.com
también sabrás quien fuiste en tu vida pasada y tus números de suerte en la lotería.

¿Te sientes enfermo, fatalizado, sin suerte y el dinero no te rinde? Destruiremos todo daño, maldad o brujería y te revelaremos quien es tu enemigo.



UNABLE TO WORK?

Have your SOCIAL SECURITY benefits been denied?

NO FEE UNLESS WE WIN YOUR CASE!

¡SOLO COBRAMOS SI GANAMOS SU CASO!

**25 years of experience in
SOCIAL SECURITY DISABILITY
THE LAW OFFICE OF STEVEN COURSEY**

1718 S. ASHLAND AVENUE, 2ND FLOOR • CHICAGO, IL. 60608

312-563-1001

Dejenos ayudarle a recibir beneficios de Seguro Social.

Hablamos Español

Hablamos Español

**BUYER'S FLEA MARKET
EL MAS GRANDE DE CHICAGO
AIRE ACONDICIONADO EN EL VERANO.
CALEFACCION EN EL INVIERNO.**



AHORROS, AHORROS, AHORROS

VEA SUS EVENTOS DEPORTIVOS POR TV AQUI

Cada Sábado y Domingo

• Celebrando 30 años de
serviendo la comunidad

- MERCADO EXTERIOR E INTERIOR
- BUENA COMIDA
- ESTACIONAMIENTO GRATIS
- AUTOBUS DE LA CTA HASTA LA PUERTA

4545 W. DIVISION ST.

Esquina con Kolmar a dos cuadras de la avenida Cicero en Chicago.

Abierto todos los sábados y domingos de 8:00 a.m. a 5 p.m.

Comerciantes especiales venden su mercancía
usada por \$15 dolares por dia

Espacio disponible para comerciantes
Ph. (773) 227-1889

www.buyersfleamarket.com

Después de la Escuela Importa celebra 20 años

Cable noticioso de **EXTRA**
Editor@Extranews.net

El programa Despues de la Escuela Importa (ASM, por sus siglas en Inglés) de Chicago marcó su 24º aniversario el 29 de junio con una celebración pública en la Plaza Daley. Por dos décadas, el programa ha ofrecido a alumnos de escuelas públicas de Chicago oportunidades en artes, ciencia, deporte, tecnología y comunicaciones.

Símpatizantes, socios, instructores antiguos y actuales, ex alumnos y alumnos de secundaria de Escuelas Públicas de Chicago (CPS, por sus siglas en Inglés) se unieron a la MC, actriz y miembro de la Junta de Despues del ASM Joan Cusack, al director ejecutivo del ASM David Sinski, al Sen. Estatal de Illinois Kwame Raoul (D-13) y a la Jefa Oficial de Personal de Educación del Ayuntamiento de Chicago Beth Swanson para actuaciones de adolescentes, un programa de plática y ceremonia de corte de pastel. El Sen. Raoul y Beth Swanson hicieron proclamas de Estado y Ciudad, respectivamente, en honor al aniversario.

"Mucho me emociona estar aquí para ayudar a Chicago a reconocer el talento y ánimo de los adolescentes de la ciudad", dijo Cusack. "Ya sea adolescentes bailando en escena o la innovación mostrada por aquéllos en el programa Ciencias, estos jóvenes de Chicago están desarrollando talentos y aprendiendo destrezas que los preparará para el colegio y más allá".

El ASM inició en 1991 como programa de artes de verano en el entonces subdesarrollado lote Bloque 37 y era llamado "Galería 37". El programa sirvió a 360 adolescentes ese primer verano. Cuatro años después, Galería 37 estableció una sociedad con CPS e inició proveyendo programación en secundarias. En 2000, la útil fórmula de aprendices usada en el programa de artes se expandió a tec-

nología, deporte y comunicaciones. Este arreglo de programas fue conocido como Despues de la Escuela Importa, organización parásol para todas las áreas contenidas.

Maggie Daley sigue fungiendo como Jefa del ASM, que proveyó 20,000 oportunidades el año pasado. El programa colabora con CPS, el Distrito de Parques de Chicago y la Biblioteca Pública de Chicago, tanto como con más de 100 organizaciones comunitarias para proveer programación.

"Es difícil creer que hace dos décadas reunimos adolescentes frente a la Plaza Daley", señaló Daley. "El crecimiento y éxito de este programa en verdad se debe al compromiso de instructores profesionales, la colaboración de socios comunitarios y corporativos, y más importante aún, a la dedicación y talentos de adolescentes entusiastas de Chicago que están invirtiendo en su futuro".

Mientras provee actividades en un

ambiente seguro, las actividades manuales del ASM preparan también a adolescentes para triunfar en la vida y un futuro más promisorio, proveyendo aptitudes y experiencias que pueden llevar a oportunidades personales, profesionales y académicas significativas.

Investigación del Centro Infantil Sala Chapin de la Universidad de Chicago muestra que adolescentes involucrados en ASM tuvieron mejor asistencia, fallaron menos cursos y se graduaron de secundaria a tasas más altas que quienes no participaron.

Después de la Escuela Importa seguirá su celebración de aniversario con una gala anual el 21 de septiembre en Navy Pier.

Para más información, hacer un donativo, padres y adolescentes que buscan inscribirse al programa Otoño 2011, o profesionales interesados en ser instructores, por favor visiten www.afterschoolmatters.org. ■



ASM – 'After School Matters' ayuda a emplear estudiantes y les enseña aptitudes.

ASM – 'After School Matters' helps employ students and teach them skills.

After School Matters celebrates 20 years

EXTRA Newswire
Editor@Extranews.net

Chicago's After School Matters program marked its 20th anniversary on June 29 with a public celebration on Daley Plaza. For two decades, the program has offered Chicago public high school students quality out-of-school time opportunities in the arts, science, sports, technology and communications.

Supporters, partners, present and past instructors, alumni, and Chicago Public Schools high school teens joined Emcee, Actress and After School Matters Board Member Joan Cusack, After School Matters Executive Director David Sinski, Illinois State Senator Kwame Raoul (D-13) and City of Chicago Deputy Chief of Staff for Education Beth Swanson for teen performances, a speaking program and ceremonial cake-cutting. Senator Raoul and Beth Swanson presented State and City proclamations, respectively, in honor of the anniversary.

"I am so excited to be here to help Chicago recognize the talent and drive of the city's teens," said Cusack.

tions to provide programming.

"It is hard to believe it was two decades ago that we gathered teens just across the street from Daley Plaza," said Daley. "The growth and success of this program is truly due to the commitment of professional instructors, collaboration of community and corporate partners, and most importantly, the dedication and talents of enthusiastic Chicago teenagers who are making an investment in their futures."

While providing activities in a safe environment, After School Matters hands-on, project-based activities also prepare teens for success in life and a more promising future, providing skills and experiences that can lead to significant personal, professional and academic opportunities.

Research from University of Chicago's Chapin Hall Center for Children shows that teens involved in After School Matters had better attendance, failed fewer courses and graduated from high school at higher rates than those who did not participate.

After School Matters will continue its anniversary celebration with an annual gala on September 21 at Navy Pier.

For more information, to make a donation, for parents and teens looking to apply for fall 2011 programming, or for professionals interested in becoming instructors, please visit www.afterschoolmatters.org. ■

Red de Pequeños Negocios Agrega Nuevo Sitio en Chicago

Cable noticioso de EXTRA
Editor@Extranews.net

El Departamento de Comercio y Oportunidad Económica (DCEO, por sus siglas en Inglés) de Illinois anunció que ha finalizado un acuerdo con la Cámara de Comercio de Chicago para albergar un Centro de Desarrollo de Pequeños Negocios (SBDC, por sus siglas en Inglés) en Illinois. El SBDC de Illinois en la Cámara de Comercio de Chicago inició operaciones el 1º de julio y sirve como tienda de una parada a comerciantes y pequeños negocios.

"La Red SBDC de Illinois es el primer lugar al que comerciantes y pequeños negocios debían ir si buscan dar el siguiente paso", dijo Warren Ribley, director del DCEO. "Nos emociona la fuerza y apoyo que la Cámara de Chicago da a la Red. Así podrá proveer a más clientes un fuerte apoyo en sectores diversos, tanto como exponerlos a mayores accionistas locales e internacionales. Juntos, podemos acelerar los resultados que crean ingresos, empleos y crecimiento empresarial en Chicago".

La SBDC de Illinois en la Cámara de Chicago enfocará sus energías y conexiones equilibrando los valores de la Cámara de Chicago y el Centro Comercial de Chicago (CEC, por sus siglas en Inglés). Como los otros 35 sitios del SBDC de Illinois a nivel estatal, asistirán arranques, junto con firmas maduras, para crear confianza en su producto o servicio. Servicios incluirán asistencia en planeación de arranque de negocios, guía en acceso a financiamiento comercial, ayuda en búsqueda de mercado y desarrollo de plan de mercadeo, asistencia en desarrollo de nuevos mercados y enlaces a recursos adicionales.

La Cámara de Chicago albergará también a los recién designados Centros de Comercio Internacional (ITC,

por sus siglas en Inglés) de la SBDC de Chicago. Illinois duplicó el número de SBDC/ITCs el año pasado. Como uno de los 11 ITC de la SBDC, ayudará a pequeños negocios a identificar y lograr oportunidades de exportación, identificar mercados potenciales y compradores extranjeros, ayudar con opciones de financiamiento a exportación, guía en requisitos de documentos de exportación e información logística.

"Vemos a la Cámara de Comercio de Chicago y al CEC entre los mejores recursos y valores de desarrollo innovador en esta región. La nueva

visión del CEC se integra perfectamente con la SBDC de Illinois," señaló Kevin Willer, presidente del CEC.

La Red SBDC de Illinois es subsidiada mediante una sociedad federal-estatal entre la Administración de Negocios Pequeños (SBA, por sus siglas en Inglés) de EEUU y el DCEO y administrada por la Oficina de Comercio, Innovación y Tecnología del DCEO.

Hay más información de la Red SBDC de Illinois en línea en el sitio <http://www.ilsbdc.biz> y de la Cámara de Comercio de Chicago en <http://www.chicagolandchamber.org>. ■



Negocios – Latinos poseen tasas altas en negocios pequeños.

Business – Latinos have high rates of business ownership.

Small Business Network Adds New Chicago Location

EXTRA Newswire
Editor@Extranews.net

The Illinois Department of Commerce and Economy Opportunity (DCEO) announced that it has finalized an agreement with the Chicagoland Chamber of Commerce to host an Illinois Small Business Development Center (SBDC). The Illinois SBDC at the Chicagoland Chamber opened for business on July 1 and serves as a one-stop shop for entrepreneurs and small businesses.

"The Illinois SBDC network is the first place entrepreneurs and small businesses should go when they're looking to take the next step," said Warren Ribley, Director of DCEO. "We are excited about the strength and support that the Chicagoland Chamber brings to the network. They will be able to provide more clients with strong support across sectors, as well as exposure to large local and international stakeholders. Together, we can accelerate the results that create revenue, jobs and company growth in

Chicago."

The Illinois SBDC at the Chicagoland Chamber will focus its energies and connections by leveraging the assets of both the Chamber and Chicagoland Entrepreneurial Center (CEC). Like the other 35 Illinois SBDC locations statewide, they will assist start-ups, along with maturing firms, to build confidence in their product or service. Services will include start-up business planning assistance, guidance on accessing business financing, help with market research and marketing plan development, assistance with developing new markets and linkages to additional resources.

The Chicagoland Chamber will also host the newest designated Illinois SBDC International Trade Centers (ITC). Illinois has doubled the number of SBDC/ITCs over the past year. As one of 11 SBDC International Trade Centers, they will help Illinois small businesses identify and pursue exporting opportunities to grow their business and increase their competitiveness in the global economy. A few

of the services provided include assessing a company's readiness to export, identification of potential markets and foreign buyers, assistance with export finance options, guidance on export documentation requirements and information on logistics.

"We view the Chicagoland Chamber of Commerce and the Chicagoland Entrepreneurial Center as being among the best innovation resources and development assets in this region. The new vision for the CEC integrates perfectly with the Illinois SBDC," stated Kevin Willer, President of the CEC.

The Illinois SBDC network is funded through a federal-state partnership between the U.S. Small Business Administration (SBA) and DCEO and administered by DCEO's Office of Entrepreneurship, Innovation and Technology.

More information about the Illinois SBDC network is online at <http://www.ilsbdc.biz>. Information about the Illinois SBDC at the Chicagoland Chamber is at <http://www.chicagolandchamber.org>. ■

Desde casa gane DINERO + BENEFICIOS para su familia Haciendo BOLSITAS

ATENCIÓN: 954.233.1633

**Empleo seguro permanente y fácil
Desde casa ganando \$540
haciendo souvenir**

1.407.469.5047

**CONTRATAMOS PERSONAL
Para hacer tarjetas desde casa
Pago semanal
786.728.8941**



Hoialatería y Pintura

Enderezado de Chasis

**CAMBRY'S
AUTO REBUILDERS**

- Contamos con el equipo más moderno para la reparación de su auto
- Trabajamos su compañía de seguro

AHORA VENTA DE AUTOS

www.cambraysauto.com

**3231 S. Archer Ave.
Chicago, IL 60608**

**Tel: 773.247.0973
Fax: 773.247.1649**

TIRED OF BORING SANDWICHES?

Try a "Cemita Sandwich" today!



**3619 W. North Avenue
773-772-8435
www.cemitaspuebla.com**

Voted one of Chicagoland's greatest neighborhood restaurants for '08 - '09 and also featured in the Food Network's "Diners, Drive-Ins and Dives"

SO DON'T JUST TAKE THE EXPERTS WORD FOR IT - COME CHECK US OUT YOURSELF!!!



FREE

ORDER OF CHALUPAS WITH ANY \$10 PURCHASE

Rica Comida a Precios Razonables
Nuevo y hermoso salón de banquetes para toda ocasión. Visítenos hoy mismo.

MILLENIUM BANQUETS
6215 W. Diversey, Chicago, IL 60639
(773) 637-9332 LLAME EN INGLÉS POR FAVOR

MILLENN
Place

"Buen Provecho"

A Healthy Paseo Boricua Restaurant Initiative

An organized initiative involving Puerto Rican Restaurants to offer healthy choices on their menus. The plates listed below are just a few specialties that are Low in calories and are a healthy alternative.

Participating Restaurants

Nellie's • 2458 W. Division St. • 773-252-5520

Breakfast & Lunch

Egg White Omelette with Veggies & Serving of Fruit Cup

Papa's Cache Sabroso • 2517 W. Division St. • 773-862-8313

Lunch & Dinner

White Rice & Beans, Yuca, Maduros and Salad

La Plena • 2617 W. Division St. • 773-276-5795

Lunch & Dinner

Cod Fish Salad

COCO Restaurant • 2723 W. Division St. • 773-384-4811

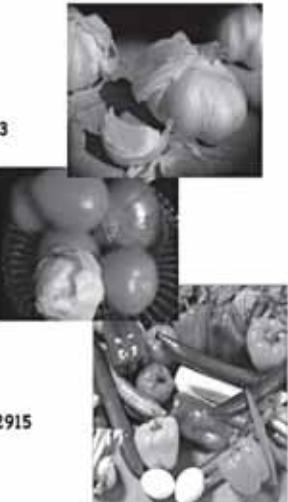
Lunch & Dinner

Steamed Mofongo

La Bruquena Restaurant • 2726 W. Division St. • 773-276-2915

Lunch & Dinner

White Rice & Garbanzo Beans



Buen Provecho is a Project Funded by the Otho Sprague Institute in collaboration with the following partners:

- Community Organizing for Obesity Prevention in Humboldt Park (CO-OP HP)
- Consortium to Lower Obesity in Chicago Children (CLOCC)
- Division Street Business Development Association (DSBDA)



FOLLOW US ON TWITTER.COM/EXTRANEWSPAPER

Alumna graduada de UIC gana Beca de Idioma Maya

Cable noticioso de **EXTRA**
Editor@Extranews.net

Laura de los Santos, alumna graduada de UIC en Estudios Latinoamericanos y Latinos, fue premiada con una Beca en Estudios y Áreas Extranjeras del Instituto para el Estudio de las Américas en la Universidad de Carolina del Norte en Chapel Hill.

Una alumna de la Universidad de Illinois en Chicago (UIC, por sus siglas en Inglés) ganó una Beca en Estudios y Áreas Extranjeras para estudiar la Cultura Maya en México.

Laura de los Santos, madre de tres de Blue Island, Ill., ha sido aceptada por el Instituto de Verano Maya Yucateco para aprender Maya Yucateco, idioma vivo hablado por un millón de personas en la Península de Yucatán, Chiapas, Guatemala y Norte de Belice.

Inspirada por un interés en la historia y cultura de mexicanos y mexicanos-norteamericanos, de los Santos

tenía casi 40 cuando terminó sus estudios como pasante en UIC en 2007. Ahora alumna graduada en Estudios Latinoamericanos y Latinos, ella espera que su vía educativa muestre a niños que nunca es muy tarde para la educación superior.

"Sería bello pensar que he motivado no sólo a que mis tres hijas busquen educación superior, sino a mujeres en general, mujeres maduras en particular", dijo de los Santos, quien logró un Bachillerato en Historia, además de Antropología y Estudios Latinoamericanos y Latinos. Fue miembro también del Colegio de Honor de la UIC.

Luego de graduarse, pasó 16 meses como miembro de AmeriCorps VISTA trabajando con la Nación Choctaw del Departamento del Envejecimiento de Oklahoma.

Su beca cubrirá colegiatura, hospedaje y alimentos, gastos personales y de viaje. El instituto de seis semanas inicia con clases de gramática

y uso del Maya básico en la Universidad de Carolina del Norte en Chapel Hill, junto con estudio de Jeroglíficos Mayas.

Luego de tres semanas, ella viajará a Yucatán, asistirá a clases y experimentará la vida en la villa en la histórica Ciudad de Valladolid y la villa cercana de Xocen. Escolares y antropólogos mayas guiarán viajes a sitios arqueológicos y coloniales.

De los Santos es docente en el Museo Field de Chicago. Ella acabará una Maestría en Ciencias Sociales en UIC en agosto. Ella es graduada de la Secundaria Eisenhower de Blue Island.

El Instituto de Verano Yucateco Maya es auspiciado por el Consorcio en Estudios Latinoamericanos y Caribeños en UNC-Chapel Hill y la Universidad Duke. La Beca en Estudios y Áreas Extranjeras es del Instituto para el Estudio de las Américas en UNC.

Para más información de la UIC, por favor visite <http://www.uic.edu>. ■



Laura de los Santos, alumna graduada de UIC en Estudios Latinoamericanos y Latinos, fue premiada con una Beca en Estudios y Áreas Extranjeras del Instituto para el Estudio de las Américas en la Universidad de Carolina del Norte en Chapel Hill.

Laura De Los Santos, a UIC graduate student in Latin American and Latino studies, has been awarded a Foreign Language and Areas Studies fellowship from the Institute for the Study of the Americas at the University of North Carolina at Chapel Hill.

UIC Graduate Student Wins Mayan Language Fellowship

EXTRA Newswire
Editor@Extranews.net

A University of Illinois at Chicago graduate student has earned a Foreign Language and Areas Studies fellowship to study Mayan culture in Mexico.

Laura De Los Santos, a mother of three from Blue Island, Ill., has been accepted at the Yucateco Maya Summer Institute to learn modern Yucateco Maya, a living language spoken by one million people from the Yucatan peninsula, Chiapas, Guatemala, and northern Belize.

Inspired by an interest in the history and culture of Mexicans and Mexican-Americans, De Los Santos was nearly 40 when she completed her undergraduate studies at UIC in 2007. Now a graduate student in Latin American and Latino studies, she hopes her educational path dem-

onstrates to her children it is never too late to pursue higher education.

"It would be nice to think I have motivated not only my three daughters to seek higher education, but women in general, mature women in particular," said De Los Santos, who earned a bachelor's degree in history with minors in anthropology and Latin-American and Latino studies. She was also a member of the UIC Honors College.

After graduation, she spent 16 months as an AmeriCorps VISTA member working within the Choctaw Nation of Oklahoma's Department of Aging Services.

Her fellowship award covers tuition and fees, room and board, travel and personal expenses. The six-week institute begins with classes in basic Mayan grammar and usage at the University of North Carolina at Chapel Hill, along with study of Ma-

yan hieroglyphics.

After three weeks, she will travel to Yucatan, attend classes and experience village life in the historic city of Valladolid and the nearby village of Xocen. Mayan scholars and anthropologists will lead trips to archaeological and colonial sites.

De Los Santos is a docent at Chicago's Field Museum. She will complete a master's program in the social sciences at the University of Chicago in August. She is a graduate of Eisenhower High School in Blue Island.

The Yucateco Maya Summer Institute is sponsored by the Consortium in Latin American and Caribbean Studies at UNC-Chapel Hill and Duke University. The Foreign Language and Areas Studies fellowship is from the Institute for the Study of the Americas at UNC.

For more information about UIC, please visit <http://www.uic.edu>. ■

Brasileña Colker da vida a insectos en OVO del Cirque du Soleil

[» English version p16](#)

por Deysi Cuevas
Deysi.Cuevas@extranews.net
trad. Víctor Flores

No muchas funciones inician con un enorme huevo inflable en el escenario. OVO, que significa "huevo", es la nueva producción del Cirque du Soleil, ahora en escena en Chicago. Ovo es escrita, coreografiada y dirigida por Déborah Colker, y se trata de las "vidas reales" de insectos.

Insectos son a menudo mal entendidos y referidos como molestia. En Ovo, Colker lleva a la audiencia al mundo desconocido de los insectos y casi los humaniza, revelando sus temores, su emoción y sus travesuras.

"Ellos duermen, hacen el amor, pelean, juegan. Es todo lo que hacemos en nuestra vida, así de simple", explica Colker.

Cuando un nuevo insecto llega a la colonia, acarreando un huevo, no es bienvenido a la comunidad de insectos y se llevan su huevo lejos de él. Al seguir la historia, el peculiar extraño queda embelesado por una coqueta catarina y pronto se le da un lugar entre los insectos.

Con Ovo, Colker ha tomado una simple historia y le ha dado un toque contemporáneo. "Somos diferentes", dice ella. Debemos aceptar [esas] diferencias. Tienen culturas, colores y religiones diferentes. Al final, ellos aceptan al forastero. Ésta es una buena idea contemporánea, aceptar al forastero ya que es parte de su comunidad y el huevo será para todos, no sólo para el forastero".

Colker piensa también que es importante que humanos se conecten con la naturaleza. La naturaleza puede ser buena o mala, pero debemos hablar de eso y proteger a la naturaleza y a la vida", dice ella.

En 1994, Colker fundó su compañía, Compañía de Danza Déborah Colker. En 2001, fue la primera artista brasileña en ganar el Premio Lawrence Olivier en la categoría "Logro Sobresaliente de Danza" por su coreografía MIX.

Colker creció en un ambiente creativo. Tocaba el piano siendo niña y era también muy atlética. Inicialmente, ella deseaba estudiar Danza y Coreografía, pero sus padres se oponían a su idea.

"Me encantaba [la coreografía], pero mi mamá decía que yo tenía que estudiar algo real, así que estudié Psicología", recuerda ella. El pasado de Colker es incorporado a su trabajo. El uso de colores brillantes están influenciados por Brasil y su pasado con Música y Psicología están presentes también en Ovo.

"Es muy rico para mi trabajo haber estudiado Psicología, Música y Piano. Pienso que soy quien soy, la forma en que creo ya que estuve en muchos mundos diversos y me encanta traer esos mundos diferentes al mundo de la Danza", añade Colker.

"Me encanta hacer esta mezcla para [tener] este tipo de comunicación. La forma en que relaciono el cuerpo, movimiento y sujeto; ¿qué está pasando ahora?". "¿De qué debemos hablar?"; todo esto me hace quien soy yo". ■



»Cirque Du Soleil

Únase GRATIS a Hispanocare y baje sus facturas médicas



- Hispanocare le ayuda a bajar sus facturas médicas con descuentos en dos hospitales y cientos de doctores y especialistas en Chicago.
- Hispanocare no es un plan de seguro.
- Doctores y personal de Hispanocare son bilingües en Español e Inglés.
- Hispanocare ayuda a familias con o sin seguro.
- Llame a Hispanocare para saber cuánto pueden bajar sus facturas médicas y recibir el mejor servicio.

Oferta de membresía gratis ofrecida por:

extra
Two Languages Una Voz

 HISPANOCARE®

Únase a Hispanocare durante junio y NO pagará membresía anual.

Marque (773) 296-7157 y Únase hoy

CERTIFICADO DE REGALO PARA MEMBRESÍA

Para: Nuestros lectores fabulosos, Usted

Ahorros en la cantidad de: Veinte dólares (Individual) o Treinta y Cinco dólares (Familia)

Para Membresía por un Año Individual o Familiar a Hispanocare, Inc.

*Canjear hasta el 30 de junio de 2011. Un certificado de regalo por persona.

Promoviendo comer saludable desde la base en la comunidad hispana de La Villita

» English version p12

por Claire Thompson
Editor@extranews.net
trad. Víctor Flores

Tarde una mañana de miércoles lluvioso, media docena de amigos, vecinos y madres colegas de Catalina Martínez entraron a la cocina de su casa en La Villita para engullirse unos emparedados de ensalada de pollo. Clamaban por copias de la receta, que lleva yogurt libre de grasa en vez de mayonesa y recomienda hacerlos con pan de trigo entero.

Esta reunión mensual para almorzar tenía una agenda: aprender a preparar alimentos saludables simples amigables a niños en su compromiso por un estilo de vida saludable para sus familias.

Sam Graham, enlace de salud escolar del Programa Bienestar Comunitario del Hospital St. Anthony, llevó los ingredientes, copias de la receta, y plantas de albahaca extra para cualquiera interesado. Había varias mujeres.

Además de trabajar con padres para llevar cocina saludable a casa, el Programa Bienestar Comunitario ofrece clases de "Misión Nutrición" en escuelas locales tal que niños también estén conscientes de cómo elegir sus alimentos afecta su salud. Graham condujo una clase de lunes por la mañana en la Escuela Fink en la que los de 3er. grado aprendieron los "trucos" que usan productores de alimentos que hacen lucir a sus productos más grandes, sabrosos y saludables. Revisaron formas rápidas de identificar opciones alimenticias saludables: alimentos coloridos usualmente tienen más vitaminas; una porción puede caber en la palma de la mano; el jugo debe decir 100% jugo en el envase.

"No es sólo saludable contra no saludable", dice Graham. "Se trata de elegir mejor cada vez que podemos, y reconocer que (niños) no siempre pueden hacer la mejor elección, pero cuando puedan hacerlo (eso queremos) que elijan lo mejor".

Jovita Flores, gerente de la campaña Padres Unidos pro Escuelas Saludables, que moviliza esfuerzos como el grupo de cocina en casa de Martínez, señala que lo que niños aprenden en las aulas a menudo llega a sus vidas en casa. "Los estudiantes llegan a casa y dicen, 'No puedo comer esto ya que no es saludable'", añade ella. "Estudiantes creen lo que sus maestros dicen".

Alcance múltiple

En La Villita, miembros comunitarios reconocen que la pelea contra la obesidad tiene frentes múltiples, y que un esfuerzo conjunto por parte de padres, escuelas y organizaciones del barrio tiene más oportunidad de éxito que cualquier campaña sola.

Tasas de obesidad han subido alto en años recientes en la población general de EEUU, y un alto porcentaje de latinos tienen sobrepeso o son más obesos que blancos. Según un estudio comisionado por el Comité Nacional Hispano para Legisladores Estatales (NHCSL, por sus siglas en Inglés), 67 por ciento de la población general tiene sobrepeso



Promoviendo salud – Comer saludable es posible, incluso bajo presupuesto.

o es obesa (comparada con 47 por ciento en 1980), mientras que 74 por ciento de mujeres mexicanas y 77 por ciento de hombres mexicanos lo son. Luego de afro-estadounidenses, latinos tienen la segunda más alta tasa de obesidad y sobrepeso de todas las minorías étnicas. En La Villita, 83 por ciento hispana, 51 por ciento de niños en edad 2 a 12 tienen sobrepeso o son obesos, comparados con 33 por ciento del mismo grupo en EEUU en general, según un estudio del Instituto de Salud Urbana Sinai.

El ingreso promedio en el Censo 2010 señala en La Villita \$31,776, según la Cámara de Comercio de La Villita. Vecinos enfrentan las mismas barreras socioeconómicas en nutrición que confrontan comunidades de bajos ingresos en todo el país, sin importa su origen étnico.

"Muchas familias deben figurar en verdad cómo presupuestar para alimentar a sus hijos", acota Simone Alexander, quien dirige el programa huerto en Enlace Chicago, organización de desarrollo comunitario en La Villita.

Factores culturales crean retos adicionales. Para inmigrantes y sus familias, la cruel experiencia de mudarse a un nuevo país puede abatir rutinas estables de alimentación, y el precio y prevalencia de comida rápida lo hace parecer más atractivo.

"La transición de venir aquí es una batalla para gente diversa en formas diferentes", destaca Alexander. "(Para) algunas personas en este país, es mucho más fácil obtener chatarra barata que es procesada y no alimento".

"Uno come lo más rápido que halla", afirma Bexali Morales, parte del grupo femenil de cocina. "No es comida saludable".

Muchos inmigrantes relatan historias de subir de peso luego de llegar a EEUU y cambiar a un estilo de vida

más sedentario, haciendo difícil quemar las calorías de algunos platillos mexicanos típicos.

La cintura de Joel Melo creció de 30 a 38 pulgadas luego de mudarse de México. "En mi país, yo era delgado", dice él. "Al llegar aquí, se trabaja mucho. Uno come y duerme. En México, hay mucha actividad".

"Uno come lo más rápido que halla. No es comida saludable".

El peso extra de Melo lo llevó a buscar una clase de nutrición y cocina en CommunityHealth, clínica gratuita en West Town que atiende a una pesada clientela hispana. La clase es más como una versión formalizada de reunirse en la cocina de Martínez. Cada sesión de dos horas, impartida en Español, incluye información sobre nutrición como la distinción entre grasa animal y vegetal y granos enteros y carbohidratos refinados, tanto como una demostración de cocina, y culmina con estudiantes llevando a casa bolsas de ingredientes que pueden usar para probar la receta de la noche en su propia cocina.

Casi los 12 alumnos de la clase reportaron haber cocinado con éxito la receta en casa. Melo añade que ya empezó a perder peso desde que hizo el esfuerzo de comer más fruta y vegetales, yogurt y leche sin grasa.

"Obviamente, no podemos ir a su casa, pero tratamos vigorosamente

de educar a nuestros pacientes", señala el Dr. Arnold Widen, doctor de CommunityHealth. "Tratamos de hacerlo simple. Es importante hacerlo [al personal] culturalmente sensitivo y que pueda ayudar a modificar la dieta para hacerla menos calórica, pero aún algo que la gente desee comer".

Cambios simples hacia una nueva cultura alimenticia

Clases como la de CommunityHealth y la tenida en casa de Martínez (el sitio rota cada mes en casa de las mujeres) se enfoca en reimaginar platillos populares para mostrar que comer saludable significa cambiar ingredientes, no una dieta pesada. Silvia Trejo, una de las madres asistentes, explica cómo ella ha eliminado carne roja casi en total de la dieta de su familia, cocinando en su lugar carne de soya, pavo, pollo y pescado. Bexali Morales hace tacos con carne de soya y hamburguesas de pavo en vez de las regulares. Todos han comenzado a favorecer aceite de oliva saludable al corazón e incorporado más vegetales en su cocina.

"El peligro de la receta son los ingredientes", acota Jovita Flores. "Yo ajusto las recetas mexicanas a mi propia necesidad y las comparto luego con otra gente, y ellos hacen los mismo".

Flores prepara los populares chiles poblanos rellenos con clara de huevo en vez del huevo completo y almendras maceradas con un poco de aceite de oliva. "Es la misma receta, pero menos peligrosa", destaca ella.

"En nuestra cultura mexicana, se come mucho", afirma Sahida Martínez, otra participante en el grupo de cocina. "Queremos dar a nuestros hijos una nueva cultura alimenticia".

No hay escasez de ideas en La Villita de cómo hacer eso. Abraham

Dueñas abrió su cafetería, Café Catárdinal, en 2005, con la meta de ofrecer alternativas al alimento mexicano tradicional alto en grasa que abunda en el barrio. Él también ha ofrecido clases de cocina a padres para demostrar cómo hacer versiones más saludables de platillos tradicionales. Él muestra cómo preparar pozole, hecho usualmente con cerdo y maíz, con pechuga de pollo y otros vegetales, o explica cómo agregando albahaca a su sugerencia de pizza de vegetales la hace más atractiva a los chicos.

"Incluso con la economía, uno aún puede comer saludable", afirma Dueñas. "Mi filosofía no es que uno nunca puede comer papitas. Puede ser una que otra vez, pero no diario. No debe pensar en [estar] en una dieta saludable".

Dueñas apoya el movimiento hacia un saludable sistema alimenticio sostenible en La Villita comprando para su restaurante legumbres de varios huertos comunitarios mantenidos por Enlace Chicago y la Organización Justicia al Medioambiente en La Villita (LVEJO, por sus siglas en Inglés). Cuando la comida rápida es más barata que fruta y vegetales, los huertos representan otra pieza del rompecabezas de nutrición accesible.

"Cultivar alimentos en un huerto comunitario es una solución sustancial a la crisis alimenticia mundial", dice Selene González, organizadora urbana de tierra de LVEJO. "Si uno no puede ir a Alimentos Whole, debe ser capaz de cultivar su propio huerto".

LVEJO conduce talleres de jardinería para ayudar a orientar a sus voluntarios, muchos de quienes eran granjeros o agricultores en México, a las peculiaridades de cultivar en el clima extremoso de Chicago, esperando darles las herramientas para que contribuyan al huerto comunitario y mantener sus popios sembradíos.

"Me encanta trabajar la tierra", señala Rafael Reyes, que ha sido voluntario de LVEJO por tres años". [Alimentos orgánicos] son saludables, tienen sabor diferente. Muy diferente a comprarlos en la tienda". Él añade que ahora sus vecinos dejan involucrarse también.

Elevar la inversión comunitaria

González ve a los huertos como ejemplo de cuán efectiva puede ser una organización popular en una comunidad unida como La Villita "Uno tiene ya gente a la que le importa su comunidad, que es organizada", afirma ella. "La política debía ser influenciada por lo que la comunidad desea. Debía ser de la base a la cima y no al revés. Si hay gente en la comunidad que siente no tener control sobre el sistema, no va a invertir en él. Teniendo un huerto comunitario pueden ser propietarios del mismo".

Las madres reunidas en la cocina de Martínez expresan todas el deseo de apoderarse de la salud de su familia. "Todas estamos aquí por la misma razón", acota Silvia Trejo.

"Hacemos todo esto por nuestra salud", agrega Sahida Martínez.

Liliana Hernández se perdió el último grupo de cocina en una reunión de la Junta de Escuelas Públicas de Chicago abogando por la importancia de soluciones basadas en la escuela a comer saludable. "Lo que más deseo es que escuelas y comunidad hagan todo lo posible por padres y niños", destaca ella. "Sin nuestra salud, nada tenemos".

**EXCLUSIVE CONTENT
FOR THE LATINO COMMUNITY**

FOX NEWS *Latino*

NEWS

HEALTH

SPORTS

POLITICS

ENTERTAINMENT

FROM THE MOST

**POWERFUL
NAME IN NEWS**



Log On: www.FOXNewsLatino.com

Promoting healthy eating from the ground up in Little Village's Hispanic community

[« Versión en Español p10](#)

by Claire Thompson
Editor@extranews.net

Late on a rainy Wednesday morning, a half dozen of Catalina Martinez' friends, neighbors and fellow mothers trickled into the kitchen of her Little Village house to catch up over chicken salad sandwiches. They clamored for copies of the recipe, which called for fat-free yogurt instead of mayonnaise and recommended serving the salad on whole wheat bread.

This monthly lunchtime gathering had an agenda: to learn to prepare simple, healthy and kid-friendly fare as part of their commitment to a healthy lifestyle for their families.

Sam Graham, a school health liaison from St. Anthony Hospital's Community Wellness Program, brought the ingredients, copies of the recipe, and extra basil plants for anyone interested. Several women were.

In addition to working with parents to bring healthy cooking into the home, the Community Wellness Program offers "Mission Nutrition" classes in local schools so that kids, too, are aware of how their food choices affect their health. Graham led a class on a Monday morning at Finkl School in which third graders learned about the "tricks" food marketers use to make their products look bigger, tastier and healthier. They reviewed quick ways to identify healthy food options: colorful foods usually have more vitamins; a serving can fit in the palm of your hand; juice should say "100% juice" on the package.

"It's not just healthy versus unhealthy food," Graham says. "It's trying to make the best choices we can anytime we can, and recognizing that (kids) can't always make the choices, but in the times when they can choose (we want them to) make the best choices."

Jovita Flores, a manager for the Parents United for Healthy Schools campaign, which mobilizes efforts like the cooking group at Martinez' house, points out that what kids learn in the classroom often finds its way into their home lives. "The students come to their houses and say, 'I can't eat this because my teacher says this is not healthy,'" she says. "Students believe what their teachers say."

A multi-pronged approach

In Little Village, community members recognize that the fight against obesity has multiple fronts, and that a united effort on the part of parents, schools and neighborhood organizations has more of a chance of success than any isolated campaign.

Obesity rates have skyrocketed in recent years for the general U.S. population, and a higher percentage of Latinos are overweight or obese than whites. According to a study commissioned by the National Hispanic Caucus of State Legislators (NHCSL), 67 percent of the general population is now overweight or obese (compared with 45 percent in 1980), while 74 percent of Mexican women and 77 percent of Mexican men are. After African Americans, Latinos have the second-highest obesity and overweight rate of all ethnic minority pop-



Promoting health – Over 70 percent of Mexican-Americans are overweight or obese.

ulations. In Little Village, which is 83 percent Hispanic, 51 percent of children ages two to 12 are overweight or obese, compared with 33 percent of the same age group in the U.S. overall, according to a study by the Sinai Urban Health Institute.

Average median household income in the ten census tracts that comprise Little Village is \$31,776, according to the Little Village Chamber of Commerce. Residents face the same socioeconomic barriers to nutrition that confront lower-income communities across the country, regardless of their ethnic makeup.

"Lots of families really have to figure out how to budget what they're going to feed their kids," says Simone Alexander, who manages the garden program at Enlace Chicago, a community development organization in Little Village.

Cultural factors create additional challenges. For immigrants and their families, the jarring experience of moving to a new country can derail once-stable eating routines, and the price and prevalence of fast food makes it seem more appealing.

"The transition coming here is a struggle for different people in different ways," Alexander says. "(For) some people, in this country, it's a lot easier to just get cheap crap that's processed and not food."

"You eat the fastest thing you can find," says Bexali Morales, part of the women's cooking group. "It's not healthy food."

Many immigrants tell stories of putting on weight after arriving in the U.S. and transitioning to a more sedentary lifestyle, making it harder to burn off the calories of some typical Mexican dishes.

Joel Melo's waistline expanded from 30 to 38 inches after he moved

"Even with the economy, you can still eat healthy"
– Abraham Dueñas

from Mexico. "In my country, I was thin," he says. "When you arrive here, it's a lot of work. You eat, you sleep. In Mexico there's a lot of activity."

Melo's weight gain led him to seek out a nutrition and cooking class at CommunityHealth, a free clinic in West Town that caters to a heavily Hispanic clientele. The classes play out like a more formalized version of the gathering in Catalina Martinez' kitchen. Each two-hour session, taught in Spanish, includes nutritional information like the distinction between animal and vegetable fat and whole grains and refined carbohydrates, as well as a cooking demonstration, and culminates with students taking home bags of ingredients that they can use to test the night's recipe in their own kitchen.

Almost all of the 12 students in the class reported that they'd successfully cooked last week's recipe at home. Melo says he's already started losing weight since making an effort to eat more fruits and vegetables, yogurt and skim milk.

"Obviously we can't go into the home, but we try to vigorously educate our patients," says Dr. Arnold

Widen, a CommunityHealth physician. "We try to make it simple. It's important to have (staff) who are culturally sensitive and able to help modify the diet to make it less caloric but still something people would want to eat."

Simple changes toward a new culture of food

Classes like the one at CommunityHealth and the one Martinez hosted (the location rotates each month between the women's houses) focus on re-imagining popular dishes to show that healthy eating means tweaking ingredients, not a diet overhaul. Silvia Trejo, one of the mothers in attendance, explains how she's cut red meat almost entirely out of her family's diet, instead cooking lower fat soy meat, turkey, chicken and fish. Bexali Morales makes tacos with soy meat now and turkey burgers instead of hamburgers. Everyone has started to favor heart healthy olive oil and incorporate more vegetables in their family's cuisine.

"The danger of the recipe is the ingredients," says Jovita Flores. "I adjust the Mexican recipes to my own necessity and then share with other people, and other people are doing the same thing."

Flores makes chiles poblanos, a popular stuffed chile dish, with egg whites instead of whole eggs, and smashed almonds with just a little oil for flavor. "It's the same recipe but less dangerous," she says.

"Us Mexicans, our culture is to eat a lot," says Sahida Martinez, another participant in the cooking group. "We want to give our children a new culture of food."

There is no shortage of ideas in Little Village about how to do that. Abraham Dueñas opened his coffee

shop, Café Catedral, in 2005, with the goal of offering alternatives to the often high-fat traditional Mexican food that abounds in the neighborhood. He, too, has offered cooking classes for parents that demonstrate how to make healthier versions of traditional dishes. He'll show how to prepare pozole, a stew usually made with pork and corn, with chicken breast and other vegetables instead, or explain how putting basil, with its taste suggestive of pizza, on vegetables can make them more appealing to children.

"Even with the economy, you can still eat healthy," Dueñas said. "My philosophy is not that you're never going to be eating potato chips. It means once in awhile, not every day. You don't have to think healthy means (being on a) diet."

Dueñas supports the movement toward a sustainable, healthy food system in Little Village by purchasing for his restaurant the produce of several community gardens organized and maintained by Enlace Chicago and the Little Village Environmental Justice Organization (LVEJO). When fast food often comes cheaper than fresh fruits and vegetables, the gardens represent another piece of the puzzle of accessible nutrition.

"Growing your own food in a community garden is a substantial solution to the global food crisis," says Selene Gonzalez, an urban land organizer for LVEJO. "If you can't go to Whole Foods, you should be able to grow your own food."

LVEJO leads gardening workshops to help orient its volunteers, many of whom were farmers or gardeners back in Mexico, to the peculiarities of growing in Chicago's harsh climate, in the hopes of giving them the tools to both contribute to the community garden and maintain their own plots.

"I love working with the earth," says Rafael Reyes, who has volunteered with LVEJO for three years. "(Organic food) is healthy, with a different flavor. It's very different to just buy it from the store." Reyes says his neighbors now want to get involved, too.

Ground-up community investment

Gonzalez sees the gardens as an example of how effective grassroots organization can be in a close-knit community like Little Village. "You already have people who care about their community, who are organized," she says. "Politics should be influenced by what the community wants. It should be ground to top, not top to ground. If you have people in the community feeling like they have no control over the system, they're not going to be invested in it. By having a community garden they can take ownership of it."

The mothers gathered in Catalina Martinez' kitchen all express a desire to take ownership of their families' health. "We're all here for the same reason," Silvia Trejo says.

"We do all this for our health," adds Sahida Martinez.

Liliana Hernandez skipped the latest cooking group to attend a Chicago Public Schools board meeting to advocate for the importance of school-based solutions to healthy eating. "What I want most is for the schools and the community to do everything possible for the parents and for the kids," she says. "Without our health, we have nothing." ■

DISFRUTA TUS MAÑANAS CON...



La
Bola
De la Mañana

5AM

LA
LEY
107.9

PARA MÁS INFORMACIÓN VISITE NUESTRA PAGINA WEB: WWW.LALEY1079.COM

El Museo de la Ciudad de San Louis: Un Sitio Extraño y Bello

por Casey Brazeal
trad. Víctor Flores

El Museo de la Ciudad de San Louis no es un museo tradicional en el sentido de la palabra y casi nada tiene que ver con ciudades en general o con San Louis en específico. Es más bien una casa enorme de juego con chatarra. Al entrar, el edificio parece la casa de un millonario excéntrico

manejada por niños. Al explorar más parece tan grande que debe ser de un multimillonario ya que es tan grande que simplemente no puede ser excéntrico, sino loco para haber soldado un avión a un autobús en una estructura de metal fuera del techo.

Entonces uno cae al estanque de tiburones.

¿Puede uno lastimarse? ¡Por supuesto que puede! El mueso de la

ciudad es como una área enorme de juego con chatarra y uno puede lastimarse de la misma forma que lo haría trepando las barras del mono. Excepto que en vez de trepar esas barras, estará escalando un tubo por fuera que lleva a algún tipo de nido de ballenas hecho de bellas baldosas.

Mientras yo estaba en San Louis, pregunté a una de las muchas per-

sonas amables que laboran allí si alguna vez los demandaron y ella dijo, Todo el tiempo. Mucho del costo de admisión paga el seguro de responsabilidad. ¿Quién aseguraría un sitio tan extraño?, no sé, pero gracias al Creador lo hacen. Lo que hace extraño al museo es también lo que lo hace divertido.

Entre Chicago y San Louis haya quizás mil piezas interesantes de chatarra. Autos abandonados en lotes de tierra y vías férreas que no se han usado por generaciones pueden crear un extraño mundo maravilla para la mente aventurada. Mercados pulga, deshuesaderos y

ventas de vecinos tienen miles de cosas que podrían ser útiles o inútiles para alguien. Muchas de las cosas que pasamos podrían ser valiosas. No de la forma que muestras de autos antiguos lo son, ya que alguien podría ofrecer comprarlas en una subasta. Más bien en la forma que un martillo y clavos son valiosos al colgar una pintura.

No hay sitio que yo conozca que tenga tanto valor a partir de tanta chatarra. Si a usted le gustan la chatarra o tiburones, o jugar, no hay lugar que yo pueda recomendar más fervientemente que el Museo de la Ciudad de San Louis. ■

The St. Louis City Museum: A Strange and Beautiful Place

by Casey Brazeal

The city Museum of St. Louis is not a museum in the traditional sense of the word and it has almost nothing to do with cities in general or St. Louis in specific. What it is is a huge junk-yard play-house. When you first enter it the building looks like the home of an eccentric millionaire over run

with children. As you explore further it seems like its so big it must belong to billionaire because it is much too big and they can't simply be eccentric, they must be insane to have welded a plane onto a bus onto a metal structure outside of their roof.

Then you slide through the shark tank.

Can you get hurt? Of course you

can! The city museum is like a huge junk playground and you can hurt yourself here in the same way you might hurt yourself climbing the monkey bars. Except instead of climbing the monkey bars you will be scaling the outside of a tube that goes into some kind of whale den made out of beautiful mosaic tile.

While I was the City Museum of

St. Louis I asked one of the many friendly people who worked there if they had ever been sued and she said "All the time." Much of the cost of admission pays for their liability insurance. Who would insure such a strange place I don't know, but thank goodness they do. Because what makes the city museum strange is also what makes it fun.

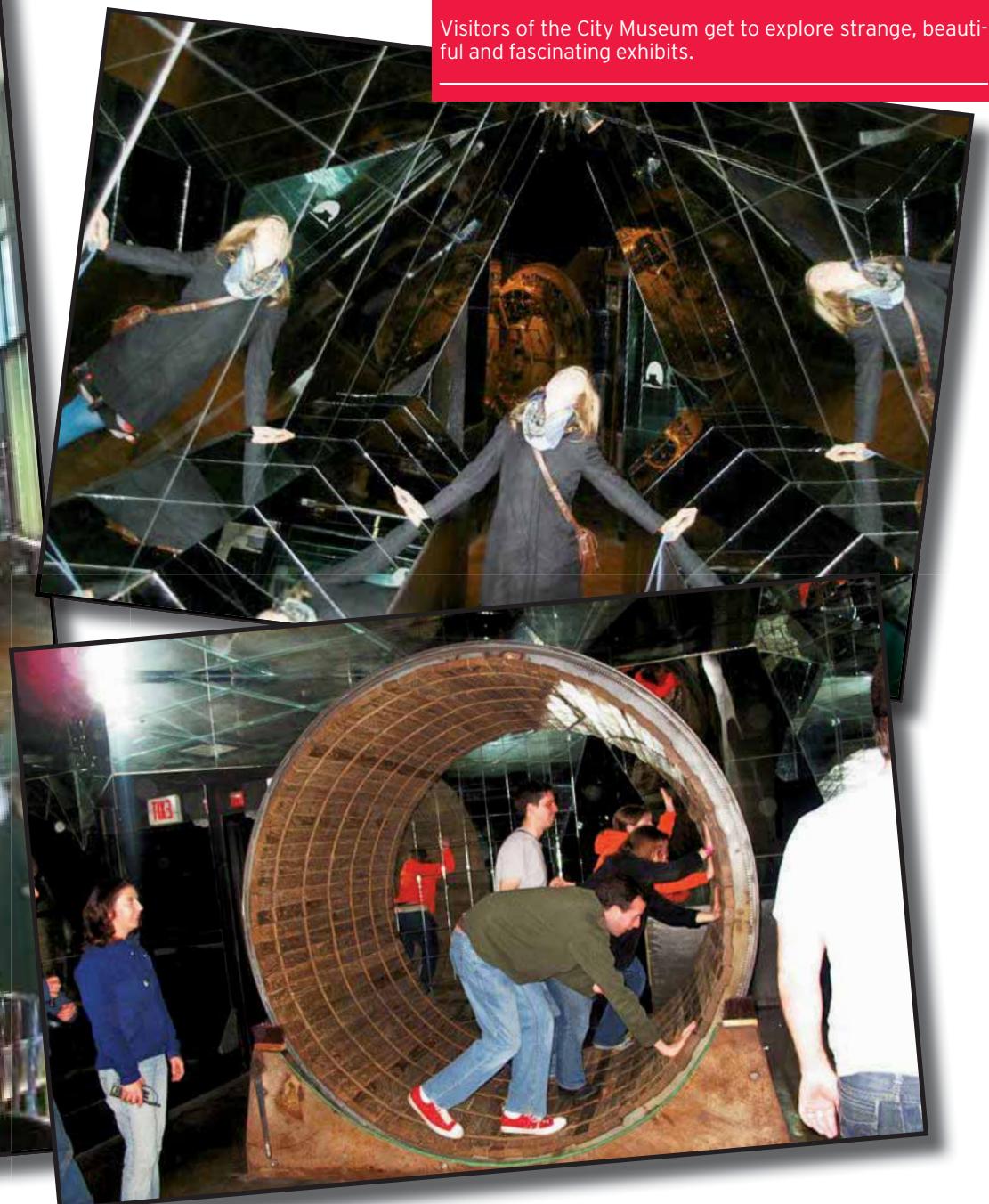
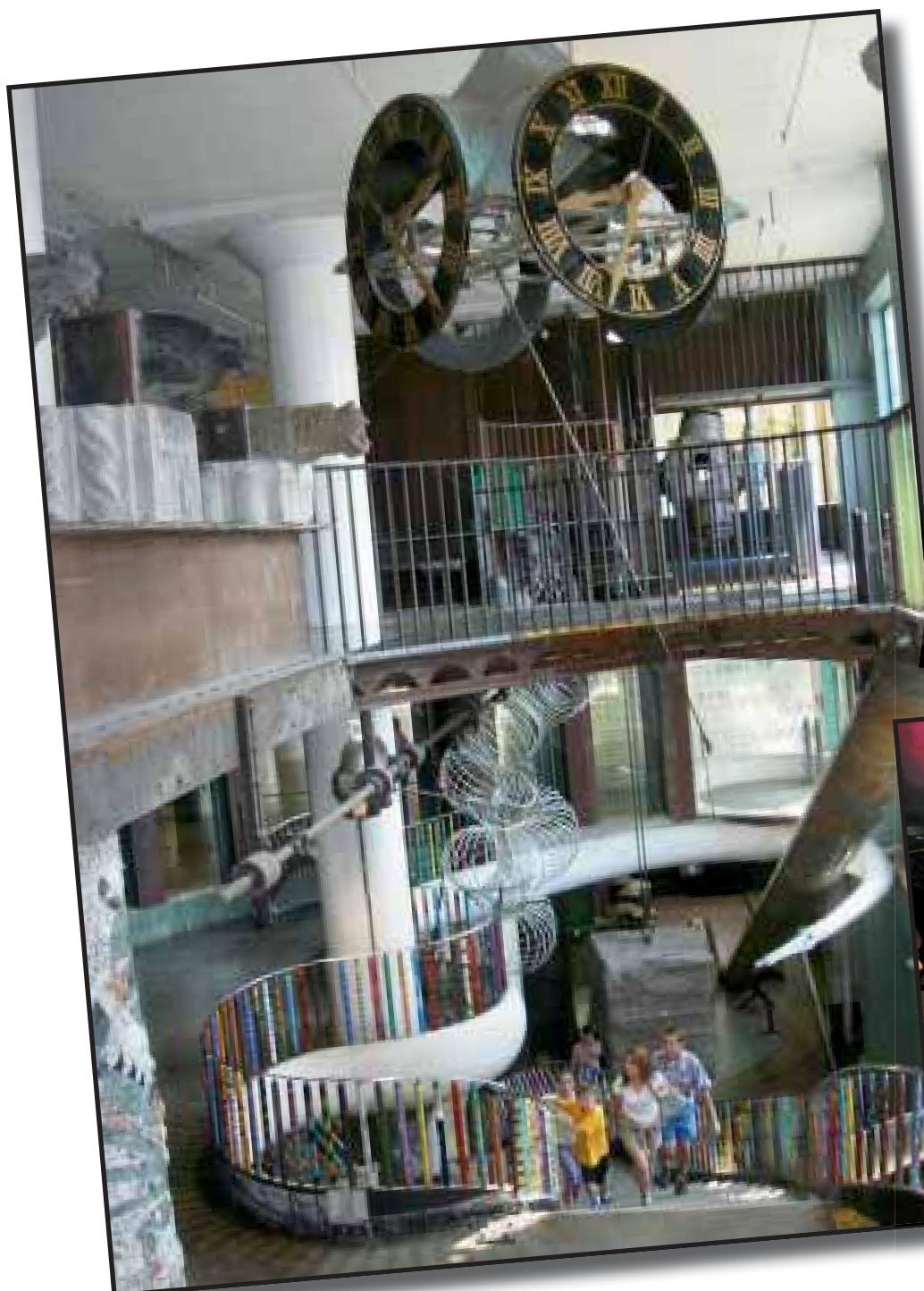
Between Chicago and St. Louis there are probably a thousand interesting pieces of junk. Abandoned cars in dirt lots and old railroad tracks that haven't been used for generations can create a strange wonderland for the adventurous

mind. Flea markets, junk yards and rummage sales hold thousands of things that could be helpful or useful for someone. Many of the things we pass by could be valuable. Not in the way things on the antiques road show are valuable, because someone will bid on them at an auction. But in the way a hammer and nails is valuable when you need to hang a painting.

There is no place I know that has gotten so much value out of so much junk. If you like junk or sharks or to play there is no place I can recommend more fervently than the City Museum of St. Louis. ■

Visitantes del museo exploran una exhibición extraña, bella y fascinante.

Visitors of the City Museum get to explore strange, beautiful and fascinating exhibits.



Brannaman explica su filosofía entrenando caballos

por Kiko Martínez

Kiko.Martinez@extranews.net

trad. Víctor Flores

Uno debe ver la labor del entrenador de caballos Buck Brannaman con sus animales para apreciarlo como forma de arte.

En el documental "Buck", la cineasta Cindy Meehl describe a Brannaman, quien muchos en la industria piensan se "comunica con caballos" en la vida real.

Usando técnicas ecuestres en el campo natural, Brannaman trabaja con la filosofía que caballos pueden ser entrenados entendiendo la forma en que piensan y se comunican.

"Los caballos son muy sensitivos y perceptivos", dijo Brannaman a EXTRA durante una entrevista exclusiva. "Uno no debe ser físico con ellos. Ya que la naturaleza física del

entrenamiento puede ser muy sutil, la gente se pregunta, '¿Cómo hace eso?'".

Durante nuestra entrevista, Brannaman habló de por qué deseaba hacer una película de entrenamiento de caballos e incluye la historia de su niñez abusiva y por qué pensaría en hacer un programa de realidad si alguien lo pidiera.

EXTRA: ¿Qué pensó usted al ver toda la película?

Buck Brannaman: La primera vez que la vi ya acabada fue en el Sundance. Estaba muy orgulloso [de la directora Cindy Meehl]. Fue una tarde algo azarosa conjuntar algo como eso. Sé que hizo lo mejor para contar en verdad la historia y no desilusionarme.

¿Alguna vez le habló a usted de sus sentimientos? Yo imaginaría que

es azaroso resumir en una película de 90 minutos la vida completa de alguien.

No mucho ya que estuve muy ocupada tratando de filmar todo. El problema con el que hubo de batallar fue cuando le dije, "Cindy, vas a tener que hallar la forma de filmar esto como si yo no supiera que estás aquí". Añadí que yo no cambiaría mis clínicas ni rechazaría a mis alumnos. Si algo bueno pasa con los caballos, no va a suceder dos veces.

¿Qué piensa usted de las técnicas usadas por otros entrenadores de caballos, específicamente quienes actúan en programas de realidad?

Bueno, algunos parecen tener en verdad una conexión con el animal con que trabajan. Quines impresionan más, sólo puedo pensar que si tuviera una conversación con ellos sería un espíritu amable - algunas

cosas filosóficas serían muy similares.

¿Si alguna vez se le presentara la oportunidad de un programa de realidad - quizás en el Canal CMT - sería algo en lo que usted pensaría hacer?

Bueno, quizás. Quizás si fuera hecho en la misma forma que Cindy filmó esto donde mi vida no cambió y pude seguir haciendo lo que me encanta. Habría algún potencial de enviar un mensaje a los caballos a escala mucho mayor de lo que puedo hacerlo manejando mi camioneta y tráiler.

¿Qué ha aprendido usted de los caballos luego de tantos años trabajando con ellos?

He hallado por mí mismo que con el tiempo uno trata de hallar la forma de hacer sentir cómodo al caballo y relajado estando con uno. Es entonces cuando se establece de verdad una relación y uno siente que puede lograr algo con el caballo. Pero hay cosas que una persona debe cambiar para llegar a ese punto. Es cuando uno es aceptado en verdad

en el mundo del caballo. Esas cosas trascienden los caballos.

Hay un dicho que dice, "No hay agonía mayor que albergar una historia no contada". ¿Por qué era importante relatar su historia infantil en la película?

Para mí, porque pensé que habría gente que vería el documental y que habría pasado por lo mismo siendo niño. El mensaje que yo deseaba enviar es que uno no debe aceptar eso como algo predestinado para convertirse a eso. Alguien podría robar tu niñez, pero no puede robar tu voluntad.

Además de caballos, ¿hay otros animales en su vida?

Bueno, tenemos plenitud de perros en mi rancho. Mi esposa tiene un par de Jack Russells. Yo era un tipo que decía, "¡Nunca tendré un Jack Russell en mi vida!". Hay que ser sabio: No digas eso ya que acabarás teniendo un Jack Russell a alguna hora en tu vida. He de admitir que he crecido queriéndolos mucho. Me duele decir eso. No puedo esperar a verlos al llegar a casa. ■

Brannaman explains his philosophy with horse training

by Kiko Martínez

Kiko.Martinez@extranews.net

One has to witness the work horse trainer Buck Brannaman does with his animals to appreciate it as an art form.

In the documentary "Buck," filmmaker Cindy Meehl paints a portrait of Brannaman, who is considered by many in the industry to be a real-life "horse whisperer."

Using techniques in the field of natural horsemanship, Brannaman works with the philosophy that horses can be trained by understanding the way they think and communicate.

"Horses are very sensitive and perceptive," Brannaman told EXTRA during an exclusive interview. "You don't have to be physical with them. Because the physical nature of the training can be so subtle people think, 'How did he do that?'"

During our interview, Brannaman talked about

why he wanted to make a film about horse training and include the story of his abusive childhood and why he'd think about doing a reality show if someone asked.

What were your thoughts when you saw the entire film?

The first time I saw it in its finished form was at Sundance. I was really proud of [director Cindy Meehl]. It was a pretty daunting task to put something together like that. I know she was trying her best to really tell the story and not disappoint me.

Did she ever voice those feelings to you? I would imagine it is daunting to put a 90-minute film together about someone's entire life.

Not so much because she was too busy trying to get everything shot. The problem she had to deal with was when I told her, "Cindy, you're going to have to find a way to shoot this as if I don't even know you're

there." I said I wasn't going to change my clinics or neglect my students in any way. If something cool happens with the horses, it's not going to happen twice.

How do you feel about other animal trainers and the techniques they use, specifically the ones that star on reality shows?

Well, some of them really seem to have a connection to whatever animal it is they're working with. The ones that are most impressive, I can't help but think if I met them and had a conversation with them that there would be a kindred spirit - some philosophical things that would be very similar.

If an opportunity like a reality show ever presented

itself to you - maybe on the CMT channel - would that be something you might think about doing?

Well, maybe. Maybe if it was done in the same way Cindy shot this where it didn't change my life and I could keep doing what I love. There would be some potential to put a message out there for the horses on such a larger scale than what I can do driving down the road in my truck and trailer.

What have you learned from horses working with them for so many years?

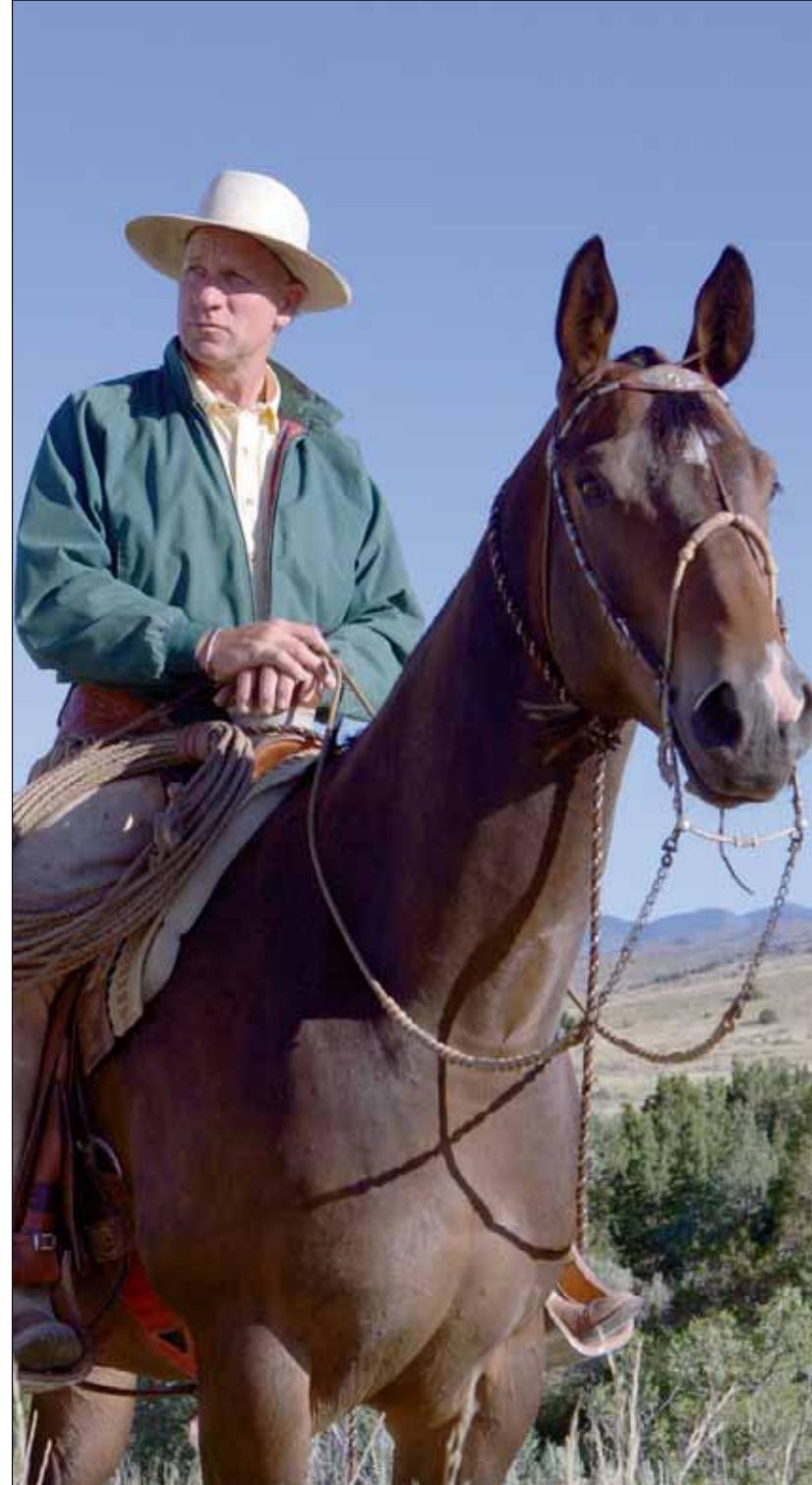
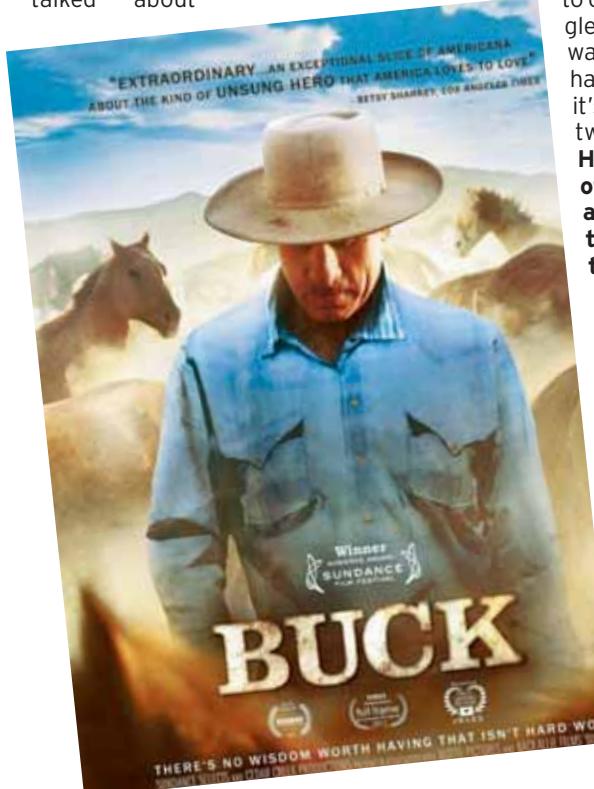
What I've found for myself was that over the years you're trying to find a way to make the horse feel comfortable and relaxed to be with you. That's when you really establish a relationship and feel you can get something accomplished with the horse. But there are things a person has to change within themselves to get to that point. That's the point when you really are accepted into the horse's world. Those things transcend horses.

There's a saying that goes, "There is no greater agony than bearing an untold story inside you." Why was telling your childhood story important to the documentary?

For me it's because I thought there might be people that watch this documentary who have endured the same things I endured as a little boy. The message I wanted to convey is that you don't have to accept that as something preordained to how you're going to turn out. Someone might steal your childhood, but they can't steal your will.

Besides horses, are there any other animals in your life?

Well, we have plenty of dogs around the ranch. My wife has a couple of Jack Russells. I was one of those guys who said, "I will never have a Jack Russell ever in my life!" Word to the wise: Don't say that because you will end up with a Jack Russell sometime in your life. I have to admit I've grown very fond of them. It pains me to say that. I can't wait to see them when I get home. ■



El gran maestro – "Buck" es la historia del entrenador de caballos Buck Brannaman, de quien muchos piensan se comunica con caballos en la vida real.

The master – "Buck" is the story of horse trainer Buck Brannaman, who is considered by many to be a real-life horse whisperer.

Brazilian Colker brings bugs' lives to life in Cirque du Soleil's Ovo

[« Versión en Español p09](#)

by Deysi Cuevas

Deysi.Cuevas@extranews.net

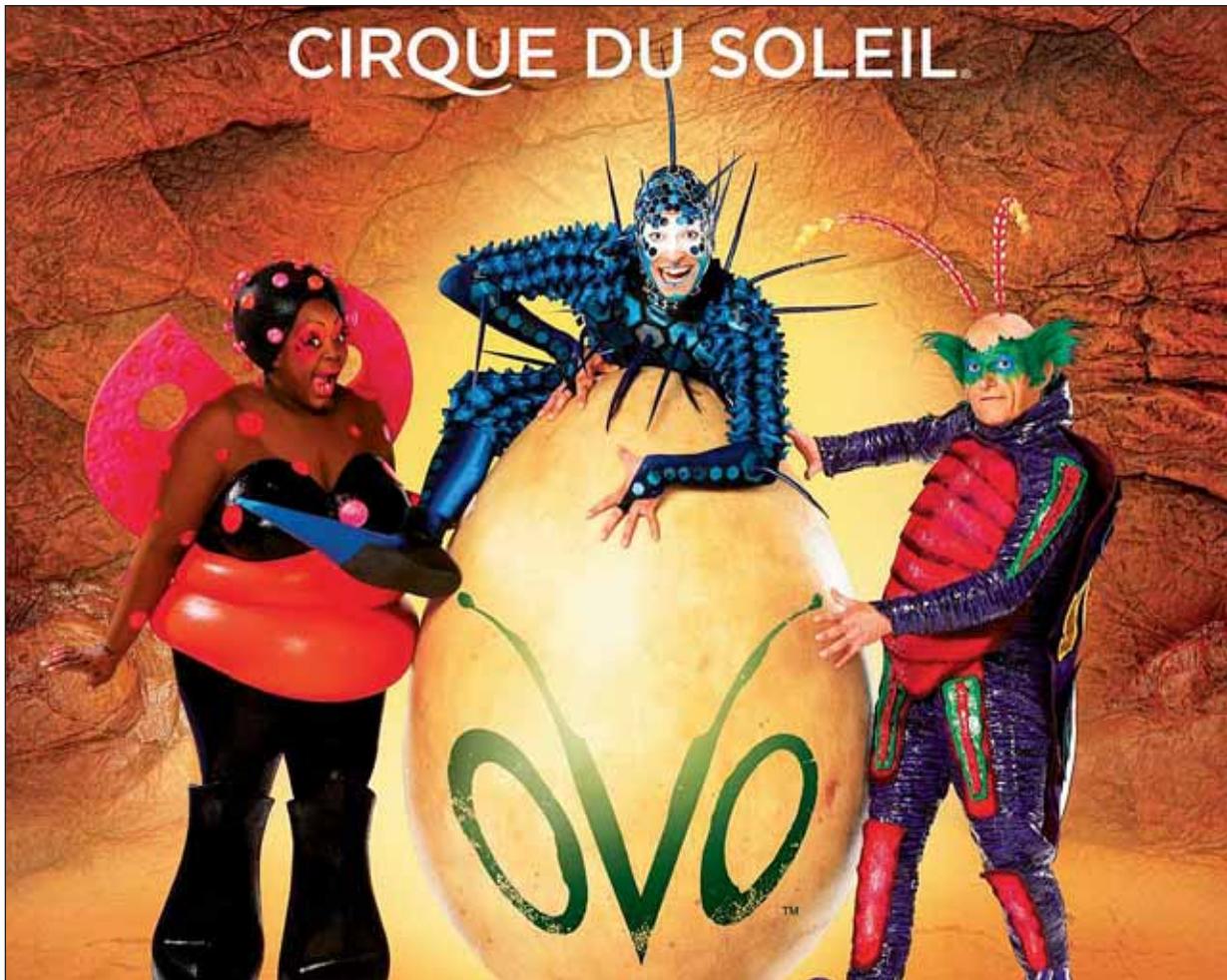
Not many shows begin with an enormous, inflatable egg on stage. Ovo, which means "egg" is Cirque du Soleil's new production, now playing in Chicago. Ovo is written, choreographed and directed by Deborah Colker, and deals with the "real lives" of insects.

Insects are often misunderstood and referred to as a nuisance. In Ovo, Colker takes the audience into the unknown world of insects and almost humanizes them, revealing their fears, their excitement and playfulness.

"They sleep, they make love, they fight, they play. It's everything that we do in our lives, it's so simple," Colker explains.

When a new insect arrives to the colony, egg in tow, he is not welcome to the insect community and they take his egg away from him. As the story continues, the quirky foreigner becomes enthralled by a flirty ladybug and is soon given a place among the insects.

With Ovo, Colker has taken a very simple story and has given it a contemporary twist. "We are different," she says. "We need to accept [those] differences. Different cultures, different colors, different religions. In the end, they accept the foreigner. This is a good contempo-



'OVO' – Cirque du Soleil's new production, OVO, is written, choreographed and directed by Deborah Coker.

rary idea, to accept an immigrant that they wanted out of the community. They will accept the foreigner because he's part of their community and the egg will be for everybody not only for the foreigner."

Colker also believes that it is also important for humans to connect with nature. "Nature can be good and it can be bad but we need to talk about it and we need to protect nature and life," she says.

In 1994, Colker founded her company, Companhia de Dança Deborah Colker. In 2001, she became the first Brazilian artist to win the Lawrence Olivier award in the "Outstanding Achievement in Dance" category for her choreography MIX.

Colker grew up in a creative environment. She played the piano as a child and was also very athletic. Initially, she wanted to study dance and choreography but her parents were opposed to the idea.

"I fell in love [with choreography] but my mom said I have to study something real so I studied psychology," she remembers. Colker's background is incorporated into her work. The use of bright colors are influenced by Brazil and her background with music and psychology are also present in Ovo.

"It's very rich for my work to have studied psychology, music and piano. I think I am who I am, the way that I create because I was in many different worlds and I love to bring these different worlds into the dance world," Colker says.

"I love to do this mix to [have] this kind of communication. The way that I relate the body and movement and the subject; 'what is happening now?' 'What do we need to talk about?' All this makes me who I am." ■

FILM IN THE PARK
SUMMER SERIES 2011
CINE EN EL PARQUE | SERIE DE VERANO 2011

Anita

miércoles, julio 13, 2011
HARRISON PARK
1824 S. Wood St. Chicago, IL
Begins at Dusk / Approx. 8pm
Arrive early for FREE giveaways, popcorn, and a great spot!
Watch trailer on YouTube, search "Anita"

For more info or schedule:
www.LatinoCulturalCenter.org 312.409.1757

SYNOPSIS

Anita cuenta la historia de una joven con síndrome de Down que vive con su abnegada madre, Dora. El 18 de julio de 1994, un bombardeo de la Mutual AMIA cambia su vida para siempre. Asustada y sola, Anita decide salir de su casa en busca de su madre. Perdida en la gran ciudad, su inocencia y el optimismo le ayudan a encontrar compañía en lugares inesperados. Es en estos lugares donde ella encuentra personas defectuosas que tratan de ayudarla a volver a casa.

Anita tells the story of a young girl with Down syndrome who lives with her devoted mother, Dora. On July 18, 1994 the bombing of the AMIA Mutual, changes her life forever. Scared and alone, Anita decides to leave her home in search of her mother. Lost in the big city, her innocence and optimism help her find companionship in unexpected places. It is in these places where she meets caring, yet flawed individuals who try to help Anita get back home.



miércoles, agosto 3, 2011

Anita - Argentina
KOSCIUSZKO PARK
2732 N. Avers Ave,
Chicago, IL 60647

miércoles, julio 20, 2011

Morirse esta en Hebreo/
My Mexican Shivah
- Mexico
CALUMET PARK
9801 S. Ave G,
Chicago IL 60617



jueves, julio 21, 2011

Nacidas Para Sufrir/
Born to Suffer - España
HARRISON PARK
1824 S. Wood St.
Chicago, IL 60608

miércoles, agosto 17, 2011

Ladrones a Domicilio/
Robbers on Demand
- República Dominicana
MOZART PARK
2036 N. Avers Ave.
Chicago, IL 60647

miércoles, agosto 24, 2011

El Paseo/The Trip
- Colombia
KILBOURNE PARK
3501 N. Kilbourn Ave.
Chicago, IL 60641

viernes, septiembre 2, 2011

Morirse esta en Hebreo/
My Mexican Shivah - Mexico
FESTIVAL PARK
136 S. Grove Ave.
Elgin, IL 60120

The International Latino Cultural Center of Chicago presents its programs in collaboration with Columbia College Chicago, and partial funding provided by the Chicago Department of Cultural Affairs, the Gaylord and Dorothy Donnelley Foundation, the MacArthur Fund for the Arts and Culture at Prince, and the Illinois Arts Council.

SPONSORED BY:



Chicago Latino Network®

Bichir refuerza el lado humano del debate migratorio con 'A Better Life'

por Kiko Martínez

Kiko.Martinez@extranews.net

trad. Víctor Flores

El actor nacido en la Ciudad de México Demián Bichir se ríe mientras analiza el estado actual de la legislación migratoria de EEUU y la sugerencia de alguna gente de que el gobierno debía hallar una forma de enviar a 11 millones de mexicanos indocumentados de regreso a su país.

"En realidad no sé qué podría pasar", dijo Bichir de 47 a *EXTRA* vía telefónica durante una entrevista exclusiva acerca de su nuevo drama, "A Better Life", inspirado en inmigrantes. "Están aquí, existen, tienen casas, trabajan; es algo que no puede ignorarse. Están aquí para hacer sus vidas más felices. Quizá ya es hora de empezar a aceptarlos como parte de este país".

Es un mensaje que Bichir, mejor conocido por la audiencia popular en EEUU por su papel en la serie de Showtime "Weeds", afirma es el pulso de "A Better Life". La película realata la historia del jardinero mexicano Carlos Galindo (Bichir) y su hijo adolescente Luis (José Julián) que tratan de sobrevivir en L.A. en medio de circunstancias laborales impredecibles e influencias tóxicas del barrio.

Durante nuestra entrevista, Bichir habló de tomar las calles de L.A. durante la pre producción para hablar a inmigrantes reales de su experiencia de lograr el Sueño Americano y si piensa que una película como "A Better Life" puede cambiar la idea de la



'A Better Life' – Carlos Galindo (Demián Bichir) y su hijo Luis (José Julián) tratan de lograr el Sueño Americano en "A Better Life".

'A Better Life' – Carlos Galindo (Demián Bichir) and his son Luis (José Julián) try to pursue the American Dream in "A Better Life."

Bichir strengthens human side of immigration debate with 'A Better Life'

by Kiko Martínez

Kiko.Martinez@extranews.net

Mexico City-born actor Demián Bichir laughs a bit as he gives his analysis on the current state of U.S. immigration legislation and the suggestion by some people that the government should find a way to send 11 million undocumented Mexicans back across the border.

"Realistically, I don't know how that could ever happen," Bichir, 47, told *EXTRA* via phone during an exclusive interview about his new immigrant-inspired drama "A Better Life." "Immigrants are here. They exist. They have houses. They work. It's something you can't ignore. They are here to make their lives happier. Maybe it's time we start accepting them as part of this country."

It's a message Bichir, best known by mainstream American audiences for his recurring role in the Showtime series "Weeds," says is the pulse of "A Better Life." The film follows the story of Mexican gardener Carlos Galindo (Bichir) and his teenage son Luis (José Julián) as they try to stay afloat in East L.A. amid unpredictable work circumstances and toxic neighborhood influences.

During our interview, Bichir talked about taking to the streets of L.A. during pre-production to talk to real immigrants about their experiences pursuing the American Dream and if he thinks a film like "A Better Life" can

change peoples' minds on immigration issues.

EXTRA: What resonated with you about this story when you read the script?

Demián Bichir: The first thing that struck me when I read the script was how real everything was - the characters, situations, locations, and the father-son relationship. There weren't any gimmicks or tricks. It was a straightforward role. Chris wanted to be sure we were going to take a natural approach to everything.

I thought the realism of the characters and scenarios were the most powerful parts of the film.

Yeah, Chris is a really precise director. He wanted to be sure that we were going to have a natural delivery and a real approach to the whole story. You need a good director in order to help you deliver your best. That's what Chris Weitz is.

Immigration is an issue we see a lot in films. What makes "A Better Life" stand out from the rest?

I think one of the great things about this story is that we talk about the real problem that immigration issue - the separation of the families. This is a universal story. A father would do anything in his power to overcome any obstacles in order to give his son a better life. We also talk about this community of workers that are undocumented and work really hard in

this country. They all have a house. They all exist. It's something you can't ignore. They are here to make their lives easier and better and happier.

Part of your research on this film was to go out into L.A. and talk to real day laborers. What did you learn about them?

All of them have a heart. The fact is that these immigrants are good people. What we need now is to give them a face and a name. We need to know who they are. They're the people who are taking care of our babies, cooking our food, parking our cars, and working in our gardens. That is part of the debate that is going on every day.

Do you think a film like "A Better Life" can help change the way people think about immigration issues?

As an actor you are always looking for this type of script and character. You don't find these kinds of scripts very often. If we're lucky enough, this story is going to change a lot of things in our society. I believe in the power of cinema and moviemaking and that a single film can open minds and touch hearts. I hope we can have more of these human powerful stories so everyone can get a different view about the problems. People are going to look at this film and see things that are going on every day. If that changes someone's view, all the better. ■

gente de asuntos migratorios.

EXTRA: ¿Qué resonó en usted de esta historia al leer el libreto?

Demián Bichir: Lo primero que me llegó al leer el libreto fue cuán real era todo - personajes, situaciones y la relación padre-hijo. No había artimañas ni trucos. Era un papel directo. Chris deseaba asegurarse de que daríamos un alcance natural a todo.

Pensé que el realismo de personajes y escenarios eran las partes más poderosas de la película.

Sí, Chris es en verdad un director preciso. Deseaba asegurarse que haríamos una actuación natural y alcance real de toda la historia. Se requiere un buen director con el fin de ayudar a dar lo mejor. Ese es Chris Weitz.

Inmigración es un asunto visto en muchas películas. ¿Qué hace que "A Better Life" sobresalga de las demás?

Creo que una de las grandes cosas de la historia es que hablamos del asunto real de la inmigración - separación de familias. Es la historia de un padre y su hijo, una historia universal. Un padre haría lo que esté en su poder para abatir obstáculos con el fin de dar su hijo una vida mejor. Hablamos también de la comunidad de trabajadores que aunque indocumentados trabajan duro en este país. Tienen

casa, existen, es algo que no se puede ignorar. Están aquí para hacer su vida más fácil, mejor y más feliz.

Parte de su investigación para la película fue ir a L.A. y hablar con jornaleros reales. ¿Qué aprendió usted de ellos?

Todo ellos tienen corazón. El hecho es que esos inmigrantes son gente buena. Lo que debemos hacer es darles cara y un nombre. Debemos saber quiénes son. Son quienes cuidan de nuestros bebés, cocinan nuestros alimentos, estacionan nuestros autos y embellecen nuestros jardines. Es parte del debate cotidiano.

¿Cree usted que una película como "A Better Life" puede ayudar a cambiar la idea de la gente sobre asuntos migratorios?

Como actor, uno busca siempre este tipo de libreto y personaje. Este tipo de libretos no se hallan a menudo. Si tenemos suerte suficiente, esta historia va a cambiar muchas cosas en nuestra sociedad. Creo en el poder del cine y la cinematografía y que una simple película puede abrir mentes y tocar corazones. Espero podamos tener más de estas poderosas historias humanas tal que todos puedan tener un punto de vista diferente de los problemas. La gente va a ver la película y verá lo que sucede diario. Si eso cambia el punto de vista de alguien, mucho mejor. ■

POR DEMANDA POPULAR SE AGREGA UN SEGUNDO SHOW

M·A·N·Á

D R A M A Y L U Z

TOUR

JUEVES VIERNES

21 Y 22 DE JULIO

ALLSTATE ARENA 8PM

BOLETOS A LA VENTA PARA EL SEGUNDO SHOW EL JUEVES 12 DE MAYO A LAS 10AM

BOLETOS EN ticketmaster.com 1-800-745-3000

Info: 312.492.6424 | 773.561-9500 | www.cmnevents.com | www.vivatumusica.com

CPN COMMERCIAL PRODUCTION NETWORK

WWW.MANA.COM.MX

VIVA ENTERTAINMENT NETWORK

U2

360° TOUR

Valió la pena esperar: U2 retorna a Chicago

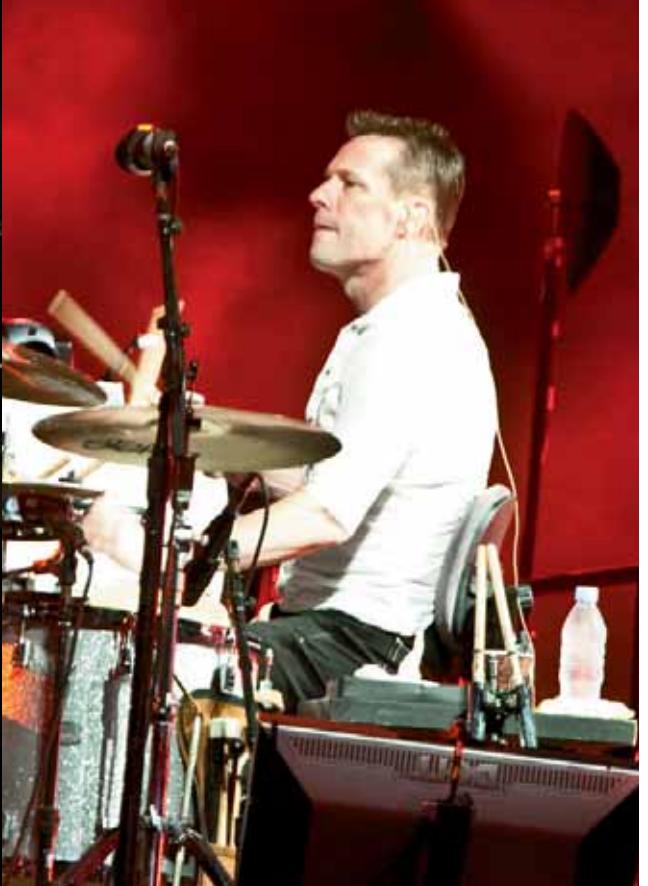
Luego de posponer un concierto el año pasado en Chicago a causa de una lesión sufrida por el cantante Bono, la mega banda de rock U2 trajo su gira al Soldier Field el 5 de Julio y tuvo a fanáticos bailando. Interpol abrió para U2. Abel Arciniega de EXTRA estuvo en la casa y trae a usted fotos del evento, con una galería expandida en ExtraNews.net. ■

Worth the wait: U2 returns to Chicago

After postponing a concert last year in Chicago because of an injury lead singer Bono sustained, rock mega band U2 brought their tour to Soldier Field July 5 and kept fans dancing. Interpol opened for U2. EXTRA's Abel Arciniega was in the house and brings you photos from the event, with an expanded gallery available at ExtraNews.net. ■



>>Opening Act - Interpol



>>Ozzie Guillen
Ozzie@extranews.net

Photo: Abel Arciniega / EXTRA



Ozzie's World

La experiencia de All-Star

por Ozzie Guillen
Ozzie@extranews.net

El 12 de julio será el Juego de las Estrellas de esta temporada y recuerdo cuando fui a ese clásico como jugador - tres veces - y como manager.

De las veces que fui como pelotero la más especial fue la primera, porque estaba nervioso, desubicado con tanta gente junta, con la que había soñado jugar.

Esa vez en 1988 yo estuve junto a Dave Winfield, George Brett, Don Mattingly, Willie Randolph y muchos otros peloteros que ya están en el Salón de la Fama o que lo van a estar.

El recibimiento fue chévere. Los peloteros saben cómo es cada quién y qué hacen. Durante ese tiempo en la cobertiza compartiendo con todos uno lo que hace es hablar, preguntar por las cosas de sus equipos y eso.

Creo que lo más especial de un Juego de Estrellas, por lo menos para mí lo fue, es la foto con todas esas super estrellas. Eso es como un sueño hecho realidad y del que vas a poder disfrutar y recordar por el resto de tu vida, porque está inmortalizado en esa foto.

Como manager la experiencia fue bastante difícil, no la viví como cuando era pelotero, porque hay mucho estrés. Durante dos meses estuve en reuniones, viendo a qué pelotero tomar, ya que tiene que ser uno por equipo. Además hay que revisar cómo van las votaciones de los fanáticos. Cada dos días tienes conferencias con la Liga Mayor de Béisbol (MLB, por sus siglas en Inglés), que es la que te da los nombres de los peloteros que puedes escoger.

Siempre como manager vas a ser criticado, porque algunas veces los peloteros van a quedar afuera y muchos deberían estar ahí. Pero la gente no se da cuenta que eso no es decisión del manager, sino de los fanáticos y de la MLB.

Uno como manager sólo escoge a dos peloteros como mucho. Eso la gente no lo sabe.

Ahorita lo más difícil para un dirigente en un Juego de Estrellas es que a veces hay lanzadores que no pueden lanzar o que sólo pueden lanzar una entrada o un bateador, entonces son muchas cosas que están en la mente en esos momentos que hacen que uno no disfrute el juego

completo.

Es cien mil veces más fácil dirigir a un equipo todos los días, como mi caso con los Medias Blancas, que hacerlo sólo una vez como pasa en el Juego de Estrellas con todas esas figuras, además de las restricciones que hay ahí.

Claro que lo bueno de ser el manager de ese clásico es que si lo eres es porque ganaste, al menos, el campeonato de la liga y fuiste a la Serie Mundial.

Para mí lo mejor de la experiencia de dirigir al equipo de la Liga Americana en el 2006 fue el recibimiento que tuve que dar a tantas super estrellas. Eso fue algo muy grande, porque estaban tipos con los que había jugado en contra y ahora los estaba dirigiendo y tenían que escucharme dando un discurso. Eso siempre lo pone a uno nervioso, buscando qué decir o qué tipo de reunión hacer. No es fácil porque son 30 peloteros con 30 diferentes managers.

Lo bueno del mío fue que la MLB lo grabó y fue un vacilón, porque lo hice espontáneo y amigable, diciéndoles que lo disfrutaran, que tuvieran suerte y que salieran a ganar. ■

those moments that make you not able to fully enjoy the game.

It is a hundred times easier to manage a team every day, like I do with the White Sox, than doing it just once like with the All-Star game with all those figures and the restrictions that are there.

Of course, the good thing about being a manager of that classic is that if you are it is because you've won at least the league's championship and you went to the World Series the year before.

For me the best of the experience of managing the American League team back in 2006 was the meeting that I had to run with all those superstars. That was something very big, because there were people who I played against and now I was managing them and they had to listen to me giving a speech. That always makes you nervous, deciding what to tell or what kind of a meeting to do. It is not easy because they are 30 players with 30 different managers.

Luckily the MLB recorded it and it turned out to be a blast and pretty funny, because I did it spontaneously and friendly. I told the players to enjoy the game, wished them good luck, and asked them to go out and win. ■

The All-Star experience

by Ozzie Guillen
Ozzie@extranews.net

This season's All-Star game is July 12 and I remember when I went to this classic as a player - three times - and as a manager.

Of the times I went as a player the most special was the first one, as I was nervous, misplaced with all those people together, who I had always dreamed of playing with.

That game, in the 1988 season I was along with Dave Winfield, George Brett, Don Mattingly, Willie Randolph, and many other players who already are in the Hall of Fame or soon will be.

The reception I received was amazing. Players know how each other are and what they do. The time spent in the dugout during the game was great - sharing with each other, asking about each others' teams and all that.

I think that the most special thing about an All-Star game, at least for me it was, is the picture you get to take with all those superstars. That is like a dream come true and you are going to be able to enjoy and remember it for

the rest of your life, because it is immortalized in that picture.

As a manager the experience was much harder. I did not see it as when I was a player, because there is a lot more stress. For two months I was in meetings, looking at which players to take, because it's about team. Additionally, you must review how fans have voted. Every two days there are talks with Major League Baseball (MLB), as they are the ones who give you the names of the players you can choose from.

As a manager you are always going to be criticized, because sometimes players are going to be left out and many should be there. But people do not realize that that is not the manager's decision, but fans' and the MLB's.

People don't really know that as a manager of an All-Star team you only choose two players at the most. Now, the most difficult thing for a manager in an All-Star game is that sometimes there are pitchers who are not able to pitch or that are able to pitch just one inning or a batter. There are a lot of things running through your mind in

Sox busca el primer lugar

por Gerardo Cepeda
Editor@extranews.net

Cuatro juegos en una racha importantísima de 19 partidos tiene a White Sox exclusivamente de cara a sus enemigos divisionales (Royals, Twins, Tigers e Indians) y la promesa de la temporada, está por fin al alcance. Luego de victorias cruciales de visita contra Rockies y Cubs - donde los seis juegos se decidieron por dos carreras o más - el club una vez más logró la marca de 500 el sábado pasado por vez primera desde el 16 de abril.

La marcha firme de regreso ha sido apoyada por un estupendo lanzamiento que ha visto a Philip Humber seguir haciendo ruido, el lanzamiento de Jake Peavy en un sólido retorno, y una banca mejorada con Jesse Crain a la cabeza y el cerrador Sergio Santos en su primer año. El personal mantiene un promedio en ERA de 3.79, 6º en la Liga Americana (hacia la acción del miércoles), que hace a un lado al personal de Cleveland Indians por la cima de la división. Sergio Santos de 27, ex parador en corto se ha catapultado a sí mismo al papel de cerrador oficial con un ERA de 3.07 y 18 salvadas en 21 oportunidades (de cara a la acción del miércoles) que lo coloca en 6º lugar en salvadas en la LA. El ex lanzador de Twins Jesse Crain ha añadido también alivio muy necesario a la banca con 37 juegos lanzados, récord de 4-2, ERA de 2.56 y el mejor bateo en equipo de 169 contra un rival (faltando la acción del miércoles).

La débil ofensiva D con bateo de sólo 252 para el 9º lugar en la LA - debe aún calentar con contribuciones extra de la banca y altibajos a la vista. Con inicios mixtos en lugares en la brecha, a saber en campo abierto Brent Lillibridge, Mark Teahan en el diamante, el receptor Ramón Castro, y un veterano cambiado a bateador Omar Vizquel, Sox puede proveer el sacudido necesario del día para animar el alineado. Adam Dunn, más notablemente sin embargo, tiene el continuo apoyo de la organización para mantener el curso con su adquisición del gran boleto que ha disfrutado en una muy exitosa carrera de 10 años a la fecha con Cincinnati Reds y Washington Nationals. Ya sea el cambio a la Liga Americana y/o expectaciones por primera vez de jugar en un equipo de mercado grande, bajo un manager exigente y ahora presionado a ganar, el cacumen del béisbol dice que Adam Dunn seguirá muy probablemente su bache para ayudar en la segunda mitad.

El equipo y aficionados pueden ya ver de cerca serie por serie el rumbo a la corona de la Central de la LA pendiente. Ganando y conservando el núcleo veterano intacto o quizás despedido para eliminar salarios improductivos - ya sea antes de la fecha límite del 31 de julio o en el invierno - es también un residual financiero pendiente. Las probabilidades del equipo dependen de los altibajos de bateo que nadie espera como preocupación para la campaña 2011 aún al alcance de Guillén y su club.

Para más SoxTalk visite www.extranews.net. ■

Sox eyeing first place

by Gerardo Cepeda
Editor@extranews.net

Four games into an all-important 19 game stretch that has the White Sox exclusively facing their divisional foes (Royals, Twins, Tigers, and Indians) the season's promise is finally within grasp. After crucial back-to-back road series victories against the Rockies and Cubs - where all six games were decided by 2 runs or less - the club once again reached the 500 mark last week Saturday for the first time since April 16th.

The steady climb back has been shouldered by top-to-bottom pitching that's seen Philip Humber continue to make noise, Jake Peavy pitch in with his solid return, and an improved bullpen effort led by Jesse Crain and first-year closer Sergio Santos. The staff boasts an American League 6th overall 3.79 ERA (heading into Wednesday's action) that just edges out the Cleveland Indians staff for the top spot within the division. Sergio Santos, 27, a former shortstop has propelled himself into the official closer role with a 3.07 ERA and 18 saves out of 21 opportunities (heading into Wednesday's action) which puts him 6th overall for saves in the AL. Former Twins hurler Jesse Crain has also added much needed bullpen relief with 37 games pitched, a 4-2 record, 2.56 ERA and a team best 169 opponent batting average (heading into Wednesday's action).

The shaky offense - only batting a 252 for the overall 9th spot in the AL - still needs to pick up steam with added contributions off the bench and turnarounds that are within sight. With spot starts mixed in down the stretch, namely with outfielder Brent Lillibridge, infielder Mark Teahan, catcher Ramón Castro, a veteran switch-hitter Omar Vizquel, the Sox can provide the sometimes necessary game-day shake-up to boost the line-up. Adam Dunn, most noticeably however, has the organization's continued support in staying the course with their big ticket acquisition that's enjoyed a largely successful 10-year career thus far with the Cincinnati Reds and Washington Nationals. Whether it's the switch over to the American League and/or the first-time expectations of playing in a big market team under a manager poised and pressured to win now, baseball acumen says Adam Dunn will likely crawl out of his slump to help out in the second half.

The team and fans can look towards a series-by-series approach down the stretch with the AL Central crown hanging in the balance. Winning and keeping the veteran core intact or possibly being resigned to unload unproductive salaries - either before the July 31st trade deadline or in the winter - is also a financial residual hanging in the balance. The team's chances are pinned on a hitting turnaround that no one expected as a concern for the 2011 campaign that's still within reach for Guillén and his club.

For more SoxTalk visit www.extranews.net. ■

Real Estate : For Sale

IN THE CIRCUIT COURT OF COOK COUNTY,
ILLINOIS COUNTY DEPARTMENT - CHAN-
CERY DIVISION US BANK NATIONAL ASSO-
CIATION, AS SUCCESSOR TRUSTEE TO BANK
OF AMERICA NATIONAL ASSOCIATION
SUCCESSOR BY MERGER TO LASALLE BANK
NATIONAL ASSOCIATION, AS TRUSTEE
FOR MORGAN STANLEY MORTGAGE LOAN
TRUST 2007-3XS Plaintiff, v.- ROSA DE LA
CRUZ A/K/A ROSA M. DE LA CRUZ A/K/A
ROSA DE CRUZ, et al Defendant 10 CH
02072

NOTICE OF SALE PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on May 11, 2011, an agent of The Judicial Sales Corporation, will at 10:30 AM on August 15, 2011, at the The Judicial Sales Corporation, One South Wacker Drive - 24th Floor CHICAGO, IL, 60606, sell at public auction to the highest bidder, as set forth below, the following described real estate:Commonly known as 2338 N. AVERS AVENUE, CHICAGO, IL 60647 Property Index No. 13-35-102-024. The real estate is improved with a multi-family residence. Sale terms: 25% down of the highest bid by certified funds at the close of the auction; The balance, including the Judicial sale fee for Abandoned Residential Property Municipality Relief Fund, which is calculated on residential real estate at the rate of \$1 for each \$1,000 or fraction thereof of the amount paid by the purchaser not to exceed \$300, in certified funds, is due within twenty-four (24) hours. No fee shall be paid by the mortgagor acquiring the residential real estate pursuant to its credit bid at the sale or by any mortgagee, judgment creditor, or other lienor acquiring the residential real estate whose rights in and to the residential real estate arose prior to the sale. 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. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgaggee or the Mortgagee's attorney.

of \$1 for each \$1,000 or fraction thereof of the amount paid by the purchaser not to exceed \$300, in certified funds, is due within twenty-four (24) hours. No fee shall be paid by the mortgagee acquiring the residential real estate pursuant to its credit bid at the sale or by any mortgagee, judgment creditor, or other lienor acquiring the residential real estate whose rights in and to the residential real estate arose prior to the sale. 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. For information, contact Plaintiff's attorney: RANDALL S. MILLER & ASSOCIATES , 120 N. LASALLE STREET, SUITE 1140, Chicago, IL 60602, (312) 239-3432 . Please refer to file number 10IL00576-1. 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.jsc.com for a 7 day status report of pending sales. RANDALL S. MILLER & ASSOCIATES 120 N. LASALLE

FOR 30 DAYS AFTER ENTRY OF AN ORDER OF POSSESSION, IN ACCORDANCE WITH SECTION 15-1701(C) OF THE ILLINOIS MORTGAGE FORECLOSURE LAW. For information, contact Plaintiff's attorney: The Sale Clerk, CODILIS & ASSOCIATES, P.C., 15W030 NORTH FRONTAGE ROAD, SUITE 100, BURR RIDGE, IL 60527, (630) 794-9876 between the hours of 1 and 3 PM only and ask for the sales department.. Please refer to file number 14-10-13659. 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.jsc.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) 794-9876 Attorney File No.: 14-10-13659 ARDC# 00468002 Attorney Code. 21762 Case # 10 CH 019904 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. 1359058

239-3432 Attorney File No.: 10IL00576-1 Attorney Code. 46689 Case # 10 CH 49019 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. 1359010

not to exceed \$300, in certified funds, is due within twenty-four (24) hours. No fee shall be paid by the mortgagee acquiring the residential real estate pursuant to its credit bid at the sale or by any mortgagee, judgment creditor, or other lienor acquiring the residential real estate whose rights in and to the residential real estate arose prior to the sale. 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

(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. For information, contact Plaintiff's attorney: The Sale Clerk, CODILIS & ASSOCIATES, P.C., 15W030 NORTH FRONTEAGE ROAD, SUITE 100, BURR RIDGE, IL 60527, (630) 794-9876 between the hours of 1 and 3 PM only and ask for the sales department.. Please refer to file number 14-10-12375. 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 FRONTEAGE ROAD, SUITE 100 BURR RIDGE, IL 60527 (630) 794-9876 Attorney File No.: 14-10-12375 ARDC# 00468002 Attorney Code. 21762 Case # 10 CH 022072 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. 1358380

IN THE CIRCUIT COURT OF COOK COUNTY,
ILLINOIS COUNTY DEPARTMENT - CHAN-
CERY DIVISION DEUTSCHE BANK NA-
TIONAL TRUST COMPANY, AS TRUSTEE FOR
IXIS REAL ESTATE CAPITAL TRUST 2007-HE-1
MORTGAGE PASS THROUGH CERTIFICATES,
SERIES 2007-HE-1 Plaintiff, v.- PATRICK STE-
VEN, et al. Defendant, 10 CH 40019.

VENS, et al Defendant 10 CH 49019
NOTICE OF SALE PUBLIC NOTICE IS
HEREBY GIVEN that pursuant to a Judgment of
Foreclosure and Sale entered in the above cause
on May 19, 2011, an agent of The Judicial Sales
Corporation, will at 10:30 AM on August 18,
2011, at The Judicial Sales Corporation, One
South Wacker Drive - 24th Floor CHICAGO, IL,
60606, sell at public auction to the highest bidder,
as set forth below, the following described
real estate: . Commonly known as 3405 WEST
DICKENS, Chicago, IL 60647 Property Index
No. 13-35-229-013-0000. The real estate is
improved with a multi-family residence. The
judgment amount was \$276,749.65 Sale terms:
25% down of the highest bid by certified funds
at the close of the auction; The balance, includ-
ing the Judicial sale fee for Abandoned Residential
Property Municipality Relief Fund, which is
calculated on residential real estate at the rate

DILIS & ASSOCIATES, P.C. , 15W030 NORTH FRONTAGE ROAD, SUITE 100, BURR RIDGE, IL 60527, (630) 794-9876 between the hours of 1 and 3 PM only and ask for the sales department.. Please refer to file number 14-10-32038. 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.jsc.com for a 7 day status report of pending sales. CO-DILIS & ASSOCIATES, P.C. 15W030 NORTH FRONTAGE ROAD, SUITE 100 BURR RIDGE, IL 60527 (630) 794-9876 Attorney File No.: 14-10-32038 ARDC# 00468002 Attorney Code. 21762 Case # 10 CH 039712 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. I359841

IN THE CIRCUIT COURT OF COOK COUNTY,
ILLINOIS COUNTY DEPARTMENT - CHAN-
CERY DIVISION CITIMORTGAGE, INC. Plaintiff,
-v.- KEVIN BERGERON, et al Defendant
10 CH 031752

NOTICE OF SALE PUBLIC NOTICE IS
HEREBY GIVEN that pursuant to a judgment

of Foreclosure and Sale entered in the above cause on May 18, 2011, an agent of The Judicial Sales Corporation, will at 10:30 AM on August 19, 2011, at the The Judicial Sales Corporation, One South Wacker Drive - 24th Floor CHICAGO, IL, 60606, sell at public auction to the highest bidder, as set forth below, the following described real estate: Commonly known as 2659 W. HIRSCH STREET UNIT #3, CHICAGO, IL, 60622 Property Index No. 16-01-217-048-1009, Property Index No. (UNDERLYING 16-01-217-001). The real estate is improved with a residence. Sale terms: 25% down of the highest bid by certified funds at the close of the auction; The balance, including the judicial sale fee for Abandoned Residential Property Municipality Relief Fund, which is calculated on residential real estate at the rate of \$1 for each \$1,000 or fraction thereof of the amount paid by the purchaser not to exceed \$300, in certified funds, is due within twenty-four (24) hours. No fee shall be paid by the mortgagor acquiring the residential real estate pursuant to its credit bid at the sale or by any mortgagee, judgment creditor, or other lienor acquiring the residential real estate whose rights in and to the residential real estate arose prior to the sale. 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. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. 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

be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. 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 representations 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. For information, contact Plaintiff's attorney: The Sales Clerk, CODILIS & ASSOCIATES, P.C., 15W030 NORTH FRONTAGE ROAD, SUITE 100, BURR RIDGE, IL 60527, (630) 794-9876 between the hours of 1 and 3 PM only and ask for the sales department. Please refer to file number 14-10-08302. THE JUDICIAL SALES CORPORATION, One South Wacker Drive, 24th Floor, Chicago, IL 60606-4560 (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) 794-9876 Attorney File No.: 14-10-08302 ARDC# 00468002 Attorney Code: 21762 Case # 10 CH 012688 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. 1360713

IN THE CIRCUIT COURT OF COOK COUNTY,
ILLINOIS COUNTY DEPARTMENT - CHAN-
CERY DIVISION CENTRUST BANK, N.A.
AN ILLINOIS BANKING CORPORA-
TION Plaintiff, vs. FULLERTON-
KEDZIE CONDOMINIUMS, LLC, AN ILLINOIS
LLC., SPALTER FINANCE, CO., MB FINANCIAL
BANK, FULLERTON-KEDZIE CONDOMINIUM
ASSOCIATION, MARTINEZ ARCHITECTS,
KNOWN TRUST BENEFICIARIES, UNKNOWN
TENANTS, UNKNOWN OWNERS AND NON
RECORD CLAIMANTS, Defendants, 09 CH
50189

NOTICE OF SALE

PUBLIC NOTICE is hereby given that pursuant to a Judgment of Foreclosure entered in the above entitled cause on January 6, 2011, Inter-county Judicial Sales Corporation will on Friday, August 5, 2011, at the hour of 11 a.m. in their office at 120 West Madison Street, Suite 718A, Chicago, Illinois, sell to the highest bidder for cash, the following described mortgaged real estate:

Commonly known as 3225 - 3231 W. Fullerton, Units 3NC and 4NC, Chicago, IL 60647.
P.I.N. 13-35-208-003-0000 & 13-35-208-004-0000.

The improvement on the property consists of a condominium residence. The purchaser of the unit other than a mortgagee shall pay the assessments and the legal fees required by subdivisions (g)(1) and (g)(4) of Section 9 of the Condominium Property Act. Sale terms: Bidders must present, at the time of sale, a cashier's or certified check for 10% of the successful bid amount. The balance of the successful bid shall be paid within 24 hours by cashier's funds. There

be paid within 24 hours, by similar funds. The property will NOT be open for inspection.

North Northwest Highway, Chicago, Ill.
60631. (773) 763-4400.

Selling Officer, (312) 444-1122 1364212

ILLINOIS COUNTY DEPARTMENT - CHANCERY DIVISION CITIMORTGAGE, INC. Plaintiff, -v.- ALICE SINGLETON A/K/A ALICE F. SINGLETON-HUBER, et al Defendant 10 CH 04335

NOTICE OF SALE PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on February 25, 2011, an agent of The Judicial Sales Corporation, will at 10:30 AM on August 1, 2011, at the The Judicial Sales Corporation, One South Wacker Drive - 24th Floor CHICAGO, IL, 60606, sell at public auction to the highest bidder, as set forth below, the following described real estate: Commonly known as 3705 W. ALTGELD STREET A/K/A 2454 N. LAWNDALE AVENUE UNIT #2, CHICAGO, IL 60647 Property Index No. 13-26-328-039-1011, Property Index No. (Underlying PIN 13-26-328-018). The real estate is improved with a condo/townhouse. Sale terms: 25% down of the highest bid by certified funds at the close of the auction; The balance, including the Judicial sale fee for Abandoned Residential Property Municipality Relief Fund, which is calculated on residential real estate at the rate of \$1 for each \$1,000 or fraction thereof of the amount paid by the purchaser not to exceed \$300, in

certified funds, is due within twenty-four (24) hours. No fee shall be paid by the mortgagee acquiring the residential real estate pursuant to its credit bid at the sale or by any mortgagee, judgment creditor, or other lienor acquiring the residential real estate whose rights in and to the residential real estate arose prior to the sale. 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. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. 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. For information, contact Plaintiff's attorney: The Sale Clerk, CODILIS & ASSOCIATES, P.C., 15W030 NORTH FRONTAGE ROAD, SUITE 100, BURR RIDGE, IL 60527, (630) 794-9876 between the hours of 1 and 3 PM only and ask for the sales department.. Please refer to file number 14-10-32034. 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) 794-9876 Attorney File No.: 14-10-32034 ARDC# 00468002 Attorney Code. 21762 Case # 10 CH 041335 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. 1364732

IN THE CIRCUIT COURT OF COOK COUNTY,
ILLINOIS COUNTY DEPARTMENT - CHAN-
CERY DIVISION US BANK NATIONAL AS-
SOCIATION Plaintiff, -v.- ALFREDO VALEN-
ZUELA, et al Defendant 10 CH 046177
NOTICE OF SALE PUBLIC NOTICE IS

NOTICE OF SALE PUBLIC NOTICE IS
HEREBY GIVEN that pursuant to a Judgment
of Foreclosure and Sale entered in the above

cause on May 6, 2011, an agent of The Judicial Sales Corporation, will at 10:30 AM on August 9, 2011, at The Judicial Sales Corporation, One South Wacker Drive - 24th Floor CHICAGO, IL 60606, sell at public auction to the highest bidder, as set forth below, the following described real estate: Commonly known as 2641 N. CENTRAL PARK AVENUE, CHICAGO, IL 60647 Property Index No. 13-26-409-007. The real estate is improved with a single family residence. Sale terms: 25% down of the highest bid by certified funds at the close of the auction; The balance, including the Judicial sale fee for Abandoned Residential Property Municipality Relief Fund, which is calculated on residential

fraction thereof of the amount paid by the purchaser not to exceed \$300, in certified funds, is due within twenty-four (24) hours. No fee shall be paid by the mortgagee acquiring the residential real estate pursuant to its credit bid at the sale or by any mortgagee, judgment creditor, or other lienor acquiring the residential real estate whose rights in and to the residential real estate arose prior to the sale. 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. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. 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 fore-

Real Estate : For Sale

IL 60527 (630) 794-9876 Attorney File No.: 14-10-26645 ARDC# 00468002 Attorney Code. 21762 Case # 10 CH 038909 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. I358036

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS COUNTY DEPARTMENT - CHANCERY DIVISION PROVIDENT FUNDING ASSOCIATES, L.P. Plaintiff, -v- RYSZARD NOWICKI AKA RYSZARD NOWICKA, et al Defendant 10 CH 29731

NOTICE OF SALE PUBLIC NOTICE IS HEREBY GIVEN that pursuant to a Judgment of Foreclosure and Sale entered in the above cause on April 28, 2011, an agent of The Judicial Sales Corporation, will at 10:30 AM on August 1, 2011, at the The Judicial Sales Corporation, One South Wacker Drive - 24th Floor CHICAGO, IL, 60606, sell at public auction to the highest bidder, as set forth below, the following described real estate: Commonly known as 832 NORTH WASHTEEN AVENUE UNIT 2, CHICAGO, IL 60622 Property Index No. 16-01-425-051-1002. The real estate is improved with a red brick condominium; two car detached garage. Sale terms: 25% down of the highest bid by certified funds at the close of the auction; The balance, including the Judicial sale fee for Abandoned Residential Property Municipality Relief Fund, which is calculated on residential real estate at the rate of \$1 for each \$1,000 or fraction thereof of the amount paid by the purchaser not to exceed \$300, in certified funds, is due within twenty-four (24) hours. No fee shall be paid by the mortgagor acquiring the residential real estate pursuant to its credit bid at the sale or by any mortgagee, judgment creditor, or other lienor acquiring the residential real estate whose rights in and to the residential real estate arose prior to the sale. 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 con-

dominium 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. For information: Visit our website at <http://service.attys-pierce.com>. Between 3 p.m. and 5 p.m. only. Pierce & Associates, Plaintiff's Attorneys, 1 North Dearborn Street, Chicago, Illinois 60602. Tel.No. (312) 476-5500. Refer to File Number 1013510.

INTERCOUNTY JUDICIAL SALES CORPORATION
Selling Officer, (312) 444-1122 I361470

IN THE CIRCUIT COURT OF COOK COUNTY, ILLINOIS COUNTY DEPARTMENT - CHANCERY DIVISION ARCH BAY HOLDINGS, LLC - SERIES 2010A Plaintiff, vs. EDDIE C. ISHOO: UNKNOWN HEIRS AND LEGATEES OF EDDIE C. ISHOO, IF ANY; UNKNOWN OWNERS AND NON RECORD CLAIMANTS: Defendants, 10 CH 21387

PUBLIC NOTICE is hereby given that pursuant to a Judgment of Foreclosure entered in the above entitled cause on November 16, 2010, Intercounty Judicial Sales Corporation will on Thursday, July 21, 2011, at the hour of 11 a.m. in their office at 120 West Madison Street, Suite 718A, Chicago, Illinois, sell to the highest bidder for cash, the following described property:

P.I.N. 17-06-110-020-0000.

Commonly known as 1411 NORTH OAKLEY BOULEVARD, CHICAGO, IL 60622.

The improvement on the property consists of a 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 18.5 of the Condominium Property Act. Sale terms: 25% down by certified funds, balance within 24 hours, by

CONÉCTESE >> STAY CONNECTED

extra
Two Languages Una Voz

Visítenos | Visit us:

www.extranews.net

Suscríbase a nuestro boletín electrónico

Subscribe to our newsletter

newsletter.extranews.net



ENVÍENOS SU ANUNCIO

TERNIMNO todo clasificados

MIERCOLES 11AM
tel. (773)252-3534
fax. (773)252-4073ClassAd@extranews.net
HORASLunes a Viernes 9 am - 4pm
Su anuncio llega a todo Chicago y 22 suburbios>> Más anuncios
hacia atrás>> More Ads
in the back**CLASIFICADOS**

extranews.net

**LOGAN SQUARE • LAKEVIEW • BUCKTOWN • ROGERS PARK • PILSEN • LITTLE VILLAGE • BACK OF THE YARDS • 22 SUBURBS****Por Favor Cheque Su Anuncio:** Somos responsables por errores en anuncios sólo la **primera** emisión. Nuestra responsabilidad puede no exceder el costo de un anuncio sencillo.
Please Check Out Your Ad: We are responsible for mistakes in ads only at the **first** edition. Our responsibility may not exceed the cost of a single ad.**SERVICES****"MASTER FLOORING"**
*Tile * Harwood * Carpet
www.masterflooringinc.com
(773) 550-3591**4321 W. CORTEZ** large 2 bedroom, dinning room, HEAT AND ELECTRICITY INCLUDED, \$950/mt. (773) 384-5099**ABRIMOS SU CANO TAPADO**
Destapamos tinas, lavamanos y linas principales. *** MEJORES PRECIOS*** Chicago, Suburbos. 773-406-4670**ADDISON AUTO RECYCLING**
We buy junk cars. GET \$200-\$2900 Free Pick Up. Call (630) 546-5651**LOGAN SQUARE** Apartamentos en renta de 1 y 2 recamaras \$650.00 -\$700.00/ mes utilidades no incluidas mas deposito. Maria al 773-428-2924**BUSINESS OPPORTUNITIES****SE VENDE DAY SPA & HAIR SALON** Area de Harlem/Diversy super equipado con clientela! (708) 715-7043 (708) 715-7043**EMPLOYMENT****BABYSITTER
NEEDED**

I am looking for a babysitter urgently for my 3kids, you will be paid \$600 weekly, and car will be provided, just take care of our babies for us, email. merissalam56@gmail.com

DISTRIBUIDORA DE LACTEOS
solicita chofer con licencia-de-manejo para transportarse a los Estados de Michigan, Indiana y ciudad de Chicago. Comunicarse 773-823-1486**EXPERIENCED DRIVER CDL**
"A" 25 years old minimun, good driving record, dumptruck, local job, FULL TIME, Monday -Friday. (708) 259 8430**FURNITURE CO SEEKS**

FULL-TIME experienced repair-refinishing man. \$12-\$15/hour. Able to drive. Call 630-408-9888. Interviews at 35S Cass Westmont 60559

NIJO INC Is looking for experienced sewing operators. 708-547 1290 Call for appointment between 8 AM & 1 pm (708) 547-1290**NOW HIRING
100 POSITIONS**

AVAILABLE!! Apply 7423 W. Archer Ave. Summit Argo, IL 60501 Mon-Fri 8:30am - 3:00pm -ORDER PULLERS -GENERAL LABOR **BRING PROPER I. D.** EMPLEO DISPONIBLE 100 POSICIONES INMEDIATAS Aplique en: 7423 W. Archer Ave. Summit Argo, IL 60501 Lun-Vier 8:30am - 3:00pm -TRABAJO EN GENERAL Debe ser Bilingue (Ingles) **TRAER DOCUMENTOS PARA APLICAR**

PERSONAL ASSISTANT

Homecare, needed in Skokie IL. American Person Who Speaks Spanish. 773-991-7044 Flexible Hours. Information Judith 773-509-6455

SOLICITAMOS 20 PERSONAS

Emprendedoras y con deseos de superacion. Medio tiempo o tambien tiempo completo. ¡Fije sus propios ingresos! LLAMAR 630-697-4843

HELP WANTED

LUCHA busca una Organizadora Comunitaria a trabajar facilitando reuniones de planificación comunitaria, entrenamiento de liderazgo, y a organizar a los residentes para abogar por viviendas asequibles para gente de bajo ingreso. 1-2 años exp. \$15/h - 29 horas / semana. Entrega su resumen a 3541 W. North Ave. Chicago, IL o mándalo a jfujan@lucha.org antes del Julio 20.

VERY BUSY USED CAR LOT IS

looking for experienced salesperson. Great Salary Commission. Call Al: (773) 203-0396 (773) 262-7500

VERY BUSY USED CAR STORE seeking experienced Spanish speaking Sales Person. Salary, Comission and Benefits. Call Al at: 773-203 0396**APARTMENT****\$700 +DEP APTO. 1 RECAMA-RA** 2do Piso. Hardwood floors. Calefaccion Incluida. Llamar para cita 773-551-5832***APARTAMENTOS ESTUDIOS***

838 W. Sunnyside \$600-\$650, incluye calefaccion y gas de cocinar. James 773-317-3366

1 MONTH FREE!! FRANKLIN PARK / Villa Park 3 Bedroom town house 1 1/2 bathrooms, big basement; \$900. month. (708) 650-8022**2 CAR GARAGE SPACES**

4306 w. crystal. Good security, enclosed gate. \$150/month. (773) 384 5099

79TH/ HARLEM Gorgeous 1 & 2 bedrooms, remodeled, painted, carpet, nice area, \$675-\$850. (708) 997-7307**APARTAMENTO 3311 W PIERCE CHICAGO,** 2 recamaras, alfombrado, en primer piso trasero. Llamar a Ramon 773-235-9206**ARMITAGE & SAWYER** 2 & 3 Bedrooms apartment Available Newly remodeled, Hardwood Floors, Refrigerator and stove included. Gates, Parking included Call Alida 773-592-4446**CHICAGO AVE. & HOMAN AVE.** 4 rooms, large kitchen and living room, clean, remodeled, utilities included, \$1,450/ mt. * Studio \$450, all included. (773) 616-1667**DIVERSY & HARLEM** 1, 2, 3 Recamaras Disponibles. Pisos de Madera con Calefaccion! Section(8)-Bienvenida. (773) 852-6974**DIVISION / LAWNDALE**

Apartamentos grandes de 1 recamara \$550 + deposito. Pisos refinados, recien pintados. 4 bloques al oeste de Humboldt Park. Llame al 773-988-1402 por favor deje mensaje en Español

IRVING PARK/ PULASKI

Remodeled studios, no deposit!, heat included, from \$550. "Legend Group": 773-793 2616. IRVING PARK/ PULASKI: Estudios remodelados, No deposito!, Calefaccion Incluida, desde \$550. Julio: 773-7932616

LAWRENCE/PULASKI

1 bedroom \$700 heat included !, 2 bedroom available july 1st, \$875, Heat included!. (773) 5177350

NO DEPOSIT Studio 1 2 and 3 bedroom \$450 thru \$950 Section 8 also Welcome (847) 401-4574**COMMERCIAL PROPERTY**

FOR RENT REALLY NICE STOREFRONT. Drive by and take a look at 3914 W. North Ave. 1200 Sq. feet with handicapped bathroom, brick walls, nice carpeting, small kitchen, private office, nice reception area. Central air & heat and nice backyard. \$875 per month. Call Mila at 312-622-1245 or leave a message at 708-386-6019

SE VENDE SALON DE BELLEZA para toda la familia. Buena Oportunidad de negocio. Renta Baja. Precio \$8,900. Con clientela y elegante. Kedzie y 66TH ST. 773-957-2900 y 559-800-5535**ROOMS****LOGAN SQUARE** Cuartos para dormir \$350.00/ mes incluye utilidades, limpios, y seguros. 2014 N. Kedzie Por Favor LLame a Maria al 773-428-2924**REAL ESTATE**

HAGASE DE SU CASA!! No Chequeamos Credito. Para mas informacion con Emanuel 773-531-5412 y visite www.urbchicago.com

STRIP MALL With Auto Repair Car Wash. Restaurant, Plus More Walmart Near By 78th and Ashland. Robert (773) 320-6087**PLACE YOUR AD****DEADLINE** all classifiedsWEDNESDAY 11AM
tel. (773)252-3534
fax. (773)252-4073ClassAd@extranews.net
HOURSMonday thru Friday 9 am - 4pm
Your weekly ad will reach Chicago & 22 surrounding Suburbs

AUTO-REPAIR Mecanica en General, Electronica, Motores, Transmisiones, Frenos, Test del Humo, Compramos carros JUNK. (773) 252-5979

PINEDAS TOWING Compramos carros chatarra con/ sin Titulo. Todos los dias en EFECTIVO\$\$. 773-640-0514 y 773-490-9531

SAM'S AUTO SALES**3377 N. Milwaukee Chicago, IL**
www.samsautochicago.com95' Honda Civic \$2,200
93' Toyota Corolla \$1,200
96' Toyota Camry \$2,200
01' Ford Taurus \$2,200
00' Dodge Durango \$3,400
99' Plymouth Neon \$1,900
93' Volvo 240 \$1,000**iTODOS SERAN APROBADOS PARA FINCIAR!**Llame al:
(773) 282-1098**SELL YOUR CAR ADS HERE WITH EXTRA NEWSPAPER!**
773-252-6031**ADULT SERVICES**

LINDAS CHICAS LATINAS SEXYS Te esperan Area del-Norte. NO TE ARREPENTIRAS!! Ven a conocernos. 773-630-8724

EL TRASERO**DENTISTA**
PUBLIC AID
WELCOME! "FAMILY DENTAL CARE"
4635 W. 63RD ST. CHICAGO (2 BLOCKS EAST OF CICERO AVE.)
9201 BROADWAY BROOKFIELD IL. 60513
773-735-7730

CDL TRAINING

CDL

MID CITY
TRUCK DRIVING
ACADEMY

Entrenamiento CDL para conducir camiones.

CLASES EN ESPAÑOL E INGLÉS

Instructores experimentados,
clases 7 días a la semana.

Colocación de trabajo disponible.
Acreditado por la Secretaría del
Estado de Illinois para proporcionar
entrenamiento en conducción de camiones.



773-725-3000
Preguntar por Ricardo
6740 W. Belmont Ave.
Chicago, IL 60634

ADOPTION



UNPLANNED PREGNANCY?

ADOPTION

Is a Wonderful Choice Confidential, Financial Assistance,
Housing, Medical. You choose the Lic'd Family Open
or Closed adoptions.

1-888-442-3678

We care- We help - Lic# 492048

HEALTH



*"He perdido 40 libras y ahora estoy
ayudando a otros perder peso".*

¡CONSULTA GRATIS!
¡MUESTRAS GRATIS!

LLAMA AHORA! :

(847) 962-8881

7042 W. HIGGINS AVE., CHICAGO, IL 60656

BUSINESS DIRECTORY



Bodas y XV Años
Fotos
Álbum de fotos
Pantalla gigante
Slice de foto y video

Scrapbook
Banner para todo evento
Transmisión en vivo,
Vía internet

773.320.2998
2500 S. Christiana | Chicago, IL 60623
www.imangenes.com

COMPRAMOS ORO
Y PLATA

GATO & SONS

¿NECESITAS DINERO?
Compramos cadenas,
anillos, aretes y toda
clase de joyas.
¡Pagamos mejores precios!
(773)777-4484

4849 W. Irving Park Rd. • Chicago, IL 60641

ADVENTURE

**African Safari
WILDLIFE PARK®**

267 Lightner Road
Port Clinton, OH 43452
1-800-521-2660

Drive-Thru Safari
Feed the animals and enjoy fun shows!

Only 20 minutes west
of Cedar Point!



African Safari Wildlife Park

\$3.00 Off	Adult Ticket (7 years+)
\$2.00 Off	Children's Ticket (4-6 years)
\$49.95 Carload (Up to 6 people)	

Provide e-mail address to redeem this coupon
Good for up to 6 people with coupon • May not be used in combination
with any other offer • Exp. 12/4/11
www.africansafarilwildlifepark.com

APARTMENTS NORTH

RE-OPENING WAITING LIST

Jorge Hernández Apartments is re-opening their Subsidized Housing Waiting List for the one (1), two (2) and three (3) bedroom apartments for one day only: Friday, July 15, 2011 from 10:00am to 3:00pm. A maximum of 72 (1) bedroom and 60 (2) bedroom and 6 (3) bedrooms pre-applications will be accepted. Persons interested in receiving a pre-application card must call the office at 773-772-4800. NO WALK-INS WILL BE ACCEPTED.

Jorge Hernández Apts is a federally subsidized Family Development which is PROJECT BASED and therefore cannot accept section 8 vouchers or certificates.

Jorge Hernández Apartments estará abriendo su lista de espera para apartamentos de uno (1), dos (2) y (3) cuartos de dormitorio, el viernes, 15 de julio de 2011 desde las 10:00am hasta la 3:00pm solamente. Se aceptaran solamente 72 aplicaciones para apartamentos de un dormitorio, 60 aplicaciones para los de dos dormitorios y 6 aplicaciones para tres dormitorios. Todos los interesados tienen que llamar al 773-772-4800. NO SE ACCEPTARA INFORMACION EN PERSONA

Jorge Hernández Apartments. Es un Desarrollo Familiar con subsidio de fondos federales la cual es "PROJECT BASED" y por lo tanto no puede aceptar bonos de la sección 8 o certificados.



EQUAL HOUSING OPPORTUNITY



HEATING & A/C

**MONTIEL HEATING
AND A/C**



Instalación y Reparación
¡Estimados
GRATIS!

Call Ricardo: **(312) 806-4807**

BUSINESS DIRECTORY

Fast CASH For GOLD

Se compra al mejor PRECIO



- Oro
 - Plata
 - Platino
 - Diamantes
 - Relojes
 - Monedas
- iBONO de 25%!
en la venta de su
joyería de Oro y Plata
vieja o rota,
iLa compramos toda!
iEN EFECTIVO!

1346 W. Irving Park Rd. | Bensenville, IL 60106 (West of RT 83)

630-422-1373

7614 W. Irving Park Rd. | Norridge, IL 60706 (West of Harlem)

708-395-5432

Lainez Roofing
General Contractor

Room Additions
Flat Roofs • Shingles
• Tear Offs • Siding • Carpentry

Trabajos Garantizados

773-885-3284
773-816-2622

Estimados GRATIS
Licensed & Bonded
Oscar Laines

Mejoramos Presupuesto

Trabajos Garantizados

773-885-3284
773-816-2622

Estimados GRATIS
Licensed & Bonded
Oscar Laines

Villarreal

Real Estate Appraisal

¿Necesita saber el valor de su propiedad?

Llame: **(773) 542-5507**

Daniel Villarreal, Certified Appraiser

**3934 W. 26th St.
Chicago, IL 60623**



¿Cansado
de pagar
mortgage
o renta
muy altas?

EXHIBICIÓN DE CASAS MÓVILES

- Nuevas y usadas de 1,2 y 3 recámaras
- Casas móvil usada puede ser suya con \$1,000 de enganche.
- Todo está a su alcance, tiendas de comercio, Metra, Pace y Autopista 1-57

Visítenos en:

Modern Estates

MHP y Forest View MHP

14001 S. Western Ave., Dixmoor, IL 60426

Horario: Lunes a Sábado 8am-4:30pm

Exhibición de Casa Móviles : Sábado 10am-6pm

Por favor pregunte por Rosemary:
(708) 389-8100 ó (773)491-0061

OFFICE FOR RENT



FOR RENT - REALLY NICE STOREFRONT.

Drive by and take a look at **3914 W. North Ave.**
1200 Sq. feet with handicapped bathroom, brick walls,
nice carpeting, small kitchen, private office, nice reception
area.
Central air & heat and nice backyard.
\$875 per month.
Call Mila at 312-622-1245 or leave a message at
708-386-6019

BINGO



6143 West Irving Park Road
Chicago, Illinois 60634
ph.: 773.736.8806 | fax: 773.725.3461

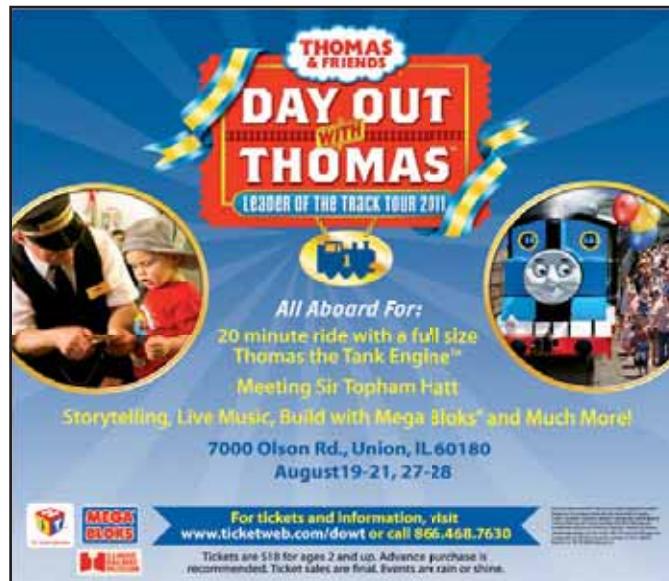
DOORS OPEN AT 5PM
GAME BEGINS 7PM.
FREE PARKING!

ON DAKIN & 2 ADDITIONAL LOTS
ON IRVING PARK ENTRANCE ON
DAKIN PARKING LOT
Two \$500.00 GAM ES!
AND MORE!!!!

PULL-TABS LIGHTING & TIC TAC
HEAT AND AIR CONDITIONING
TASTY TREATS, DRINKS, BYOB

THURSDAY NIGHT
BINGO
DOORS OPEN AT 5pm

ADVENTURE



RESTAURANT



PLACE YOUR AD HERE!

- help wanted
- real estate
- rentals
- pets
- vehicles
- business
- restaurants
- + more

773.252.3534

CATHOLIC SERVICES



Rev. Nicholas R. Desmond 2300 W. Lemoyne | Chicago, IL 60622

English Masses

- Youth Mass (the last Saturday of every month at 5:30pm)
- Saturday evening at 5:30 pm
- Sunday morning at 7:45 am
- Sunday morning at 10:30 am

Spanish Masses

- Sunday morning at 9:00 am
- Sunday noon at 12:00 pm

Reconciliation (bi-lingual, individual)

- Saturday afternoons from 4:00-5:00 pm

Daily Masses at 8:00 am Monday through Saturday

- 8:00 am bi-lingual Mass on Tuesdays, Wednesdays and Thursdays

Our prayer groups meet at the following times:

- Sunday Guadalupano at 10:00 am
- Monday Marcha Triunfal at 7:00 pm
- Tuesday Charismatic at 7:30 pm
- Wednesday Filipino Legion of Mary 4pm
- Thursday Thursday Night Prayer Group at 7:30 pm
- Third Saturdays holy hour and Adoration at 7 pm
- Saturday young people Legion of Mary at 12 noon
- Saturday Spanish Legion of Mary at 1:30 pm
- Saturday English Legion of Mary at 4:00 pm

EDUCATION



Symbol Job Training, Inc.
**ESCUELA DE TALLER
DE MAQUINA**
Manos en entrenamiento

Becas Disponibles
8106 N. Ridgeway | Skokie, IL 60076
www.symboljobtraining.com

ROOMS

CUARTOS SENCILLOS PRIVADOS

\$325.00

Incluye calefacción, y electricidad. \$50.00 de depósito por llave. Limpios y amueblados con baños/duchas compartidos. Refrigerador, y aire acondicionado disponible para rentar mensuales o semanales.

LUGO HOTEL

2008 S. Blue Island
773-841-7461 o 312-226-5818



AMERICA'S LARGEST Railway Museum

- Ride trolleys, interurbans, and coaches on our railroad!
- Explore the displays in car barns and open railyards

Hours of Operation:

Sundays: April - October:
10:30 a.m. to 5 p.m.

Saturdays: May - October:
10:30 a.m. to 5 p.m.

Weekdays: Memorial Day - Labor Day:
10 a.m. to 4 p.m.

Free Parking & Picnic Area!



For Information: Call 1-800-BIG-RAIL
visit: www.irm.org

7000 Olson Rd., Union IL 60180 (Take I90 to Hwy 20 Exit—Follow the Signs)

BUSINESS DIRECTORY

DENTISTAS – DENTADURAS

33 AÑOS DE EXPERIENCIA - DEDICACIÓN - EXCELENCIA - HONESTIDAD

- Dos dentistas para niños y adultos • Vea al dentista hoy • Trabajo de laboratorio (dentadura en el sitio) • Chequé nuestros precios bajos • Planes de pago sin interés
- Se aceptan seguros (PPO, HMO y Medicaid) • Odontología cosmética y frenos invisibles

Blanqueado de dientes - Extracciones - Cirugía oral - Coronas - Puentes - Tratamiento de encías - Canalizaciones - Puentes - Rellenos blancos - Restauración de implantes y dentaduras

Dentaduras completas desde \$595

HABLAMOS ESPAÑOL E INGLÉS

Dr. G.B. Patel D.D.S. & Dr. Atul Patel D.D.S.

Primer visita GRATIS con este cupón

Planes de pago

Abierto Lun. - Sáb. 10am-6pm

2957 W. Armitage, Chicago

(773) 772-0077

Realineado de dentadura \$195

Reparación de dentadura \$25

BALLOONS FOR EVERYTHING

Le ofrece todo tipo de decoración con globos para todo evento o celebración, nosotros le decoramos Banquetes, Iglesias, Salones, Jardines, etc. Desde Fiestas Infantiles, Bodas, Quinceañeras XV, Bautizos, Primera Comuniones y mucho más. Globos para toda ocasión Disney Mickey Mouse y Minnie Mouse, Airwalkers, Disney Cars, Disney Princess, Elmo, Sesame Street, Super Heroes y mucho más.



Para más información por favor de llamar al: 773-331-1919 o partyballoons@live.com o visítenos en nuestra página de internet www.balloonsforeverything.com

**Aprenda a Decorar Fiestas**

con los cursos Básicos y Avanzados de

Luz Marina Paz-Bucio

Decoradora profesional Certificada C.B.A.

(312) 507-4753 (317) 331-3400

www.fiestapartycorp.com**iNuevo Ciclo de Clases los Domingos!**

Julio 17 Curso Básico / Bodas y Quinceañeras 1

Agosto 21 Linkoloop 1 / Esculturas 1

Septiembre 18 Curso Básico / Paredes y techos

Octubre 16 Fiestas Infantiles 1 / Bodas y Quinceañeras 2

Noviembre 20 Linkoloop 2 / Esculturas 2

Diciembre 18 Pisos y Más / Fiestas Infantiles 2



Light House Banquet Hall 2600 W. 35th St. Chicago, IL. 60632

Bonita. Maquillaje Permanente sin dolor
Cejas, ojos, y labios / Aplicamos colágeno

- Corregimos líneas de expresión y arrugas
- Aumento de senos y de gluteos

Resultados inmediatos y sin cirugía

708.599.1896 Atendemos a Domicilio

MIKE'S FURNITURE

Estufas, Congeladores, Máquinas de lavar y secar, por \$99 o más.

Camas matrimoniales \$99

Camas individual \$89

Camas literas \$199

Set de sala de 3 piezas \$225

Camas de bebé \$139, y muchos más muebles para su casa.



Pregunte por Chela
1259 N. Ashland • 773-276-0599

ADULT SERVICES

La Línea De Hombres Para Hombres

PRUEBA GRATIS

312.924.2080

Encuentra tu número local: 1.800.777.8000
18+ www.interactivemale.com

Encuentra mujeres reales esta noche

PRUÉBALO GRATIS

773.358.7664

fonochat

Para otras ciudades llame al: 1.800.831.1111 18+ www.fonochatlatino.com

Noticias a tu Alcance

noticias locales

insomnio

tecnología

tu dinero

y más ...

haz la conexión

www.extranews.net

BUSINESS DIRECTORY



Academia
TRUCK DRIVING SCHOOL

Obtenga su CDL clase "A"

50% de descuento, Plan de pagos

Horarios

- Dia
- Noche
- Tarde
- Fines de Semana

Sólo \$1,600

(773) 257-7476

ENVIOS MORELIA

PAQUETERIA A TODA LA REPUBLICA MEXICANA Y CENTROAMERICA

Especiales de Primavera

Llame los 7 días a la semana las 24 HORAS!

Llame: **(708) 870-5880**



CASH for CARS

FORGET THE REST
I PAY THE BEST!
7 days a week running or not

708-975-0035



CASH FOR JUNK CARS

Compramos carros viejos, descompuestos para junk.

Le dare un Precio Bueno

LLAME A JAIME

773.251.5866



WE BUY JUNK CARS

COMPRAMOS CARROS JUNK

SERVICIOS DE GRUA 24 HORAS

FLAT BED | CR TOWING

773-213-5075

> Pregunte por Carlos



DINERO POR TU CARRO YONQUE

¿TÍTULO PERDIDO?
NO HAY PROBLEMA!

>> Nosotros damos mejores precios que nuestro competidor

Sólo LLAME HOY! **(773) 592-7917**



Use Your Income Tax Refund
BUY A HOME

NO CREDIT CHECK!!
Owner Finance

COMPRA una CASA

No Necesitas Credito!!
El Dueño Financia

(773) 293-2800
www.swehomes.com

Call Us Today!!



Cornerstone Ministries & Christian School Inc.

Did you drop out of School?

- Pass exams and receive your diploma
- Take courses via mail
- Fast, economic, and accredited
- Internationally

For more information call **912-832-3834 (ext. 4)**

www.cstoneschool.org




Bucktown Dental Associates

Yasser Elseweifi DDS, FAGD

Ph: 773-276-2757
2002 N. Damen Ave.
Chicago, IL 60647

elseweifi@sbcglobal.net
www.bucktowndentalassociates.com

A-ALL AMERICAN

PLUMBING AND SEWER SERVICE

FREE ESTIMATES!!!

- Service in as fast as one hour
- Work is guaranteed lowest prices, in most cases
- FREE video inspection with sewer rodding
- No job too large, no job too small

Family owned and operated

773-788-6975 or 708-387-7031





ALVAREZ LANDSCAPING

WWW.ALVAREZLANDSCAPING.NET E-MAIL: ALCUSTOMERRELATIONS@YAHOO.COM

- WEEKLY MAINTENANCE
- TREE & SHRUB PLANTING
- TRIMMING
- LAWN FERTILIZING
- SOD AND SEEDING
- SNOW REMOVAL
- FULL INSURANCE

Free Estimate SPRING & FALL CLEAN-UP STARTING AT \$150 ON EVERY 1/4 OF ACRE WHICH INCLUDES CORE AERATION

847.668.5010

MONTES COMFORT

CALEFACCION Y AIRE ACONDICIONADO

En MONTES COMFORT entendemos que la economía está pasando por momentos difíciles. Es por eso que para beneficiarlo hemos decidido reducir nuestros bajos precios mucho más.

CUPONES DISPONIBLES DE \$100, \$200 \$300

JUAN MONTES Instalaciones Y Servicios 847-208-0674

ALFREDO OLVERA Ventas Y Servicios 224-578-2152

PABLO MONTES Ventas 773-934-1885



PERMISOS DE CONSTRUCCIÓN

Nosotros le ayudamos a tramitar permisos para basements, áticos, porches, adiciones o cualquier reparación o remodelación y a corregir violaciones y PLANOS ARQUITECTURALES

PERMEX DESIGNS INC.

permexdesigns@aol.com

MANUEL CHÁVEZ (773) 671-3474




Injured?
Call DeSalvo!
312-895-0545
All Injuries!
Ingles y Espanol!

¡TOME MEDIDAS AHORA!

ELIMINE SU DUEDA Y PROTEJA SU CASA

THE LAW OFFICES OF ERNESTO BORGES & BILL BUSTERS

ABOGADO de la BANCAROTTA

312-853-0200

LLAME HOY PARA UNA EVALUACION DE BANCAROTTA GRATIS

Agencia de Reducion de Deuda



FRANK A. SANTILLI

- Accidentes de Trabajo • Lesiones Personales
- Accidentes de Auto • Negligencia Médica

MAS DE 20 AÑOS DE EXPERIENCIA EN LITIGACION

Llame para una consulta gratuita fsantilli@santilli-law.com

312-444-9606
111 W. WASHINGTON ST. SUITE 1240
Chicago, IL 60602

¿NECESITAS ABOGADO?

Atendemos todo tipo de casos:

Bancarrota • Inmigración • Trafico • DUI • Etc.

Llamar al:
773.345-8820



The Law Office of **Efrain Vega, PC**

Divorcio y ley familiar

Bancarrota Capitulo 7 y 13

CONSULTA GRATIS

Proteja su propiedad y futuro financiero

2251 West 24th Street | Chicago, IL 60608

773. 847.7300

PREPAGO, SMARTPHONES y CALIDAD DE LLAMADAS, finalmente juntos.

Cámbiate y obtén la más alta calidad de llamadas y la red con más alta satisfacción que ninguna otra compañía celular nacional.



LG OPTIMUS U™

- Android™ OS
- Pantalla táctil
- Wi-Fi
- Cámara de fotos y video de 3.2 MP
- Tecnología Swype™



LG APEX™

- Android™ OS
- Teclado QWERTY completo
- Pantalla táctil
- Wi-Fi
- Cámara de fotos y video de 3 MP

prePAGO
DE  **U.S. Cellular**

Déjanos ayudarte a encontrar una tienda: llama al **1-866-US-HABLA**