Prof. Trauels to England

UNIVERSITY PARK—Dr. Virgino L. Piucci, vice president of administration and planning at Governors State University, has been invited to speak to administrators of polytechnics and universities in Italy for the 900th anniversary of the use of planning manuals in the university. In doing so, a new system for administration and planning must be established.

Piucci will outline operations at Governors State University and GSU's role within the Board of Governors system in attempting to help British educators organize their new operations. He will explore how planning model systems, the use of planning manuals and the commitment of the GSU planning committee to development of long-term goals and objectives to better the university.

Piucci has been vice president at Governors State since 1971. During his tenure he has worked on various major projects including research and evaluation, computer services, strategic and budget planning and has helped redesign and realign the academic curriculum in the colleges, reorganize administrative affairs and reestablish the physical plant and grounds.

After his work in England, Piucci will travel to Bologna, Italy for the 900th anniversary celebration of the University of Bologna.

As part of this program, Piucci will join with representatives from European universities for the panel discussion "The University in the World Today" on universities' tasks in recognizing and acting upon social change.

Koreans attend Health Seminar

UNIVERSITY PARK—When a group of Korean hospital administrators wanted to learn about the American health care system, they contacted the American College of Healthcare Executives, which in turn contacted Governors State University. GSU is the only public institution in Illinois to have its master's degree program in health administration accredited, and is one of three institutions nationwide that has both accredited graduate and undergraduate programs in health administration.

The GSU Division of Health Administration planned the seminar "American Healthcare Systems: Present and Future" over a six-month period before welcoming the Korean guests in mid-August. GSU Health Administration Professor Sang O. Rhee, a native Korean, was the official host and did translations, as well as serving as a panelist.

Working with Dr. Walter Wente, chairman of the Division of Health Administration, and College of Health Professors Dean John Lowe III, Professor Rhee was able to involve GSU Professors Donna Gellaty, Brian Malec and Thomas Murray in presentations of health care marketing, planning needs, shared services, labor management and human resources development and an overview of U.S. health care delivery systems.

A special guest speaker was Peter Wel, executive vice president of the American College of Healthcare Executives who opened the seminar with an introduction to health care.

During their stay, Rhee also arranged for the Korean participants to visit Ingalls Memorial Hospital in Harvey where they learned about hospital operations and hospital satellite facilities, Little Company of Mary Hospital where they were given an introduction of hospital information systems, Loyola University Hospital in Maywood where they observed the operation and management of a large community teaching hospital, and Appliance Living Center in Matenson as an example of an extended care facility.

The sights and sounds of jester-jugglers, theater actors, and jesters were for the honor of reigning monarchs, King Richard and Queen Katherine, and the delight of their guests.

Magicians perform on the King's stage as the Gypsy fortune tellers consult Tarot cards for anyone willing to pay their price and courageous enough to explore the future.

Inevitable Grief Training

UNIVERSITY PARK—While much has been researched and written about the nature of grief, training opportunities for the bereavement caregiver have not kept pace with these studies.

Governors State University will address the needs and concerns of practitioners in the helping fields with a video teleconference Sept. 20 titled "The Experience of Grief: Helping Ourselves and Others." The symposium is designed for health care professionals, counselors, clergy, funeral home staff, social work volunteers, and others who provide care for the bereaved.

Presented via satellite will be Thomas D. Layzell, a clinical thanatologist, and director of the Center for Loss, Life Transitions in Fort Collins, Colo. Dr. Wolfet is also assistant clinical professor at the University of Colorado Medical School in the Department of Family Medicine, and serves as consultant to hospitals, schools, universities, and a variety of community agencies. He is noted for outstanding work in grief experiences of both the child and adult. Wolfet has written several guidelines for practitioners including "Human Relations Training: A Manual for Funeral Homes on the Subjects "Death and Grief: A Guide for Clergy."

The program will also include a panel discussion, led by Terese Goodrich, executive director of the Illinois Association of Health Care Professional and Social Agencies. She will be joined by a panel of practitioners with 560 chapters. Speaker Patty Hirsch is in charge of the development and support groups and aftercare for the Hirsch Funeral Home. She also serves as a consultant in support groups for D.W. Newcomer & Sons Funeral Home in Kansas City.

The full-day symposium begins at 10:30 a.m. with registration. A $35 fee will include lunch, refreshments, and materials.

For more information, or to register, call the GSU Office of Conferences and Workshops at (312) 534-5000, extension 2313.
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A TI Calculator puts the right functions at your fingertips. TI offers every kind of calculator from advanced scientifics to financials to solar-powered units that spotlight your answers in low-light conditions.

Scientific Programmable Calculators

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(1) Indicates that the calculator has a particular function.

These programmable calculators have 8K memory, PI-324 printers, and algebraic operating systems.

Model TI-74 BASICALC™
Mfr. Sugg. Ret. $135
Elek-Tek Price $89

Model TI-95 PROCALC™
Mfr. Sugg. Ret. $200
Elek-Tek Price $135

Financial Calculators

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Scientific Calculators

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Repair 887-7512
STORE HOURS
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Saturday 10-6 Sunday 12-5

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Saturday 10-5
Sept 12, 1988

1988-A tentative agreement and the University Press Council, Student Media, Senate, Student Program Activities, and the BOG System has been reached. The agreement is the fifth multi-year contract between the BOG and the University Professionals of Illinois (UPI), Local 4100 of the Illinois faculty in the BOG System since 1976. The agreement calls for a 5.7 percent salary increase for all academic employees represented by the Union effective Sept. 1, 1988. Some academic employees will also receive promotion increments and salary increases for improving teaching, research, and service. In addition, the agreement requires the BOG to provide competitive salaries in order to maintain the high academic quality of our universities.

Jo Ann Hummers, Chief Negotiator for the Union, provided these comments on the agreement. "I concur that the negotiations have been difficult but our hard work has resulted in an excellent contract. We have made gains in salaries, improvements in working conditions, and we have won a fair share payment for nonteaching employees. These gains improve the overall professional climate for the 2000 professionals in the University Professionals of Illinois represented in the Board of Governors System."

The agreement effects 2013 faculty and academic support staff, temporary and part-time faculty throughout the five BOG universities. This includes 299 faculty and staff at Chicago State University, 547 at Eastern Illinois University in Charleston, 156 at Governors State University in University Park, 380 at Northeastern Illinois University in Chicago and 632 at Western Illinois University in Macomb.

The Office of Student Life announces the Fall '88 Leonidas Retainers Conference. The comprehensive program includes workshops, seminars and a retreat, and is open to all Students. Each of the many sessions offer all students the opportunity to develop their leadership potential. Workshops, seminars, and practical organization involvement round out the opportunities for each participant. Some of the organizations offering practical training are the Student Senate, Student Program Action Council, Student Organizational Leadership, Student Media Communication Media Board and several other advisory committees. The Fall '88 Leadership Development Schedule is:

- Oct. 15-16 — Woodstock Weekend Student Leadership Development
- Oct. 19 — "Senior Leadership Seminar"
- Oct. 24 — "Student Leader Luncheon"
- Nov. 3 — "Procedural Practices"
- Nov. 10 — "Speaking Before Groups"
- Nov. 16 — "Senior Leadership Seminar"
- Nov. 17 — "The Listening Leader"
- Nov. 28 — "Student Leader Luncheon"

All programs are conducted free of charge in the Student Life Campus Center. Reservations and further information can be obtained by calling the Office of Student Life, 534-5000 ext. 2123.

Doris Carter

(Doris Carter has resigned from GSU to relocate with her family to Florida. She was delighted to receive this award upon her departure following seven years of dedicated and dependable service.)

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Health Course Offered

UNIVERSITY PARK—What have you done to enhance your health lately?

For many of us, our daily routines have become habit-forming and all the habits aren’t necessarily good. The Governors State University Professors Elizabeth Bruhn and Cheryl Mejta will discuss the "Health Risk Appraisal" course this fall at the GSU Orland Park site in the Orland Park Place, 153rd and LaGrange Road. The one-hour course will be offered from 9 a.m. to 5 p.m. Thursdays, Sept. 16 and 30.

"The Lifestyle Assessment Questionnaire we use was developed by the University of Wisconsin," Dr. Bruhn explained. "As a health risk appraisal it will help the participants review their long-term patterns of behavior that are commonly referred to as lifestyle."

The National Institutes of Health estimate in the 10 leading causes of death, links to lifestyle have attributed to 50 percent of the deaths. These include smoking, excessive alcohol use, dietary habits and stress. "Once we've helped participants identify their lifestyle patterns, we'll look at behavior changes for them to do to promote one's health," Bruhn added, "and give the students a mechanism to promote change."

This session is open to anyone interested in their health, as well as those in the health care professions. Tuition is $61.50 for undergraduate credit and $65 for non-credit students.

For further information on the program or to register, contact the GSU Office of Conferences and Workshops at 534-5300, extension 2436.

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Employee of the Month

Our August Civil Service Employee of the Month was Doris Carter, Telephone Operator II of the General Services Unit. Doris was nominated by Ursula Sklan in the Office of Admissions and Student Recruitment, who noted that since Doris was the University's switchboard supervisor, she was responsible for the public's first contact with Governors State University and the impression made was of utmost importance. Ursula reported that Doris handled internal and external calls with "perfect courtesy and patience."

Doris received recognition for teaching a G.S. Seminar on telephone etiquette, professional tips for placing people on hold have really helped operations in the Admissions Office, according to Ursula. She stated that Doris' "level of motivation transcends all height—its limitless." Congratulations, Doris, for a job well done.

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Call for Candidates

The Office of Student Life announces the call for candidates for the General Student Election. The three general university student governing bodies have a total of 26 positions available. The Student Senate, which participates in the academic affairs of the University, has 10 positions. The Student Organization Action Council has 6 positions available. The Council provides a variety of cultural programs for the general university community.

The Student Organization Council coordinates the activities of all the student clubs and organizations and has 10 openings. All currently enrolled students are eligible, with few exceptions. Petitions for all 26 positions are available in the Student Resource Services Office of the University of Chicago in the Student Union Building through Sept. 14, 1988.

The elections will take place on: Sept. 20, 21 and 22 in the Hall of Governors and back by F-Entrance near the BOG.
Question: Who is your pick in the Presidential Election

Mark Machtemes, Counseling-Grad, Oak Forest, IL

Dukakak, in the long run he will do better for the vast majority of society, especially in the schools and concerning people. With the present administration it has been difficult in those areas in the disabled community we have eighteen percent unemployment. That is unacceptable.

Book Sale Scheduled

UNIVERSITY PARK—There’s always something interesting at book sales, and the Governors State University bookstore sale Sept 20 and 21 will be no exception. The library is running out of space, so during the recent remodeling of some areas the library staff sifted through the many volumes and selected more than 15,000 books and specialty items that will be sold from 10 a.m. to 3 p.m. both days in the GSU Theater on campus. On principle, paperbacks and magazines will sell for 25 cents. The hardbound books will be 50 cents. Specialty items will have a higher price tag, for example “American Ballroom Dance Instruction,” a four videotape set, will sell for $5. Or you can choose from other specialty items such as the four-volume set “Architectural History of the University of Cambridge & Etol,” or “Hunters Encyclopedia” to name a few.

Counseling is Free

UNIVERSITY PARK—If you’ve been thinking, “I just need someone to talk to”—this may be your opportunity. Free counseling is being offered to individuals and families as part of the training program for advanced graduate counseling students at Governors State University.

The counseling can focus on a wide range of situations or problems such as depression, parent-child problems, stress, communication difficulties, loneliness, lack of self-confidence, adjustments to major life changes such as employment, death or job change, and personal growth. Participants from the greater south suburban area are invited to be part of the program.

Sessions are generally on the GSU campus, although arrangements can be made for off-campus locations. The sessions will be taped-recorded to assist the counselor’s training and may be reviewed by supervising faculty or other counselors in training. All material presented by clients during counseling sessions is confidential and available to no one except the supervising faculty and students in advanced training.

Persons interested in being a part of this counseling program should call the Division of Psychology and Counseling at (312) 534-5000, extension 2154 or 2394, for further information or to make an appointment.

Hispanic Awards Banquet Features - Minnie Monoso

Fuego colona para hombre will present it’s first Annual Hispanic Sports Awards Dinner, Friday, September 30, 1988, at the Hyatt Regency Chicago. The outstanding Hispanic player from the Chicago White Sox or the Chicago Cubs for the 1988 season chosen by a panel of sports writers and commentators will be presented an award. The likely recipient for the award is either Rafael Palmeiro of the Chicago Cubs and rookie pitcher Melido Perez of the Chicago White Sox. The legendary White Sox great Minnie Monoso will also be presented an award for his distinguished career and contribution to the Hispanic community.

Vets can win cash

Applications are being accepted for the American Logica- tions Association Scholarship. This is a cash award that is available to military veterans; active military or federal civil service employees; or a member of a family residing in the Midwest, wherein a parent is a military veteran or is an active military or federal civil service employee.

To be eligible, students should be planning for a career in the field of Logistics which would involve them in product transportation, distribution, storage, marketing, sales, etc. To apply, contact Doug McNutt in the GSU Office of Financial Aid, GSU extension 2126, for an appointment. Applications will be accepted until Wednesday, September 28, 1988. The recipient will be determined by mid-October.

Survival skills offered

UNIVERSITY PARK—Taking is the basis of our communication, but many managers fail when it comes to interpersonal skills. Governors State University professors can give valuable information on communication through the two-day workshop “Managing People: Communication Survival Skills.” On Sept 23 the session will be from 9 a.m. to 5 p.m., on Sept. 24 the session will be from 9 a.m. to noon. Both sessions will meet on the GSU campus.

Play Volleyball

There was one time when the YMCA gym hummed with the excitement of volleyball. Since it is a great game and a break from classes, as well as a way to make new friends, just get out a pair of gym shoes and join in on the fun.

Beginners and pros are needed. Mark your calendar for Tuesdays and Thursdays at 1 p.m. Tell your friends if you can only make the games once in a while, that is fine. It is all in fun. Any questions? Call Sherry Kohl at ext. 2553.

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Students Take Your Time

We find it disturbing to hear students remark that they hope to finish their coursework as rapidly as possible in order to finish school and get out into the real world. Well, fellow students, do we ever have news for you. This is the real world! The people and situations that we meet here at school are closely related to whatever we could find in an office building on Michigan Avenue.

We are referring to the importance of maintaining a life style that is always being prepared and efficient. How kindly and effectively do we deal with the people whom we meet while on the job (including clients and co-workers) has a correlation to what is happening right here and now in our own interpersonal relationships.

We at the Innovator feel that it would be smarter for students to slow down just a little in the pursuit of their degrees in order to work harder at character development. It is clear to us that character development should keep pace with mental development. Out in the "real world" usually means a time when we are finished with school and out on the job. We would urge you to make the most of your time and make it depend upon us and a big mortgage.

On this note, a small mistake or an error in judgement could really become disastrous to our future professional careers.

It is true that all of us want to graduate eventually and contribute something worthwhile to ourselves to our chosen fields of endeavor. And we want our degrees to arise in a reasonable length of time. However, let's not overlook the opportunity that is right here in front of us. We can expand our self awareness and our concern for others and test our leadership skills.

Why not contribute your talents to a club, charity, or in a student elective office? You can become a part of something other than your own chosen field of study. Test yourself in an interpersonal environment. What do you have to lose?

Making a few mistakes here at school is not a disability for here they can be easily corrected. We are all learning and contributing. We probably are most appreciated that the continuance of the state of Illinois' trend of underfunding its public universities the UI was able through its legislative activity and negotiations to strengthen the position of faculty and staff.

The high point of the contract was a Fair Share provision. This provision will spread the responsibility of maintaining the faculty's welfare and dignity to the entire bargaining unit, not just the UI membership. Other highlights include provisions improving fringe benefits, work facilities, consultation, post-retirement opportunities, and employment protection for academic support professionals and temporary faculty.

UIP Chief Negotiator Jo Ann Hummers said, "The team has negotiated an excellent contract after an extremely difficult session. We worked very hard to achieve this settlement of such a good salary increase as well as other important provisions."

FAMILY THERAPY SERIES FOR SOCIAL WORKERS AND OTHER HELPING PROFESSIONALS AT GSU

FALL 1988

Who should attend?

Experienced family therapists, social workers, psychologists, counselors, ministers, and other individuals interested in learning more about the theoretical foundations of techniques currently employed in professional development opportunity is available as a package of all four courses and/or individuality for either credit or non-credit.

Benefits of attending:

Survey all the latest models of family therapy; make critical decisions about the structure of your therapy; analyze advantages and disadvantages of direct and indirect therapy; plan meaningful tasks between sessions; incorporate the latest and most effective techniques in the treatment of adolescents; increase your effectiveness in the therapeutic framework.

WORKSHOP DESCRIPTION:

Topics in Social Work Practice: An Integrative Approach to Structural Strategies (S SOCW 500A)

Integrative approach is rapidly replacing the single model practice in family therapy. Over the past five years the Family Systems Program at GSU has developed an effective integrative model. This course will review conceptual and practical underpinnings of both structural and strategic models of therapy and show how the two can be combined to develop a therapy that is more flexible and more creative.

Course Fee: Noncredit $85; U- $109.00/G-$112.50. Location: Governors State University. Meets: Friday, Sept 30 and Oct 7, 9 a.m.-5 p.m. Instructor: David Kears, MA 1 hour credit/noncredit.

Topics in Social Work Practice: Family Therapy (S SOCW 500B)

Integrative approach is rapidly replacing the single model practice in family therapy. Over the past five years the Family Systems Program at GSU has developed an effective integrative model. This course will review conceptual and practical underpinnings of both structural and strategic models of therapy and show how the two can be combined to develop a therapy that is more flexible and more creative.

Course Fee: Noncredit $85; U- $109.00/G-$112.50. Location: Governors State University. Meets: Friday, Oct 14 and 21, 9 a.m.-5 p.m. Instructor: Patrick Tolian, Ph.D. 1 hour credit/noncredit.

Topics in Social Work Practice: Conflict Resolution (S SOCW 500C)

Course Fee: Noncredit $85; U- $109.00/G-$112.50. Location: Governors State University. Meets: Monday, Oct 18, 6:30-9:30 p.m. Instructor: Virginia Simpkin, MA, 1 hour credit/noncredit.

Topics in Social Work Practice: Marriage, Divorce, and Remarriage (S SOCW 500D)

This course is designed to sharpen the counselor's ability to identify the present stages and the stages of treatment including the joining, conflict, separation, and intimacy stages. Presentations will focus on guidance of issues and situations and how to cope with the increasing number of caseloads that involve the complex stages of the divorce and/or remarriage process.

Course Fee: Noncredit $85; $109.00/ G-$112.50. Location: Governors State University. Meets: Friday, Dec 2 and 9, 9 a.m.-5 p.m. Instructor: Virginia Simpkin, MA, 1 hour credit/noncredit.

Counselor's Postscript

"We are referring to the importance of maintaining a life style that is always being prepared and efficient. How kindly and effectively do we deal with the people whom we meet while on the job (including clients and co-workers) has a correlation to what is happening right here and now in our own interpersonal relationships.

We at the Innovator feel that it would be smarter for students to slow down just a little in the pursuit of their degrees in order to work harder at character development. It is clear to us that character development should keep pace with mental development. Out in the "real world" usually means a time when we are finished with school and out on the job. We would urge you to make the most of your time and make it depend upon us and a big mortgage."

The University Professionals of Illinois (UPI) announced today that a tentative agreement has been reached with the Board of Governors. This agreement will result in a 9.95% average increase of the salaries of the bargaining unit staff by February 1. The raise will come in two stages. The academic support professionals' increases will be occurring a 5.7% basic increase for all.

Other funds are being allocated to cover the costs of maintaining the organization of their lives to their advantage, and to lose their time can lead to a negative effect on their academic performance. Following the exam, students have many responsibilities. The majority of our students do not have that attitude about their home, school, and social lives. The majority of our students is not aware of your study schedule. Treat the study schedule as confidential so you are less likely to be interrupted during this time. Also, let them know that the time that is allocated for them will be respected in the same way. After you study for one to two hours take a break, have some coffee, or take a walk; exercise is a great way to release tension. You will find that you are more alert and can concentrate better after a short break.

Balancing time among many varied responsibilities can be very stressful. Remember to remember that a realistic schedule of activities combined with your motivation to succeed can reduce a lot of this stress. It's okay to be thinking trouble developing an overall schedule to include the many face-to-face activities that you may want to talk with a counselor in the Office of Student Development. However, you will see students with a range of problems including personal, academic, and financial issues.

All counseling sessions are confidential.

For an appointment contact Peggy Woodard, Counselor in S1400 at 718-597-6549, extension 2142.
Course on Dante Offered

UNIVERSITY PARK—Governors State University and the Italian Cultural Institute are sponsoring a fall course "Dante and the Gothic Middle Ages" as seen through Dante's work "Divine Comedy."

Dante's work has long been recognized for its artistic, moral and ethical foundations and contributions to western culture, but the language barrier has often prevented in-depth study. This course is an opportunity to discover the richness and wisdom of the Gothic Middle Ages and use that perspective to confront the universal, social and moral dilemmas of society today.

Instructor Antonio Masstrubono contends that "familiarity with Dante is an essential but overlooked attribute of the truly well-educated westerner."

The course will be offered from 6:30 to 10 p.m. Thursdays, Sept. 29 through Dec. 8 at the must have at least conducted The text for the course further information, or to register from 6:30 to 10 p.m. Thursdays at (312) 534-5000, or contact Dominic Can- deloro at (312) 534-5000, extension 2320.

Fiction Contest at Playboy

The October issue of Playboy magazine (on sale Tuesday, August 30) features "The Hoei Contest Vogrin," a short story by Valerie Vogrin, winner of the Fiction Contest at Playboy.

College Ficton Contest, open to all registered undergraduate and part-time students. The writing competition is judged by the editors of Playboy magazine. The deadline for receiving entries is January 1, 1989.

Content rules are being accepted for non-credit at $45 or for three credits at $184.50. Students must have at least 60 college credit hours to enroll.

Registration is being accepted by the GSSU Office of Conferences and Workshops. For further information, or to register, contact Dominic Can- deloro at (312) 534-5000, extension 2320.

Tape Reading

Timing the buying and selling of stocks is probably the most challenging task around. Few traders ever master it. One very useful technique for timing stock transactions, which is seldom used today, is good old fashioned tape reading. Tape reading is the analyzing of individual stock transactions as they cross the ticker tape. The signals are usually short term but, they can also be interpreted in intermediate and long term analysis. The advantage in intermediate and long term analysis: The advantage to tape reading is that you are watching what is actually happening rather than relying on what you think should be or ought to be happening. Experience is by far the best teacher of tape reading but the following are some basic guidelines to follow.

Rape reading as a market indicator

At major market tops and bottoms watch the leading stocks. Those that are most active, setting new highs, and are outperforming the overall market. At market bottoms look for a dry up of volume at their lows followed by a turnaround on above average volume. The leaders will move before the general market does. Thus, when you see the leading stocks perk up a bull move probably isn't far off. Also, the stocks that move first are usually the best performing stocks in the ensuing rally. At market tops, especially intermediate market tops, the leading stocks are often the first to head down. The initial reaction down will usually show the stock sliding down usually in the area of 10% on the average volume. Short term tops are usually accom- panied by larger volume which creates a "shakeout." When the leading stocks begin to drift downward, a market correction will usually begin shortly. Even if you look back to before the October market crash you'll find that many of the leading stocks broke down well before October 19. Individual stock performance

What to look for when buying stocks. The best time to look for stocks to buy is during market corrections. Prior to a bull market, look for stocks near all time highs that show unusual behavior. Such as markedly increased volume with the stock being up on the day. Also, when the stock falls it should appear to be drifting down on low volume. Sharper

contrasts in volume is an im- portant clue. When watching the tape, look for increased ac- tivity when the stock is climb- ing and dullness or lack of activity near bottoms.

When to sell is a more difficult than when to buy. There are different kinds of tops. First, and rather uncommon is a quick spike upward followed by a sharp decline. Secondly, and probably most common is a roller. This happens when the stock makes no significant progress on large volume, it churns near the top. This is followed by a more substantial decline which could have the stock fall 10% to 25% in one move. This is why it is important to stop yourself out when you see stocks act peculiar during the initial 10% decline from its high. After watching a stock for a while you'll learn what normal versus peculiar looks like.

The next article will go more in depth on tape reading and specific examples will be illustrated.

If tape reading is used pro- perly it can give the trader a big advantage to the timing of the market and individual stocks. Watch the tape now. Is the market showing signs of a major bottom?

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Legal Service

CHICAGO HEIGHTS-Need some legal advise without the high cost of legal service? Prairie State College and the South Suburban Bar Associa- tion will sponsor three days of free legal advice September 20, October 18 and November 15 beginning at 1 p.m. in Room 214 of the college's Main Campus Building, 202 S. Halsted St., Chicago.

All discussions between clients and the attorney are confidential.

To make an appointment, call the office of Community Services at 709-3547.

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Hayes compatible Internal (including software)
Practical Peripherals 1200 baud
Eexcel 1200 baud
Eexcel 2400 baud
Mita 1200 baud
External (no software included)
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U.S. Robotics 4400 baud
U.S. Robotics 56000 baud
Practical Peripherals 1200 baud
Practical Peripherals 2400 baud

**HUGE SAVINGS ON DISKETTES**

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Adler Planetarium Presents Mars at Perihelion

From now on, when you think of Mars, think of Chicago. This fall will offer the best viewing of the planet Mars since 1971 and Chicago's adler Planetarium will offer free, antique observing sessions with its specially-equipped telescope system. The Adler will be celebrating the close approach of Mars for an entire month - Martian month, that is (one Martian month equals two earth months). From Sept. 1 through Oct. 31 the Adler will be exhibiting meteorites believed to have come from Mars in addition to featuring the Sky Show "Mouse Goes to Mars" ($6.25 per ticket), Children's Sky Show "Meteor Mouse Goes to Mars" for preschoolers, Mars-related courses for adults and children and the observing programs.

Visitors to the Adler will not only be able to view Mars from afar, but will also have the chance for a close-up look at meteorites which scientists believe may have come from Mars. Although the meteorites are not red, they do contain the same kinds of gases in the same proportion as the atmosphere of Mars. They are also significantly younger than most other meteorites found on earth which are known to be more than 4 billion years old.

Astronomers at Adler are looking forward to the chance to observe Mars and to show the red planet to Planetarium visitors. "This autumn is really going to be good," quips Adler Assistant Director, Dr. James Sweitzer. "We won't have another chance like this until 2003. With our new telescope and charge-coupled device (CCD) we can honestly offer the best public observing program in the country. We should be able to see the Martian polar ice cap and some of the larger surface features with no problem. The only difficulty we foresee is the start of the dust storms in August." Viewings opportunities are exceptional this year because Mars is at "perihelion," its closest point to the sun, at the same time it is at its closest approach to the earth (the earth is directly between Mars and the sun at this time - see accompanying diagram). This means Mars will appear unusually big. Although Mars will be closest to earth on Sept. 21, observing will be good several weeks before and for a short while after perihelion. Mars was also very close to the earth in 1986 but did not remain very bright in the night sky, making observing more difficult. "The higher up the planet is in the sky, the more clearly we can see it with the telescope," explains Sweitzer. "This is because the atmosphere obscures light rays and we have to look through the atmosphere to see high objects than low ones. In September Mars will be about half-way up in the sky and visible for much of the night. Unlike Halley's Comet which was difficult for northern city dwellers, we can see it with the telescope from almost anywhere." Sweitzer points out that Mars is one of the more popular planets "because there is so much interesting lore surrounding it and it is a goal for human exploration. Historically, an intriguing aspect has been speculation about life on the red planet." It was during another very close approach in 1894 that American amateur astronomer Percival Lowell spotted "canals" on the planet's surface and began the controversy over the likelihood of intelligent life on Mars.

Another fun reason to celebrate Mars Month with us is the 50th anniversary of Orson Welles' "War of the Worlds" radio broadcast. The importance of this event was also witnessed when you assume working at a construction site, or hunched over books or arm rests, people suffer from back pain.

"Everyone knows the benefits of good posture, but you can't sit, but better posture during the night also can be a big factor in preventing backaches," says Arthur Grehen, executive director of the American Insurers Association. "The association concerned with back pain prevention. "Research has shown that the best type of bed for the back is one that maintains the spine in its normal erect position while lying in a supine position," Grehen says.

In other words, while you are lying down, your spine should have a slight "S-curve" to it, just enough that you can slide your hand in the space between your lower back and mattress. Too much space indicates your mattress is too firm. Not enough space means your mattress is too soft.

A too-soft mattress offers no support for the spine. In a recent survey of orthopedic surgeons, a firm innerspring mattress was their number one recommendation. An inner spring and coil spring box spring set was also judged the best for their back and overall health by 93 percent of college students in a nationwide poll conducted by Research & Forecasting, Inc. of New York.

Other tips you can follow to keep your back and body healthy are:

"Stand tall. Good posture is important, a good-shoulder stance, and a military, shoulderm-shoulder stance. If you stand as tall as you can, the whole weight of your body will be directly under your feet, "Don't sit for long periods at a time. The cramped position you assume working at a computer terminal or hunched over books is very taxing on your back. Take short breaks and stretch. Also, as you sit, try resting your feet on a book or two if your knees are higher than your hips, some of the stress is taken off the back."

"Sit up straight and warm up before exercising. Stretching exercises will help keep the body flexible and increase your range-of-motion."
In honor of the close approach of Mars, the Planetarium will be celebrating Mars Month—a Martian month that is (one month on Mars equals two months on earth) from Sept. 1 through Oct. 31. Mars Month activities will include the exhibit of a group of meteorites believed to have come from Mars, special observing sessions, the Sky Show "Planetary Puzzle," the Children's Sky Show "Meteor Mouse Goes to Mars" for school groups, and special classes for adults and children. Live observing is offered as the third part of evening Sky Shows and Mars will be featured throughout the Fall. In case of inclement weather, recently taped video images will be shown. The Sky Show "Planetary Puzzle" Sky Show will also include taped excerpts of the Mars viewing sessions.

Last year the Planetarium installed a 20-inch, computer-controlled telescope equipped with a Charge-Coupled Device (CCD) and filter system. The key to the system's success is the ability to sort: the filters block out city lights and the moon, providing much more light sensitive than the human eye. Observing Mars with the unaided eye will also be simple and interesting. Mars will be very bright orange and, beginning in September, will be rising close to sunset and will be visible for all of the night in the early evening Mars will be prominent in the southeast, under the constellation of Pegasus. "Locating Mars will be very easy, even for inexperienced observers," Severs emphasizes. "Just look for Pegasus, which is basically four stars in the shape of a diamond, about three-quarters of the way up in the southeast. Mars will be the bright, reddish object beneath Pegasus. You may see Mars before you look Pegasus. Also, remember stars twinkle and planets don't," he adds.

Another easy marker to use for finding Mars is the moon, Mars will be directly south of the moon on Aug. 25 and Oct. 22. Mars will be visible anywhere, with a clear view of the southern horizon. It will be so bright that even city lights won't interfere.

Don't forget to vote! Chicagoans are invited to expand their horizons by enrolling in one or more of the 19 stimulating adult courses Field Museum will offer this fall. Learn how to speak conversational Japanese, create your own Indian beadwork or discover the art of frame loom weaving. Courses for adults begin the week of September 27 and are scheduled on weekday evenings and on Saturdays. For more information and a free course brochure, call 322-8686.
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