Local Elections Empower the Voter

by Ron Young

One of the sad things about voting is that many citizens who participate in elections only vote for a few of the things to be decided on election day. Tom Leach of the Cook County Board of Election states, "Many people who enter the election booth only vote for the more prominent offices, and ignore the rest of the ballot. Only about half of the voters vote on every issue on the ballot." This is sad because anyone who pays property taxes knows that the various groups that set tax levies are elected. It is also common knowledge that county and state agencies have a far more dramatic effect on the quality of life than the President of the United States. Judges who we think are too lenient or too soft on crime are also on the election ballot.

continued on page 8

GSU Plans Educational TV Network

UNIVERSITY PARK—Governors State University will begin developing an educational television network in collaboration with public and private higher education institutions in its service area. A $110,000 grant from the Illinois Board of Higher Education is helping underwrite the cost of establishing two Instructional Television Fixed Service (ITFS) channels. Dr. Mel Muchnik, special assistant to the president at GSU and project director, called the ITFS project exciting, saying he believes "it will give our region new and dynamic educational opportunities. We hope to have the ITFS system operational by September 1993.

"Fortunately, the days when people were put off by learning through modern technology are behind us," GSU President Paula Wolff said. We will use this system to meet the educational needs of the people, to link the region and of the local organizations or industries which will receive the material wirelessly.

"Bringing education to people using technology-based or technology-assisted instruction or training is a high priority at GSU and is critical to making our region competitive and preparing our citizens for the economic challenges confronting all of us," Dr. Wolff added. ITFS uses non-broadcast frequencies to send television signals to educational institutions or industries that have special antennas and equipment. The two channels will allow GSU to relay television and telecourses, videoconferences, special events and other programming directly to businesses and industry, school systems, cable television company distribution centers and other agencies and organizations.

The Federal Communications Commission awarded GSU a 10-year license for the two channels. This project will permit us to develop a local and regional network that will extend our sub-

tantial and successful telecommunications-based instructional delivery system, and will provide a first step toward GSU/regional participation in a statewide telecommunications system," Dr. Wolff said.

Governors State will be working on this project in collaboration with other members of the South Metropolitan Regional Higher Education Consortium. The ITFS project and the consortium are both funded under the Higher Education Cooperative Act (HECA).

Other members of the consortium are Joliet Junior College, the College of St. Francis, Kankakee Community College, Lewis University, Moraine Valley Community College, Olivet Nazarene University, Prairie State College, St. Xavier University and South Suburban College.

"We envision a communications infrastructure that will allow us to share resources. We will be able electronically to access classes and programming from the state system or regional or national sources, as well as from our own campus and from members of the consortium," Dr. Wolff explained.

Dr. Muchnik said the $110,000 grant will cover about half of the costs, including nearly all the required equipment. Private funds will cover the design and installation of the system and the transmitting tower.

Costs incurred by colleges and universities receiving GSU’s programming will be based on terrain and distance from GSU. "On average," Dr. Muchnik said, "we believe the cost of equipment to any receive site will be less than $1,000.

"This project will be building on the university’s existing staff, faculty and distribution capabilities," according to Ralph Kruse, executive director of GSU’s Center for Extended Learning and Communications Services. It was Kruse who originated the ITFS project.

The Center for Extended Learning and Communications Services distributes instructional programming in a variety of ways, including a 24-hour channel linked to 10 cable communities via microwave. Each year, more than 2,000 students enroll in GSU media-based instruction courses, and organizations in more than 37 states have leased GSU teleclasses.

Job Fair Coming in November

National Companies Convene On Campus in Regional Forum

UNIVERSITY PARK—Major employers will be on the Governors State University campus, Nov. 6 for "Opportunity '92/'93: Focus on the Future," annual jobs fair.

Representatives from the Federal Bureau of Investigation; Sears, Roebuck & Co.; Blue Cross/Blue Shield of Illinois; Irwin Publishing and others will be on campus from 9 a.m. to noon meeting with students from Governors State University, Purdue University—North Central, Calumet College of St. Joseph and Indiana University Northwest.

For further information, call Dan Krizik in the GSU Office of Career Services at (708) 534-5000, extension 5080.

GSU History: Older Students continue to Make the Grade

By Marilyn Thomas

The average student at Governors State University is 34 years old, with family obligations and a job. It's been that way that the beginning of this century.

Most professors find these students appealing. Some, like photog

raphy Professor Paul Schanz who joined the staff in 1973, remember when many faculty were younger than their students. Although that doesn't necessarily hold true now, Schanz says there is great satisfaction in teaching an adult student.

"The nice thing about teaching here, as opposed to a place where you have a lot of young kids, its real hard to teach creativity to young people. They haven't had any life. They haven't done anything to express themselves. I don't have that problem here," he argues.

The GSU students have speak and they always have and I love it," says Professor Beth Hagem. "They continually surprise me because they're into life... it's a continual surprise to me who shows up in my classes and they always seem better.

In the strictest sense, GSU is a place to come and learn. There are no dorms. The majority of GSU's classes are offered in the evenings to better accommodate the working student. Off-campus sites, such as local high schools, put the learning opportunity closer to home.

Tom Dossens, director of the Office of Student Life, says when GSU was designed in 1969, its mission was to meet students' needs. That hasn't changed.

"Most are here because they don't have a lot of money, because they're site-bound, or because they have role responsibilities in life... and that doesn't mean their education has to be inferior," Dossens argues.

Professor Paul Green agrees. "We still keep the notion that people that work, that are more mature students can go to college and they're site-bound, or because they have role responsibilities in life... and that doesn't mean their education has to be inferior," Dossens argues.

Professor Michael Stelnicki says that as GSU evolved into a more traditional university, its student population shifted somewhat.

"They've changed from the more bohemian kind of student to the more traditional kind of student."
Professor Tony Labriola Wins Emmy for "The Magic Door"

UNIVERSITY PARK—Gover­nors State University Professor Tony Labriola has won an Emmy Award for his work as producer of "The Magic Door," a television program that originally aired on WBBM-TV in Chicago.

The award was presented at the 1992 Midwest Regional Emmy Award ceremonies on Oct. 4. The Emmy Award is conferred in recognition of outstanding achievements by the National Academy of Television Arts and Sciences, an organization of professionals in the industry.

The show won in the "Best Children's Programming in a Series" category from entries submitted by broadcast television stations and network affiliates from five states. A panel of out-of-state judges rated the entries before selecting "The Magic Door."

Labriola became the show's producer in spring 1991 when its original producer, Gsu student Timmee Gilbert, became ill. Gilbert's work as producer earned her an Emmy Award in 1987.

"With some cosmetic changes the show is essentially Timmee's creation. Timmee transitioned the show from its theatrical look with a resident acting company," Labriola explained.

The show uses multi-ethnic and multi-racial actors to deal with important social and personal issues every week and sometimes fantastic ways. Scripts are written by Chicago writers, and all production and video production is done at CBS television studios in Chicago.

The show, on the air for 36 years, is the longest running television dramatic children's program in Chicago. It is co-sponsored by the Chicago Board of Rabbis and WBBM-TV.

Because of budgetary constraints, the show is now presented quarterly rather than weekly on Sunday morning. That forced Labriola to make "some stylistic changes, but the show still maintains Timmee's concept of theatre on television for children."

The next show, "Hanukkah Soldier," will be presented during the holiday season. It is the story of a young Civil War soldier who faces a dilemma in acknowledging his Jewish faith and serving in the army.

Labriola of Richton Park serves on the board of directors of theatre and television and television when working on "The Magic Door."

"I have been a fan of television production since 1982 and has been producer/director for many of the University's theatre productions and telecommunication public service announcements."

In 1987, Labriola won the International Television Association's Gold Reel Award for best educational program for "The Magic Door" television production at GSU since 1982 and has been producer/director for many of the University's theatre productions and public interest broadcasts, as well as its award-winning productions.

"In 1987, Labriola won the International Television Association's Gold Reel Award for best educational program for "The Magic Door" television production at GSU since 1982 and has been producer/director for many of the University's theatre productions and public interest broadcasts, as well as its award-winning productions."

... A diverse readership base!

The INNOVATOR offers VERY LOW AD Rates & A Diverse Readership Base!

Advantage!!!

Quilt Screaming at the Darkness

That's what you want when you croak and grouch about GSU, but never make a move to solve the problem. The Student Senate is YOUR instrument to make a change. Fill out the coupon below and get your issue on the Student Senate Agenda. The meetings are held the first and third Wednesdays of each month at 3 p.m. in the Student Life meeting room.

Get it to the Student Senate Mailbox before 5 p.m. the Tuesday prior to the Senate meeting you want the item heard and discussed.

Stamp the coupon to any explanatory material.

Name
Phone
Organization

Item to be placed on agenda

Criminal Justice Students

Address Regional Conference

UNIVERSITY PARK—Two Governors State University students presented a paper on child abuse at the Midwest Criminal Justice Association's annual conference. Judy Konie of Country Club Hills in Van Buren South Chicago Heights co-authored the paper "The Sexual Abuse of Children."

They are students in the criminal justice program at GSU. The student paper session was hosted by the Illinois Association of Criminal Justice Educators. The session was chaired by Dr. Jagan Lingam of the University of Illinois at Chicago and a professor at Governors State University.

Also attending the Midwest Criminal Justice Association conference were Tony Labriola of Richton Park and Philip Coduti of Calumet City, president of the GSU Criminal Justice Club, and member Lynn Bass of Hazel Crest.

The show, on the air for 36 years, is the longest running television dramatic children's program in Chicago. It is co-sponsored by the Chicago Board of Rabbis and WBBM-TV.

Because of budgetary constraints, the show is now presented quarterly rather than weekly on Sunday mornings. That forced Labriola to make "some stylistic changes, but the show still maintains Timmee's concept of theatre on television for children."

The next show, "Hanukkah Soldier," will be presented during the holiday season. It is the story of a young Civil War soldier who faces a dilemma in acknowledging his Jewish faith and serving in the army.

Labriola of Richton Park serves on the board of directors of theatre and television and television when working on "The Magic Door."

"I have been a fan of television production since 1982 and has been producer/director for many of the University's theatre productions and public interest broadcasts, as well as its award-winning productions."

In 1987, Labriola won the International Television Association's Gold Reel Award for best educational program for "The Magic Door" television production at GSU since 1982 and has been producer/director for many of the University's theatre productions and public interest broadcasts, as well as its award-winning productions.

"In 1987, Labriola won the International Television Association's Gold Reel Award for best educational program for "The Magic Door" television production at GSU since 1982 and has been producer/director for many of the University's theatre productions and public interest broadcasts, as well as its award-winning productions."

... A diverse readership base!

The INNOVATOR offers VERY LOW AD Rates & A Diverse Readership Base!

Advantage!!!

Quilt Screaming at the Darkness

That's what you want when you croak and grouch about GSU, but never make a move to solve the problem. The Student Senate is YOUR instrument to make a change. Fill out the coupon below and get your issue on the Student Senate Agenda. The meetings are held the first and third Wednesdays of each month at 3 p.m. in the Student Life meeting room.

Get it to the Student Senate Mailbox before 5 p.m. the Tuesday prior to the Senate meeting you want the item heard and discussed.

Stamp the coupon to any explanatory material.

Name
Phone
Organization

Item to be placed on agenda

Criminal Justice Students

Address Regional Conference

UNIVERSITY PARK—Two Governors State University students presented a paper on child abuse at the Midwest Criminal Justice Association's annual conference. Judy Konie of Country Club Hills in Van Buren South Chicago Heights co-authored the paper "The Sexual Abuse of Children."

They are students in the criminal justice program at GSU. The student paper session was hosted by the Illinois Association of Criminal Justice Educators. The session was chaired by Dr. Jagan Lingam of the University of Illinois at Chicago and a professor at Governors State University.

Also attending the Midwest Criminal Justice Association conference were Tony Labriola of Richton Park and Philip Coduti of Calumet City, president of the GSU Criminal Justice Club, and member Lynn Bass of Hazel Crest.

"In 1987, Labriola won the International Television Association's Gold Reel Award for best educational program for "The Magic Door" television production at GSU since 1982 and has been producer/director for many of the University's theatre productions and public interest broadcasts, as well as its award-winning productions."

In 1987, Labriola won the International Television Association's Gold Reel Award for best educational program for "The Magic Door" television production at GSU since 1982 and has been producer/director for many of the University's theatre productions and public interest broadcasts, as well as its award-winning productions."

... A diverse readership base!

The INNOVATOR offers VERY LOW AD Rates & A Diverse Readership Base!

Advantage!!!

Quilt Screaming at the Darkness

That's what you want when you croak and grouch about GSU, but never make a move to solve the problem. The Student Senate is YOUR instrument to make a change. Fill out the coupon below and get your issue on the Student Senate Agenda. The meetings are held the first and third Wednesdays of each month at 3 p.m. in the Student Life meeting room.

Get it to the Student Senate Mailbox before 5 p.m. the Tuesday prior to the Senate meeting you want the item heard and discussed.

Stamp the coupon to any explanatory material.

Name
Phone
Organization

Item to be placed on agenda

Criminal Justice Students

Address Regional Conference

UNIVERSITY PARK—Two Governors State University students presented a paper on child abuse at the Midwest Criminal Justice Association's annual conference. Judy Konie of Country Club Hills in Van Buren South Chicago Heights co-authored the paper "The Sexual Abuse of Children."

They are students in the criminal justice program at GSU. The student paper session was hosted by the Illinois Association of Criminal Justice Educators. The session was chaired by Dr. Jagan Lingam of the University of Illinois at Chicago and a professor at Governors State University.

Also attending the Midwest Criminal Justice Association conference were Tony Labriola of Richton Park and Philip Coduti of Calumet City, president of the GSU Criminal Justice Club, and member Lynn Bass of Hazel Crest.
Teacher Education Programs Meet State Standard

UNIVERSITY PARK — Teacher education programs at Governors State University are meeting all standards set out by the Illinois State Board of Education (ISBE).

The letter of approval sent to GSU College of Education Dean Leon Zalewski from ISBE's State Teacher Certification Board comes in response to a five-year periodic review conducted at GSU during the 1991-92 academic year.

This is a recognition of the excellent teacher preparation programs we offer at Governors State," Dr. Zalewski said. "Ofentimes, programs are given limited approval. We were delighted to learn GSU had no significant problem areas, and it speaks to the dedication our faculty to their students and the programs."

The Illinois State Board of Education approved GSU's programs in elementary education, secondary education in biology and chemistry, special education with emphasis on music, educable mentally handicapped, learning disabilities, social/emotional disorders, and speech and language impaired.

Also, the school counseling program, and general administrative and chief educational programs in educational administration Two programs — the English curriculum in secondary education and the school psychology curriculum in the psychology program — were given provisional approval because of the limited number of faculty in each program, Dr. Zalewski said.

"Those two programs are certified through September 1994, and we will be hiring additional faculty in those areas," he noted.

The dean added that GSU was found in non-compliance with the "Standard B" requirement. The rule states that students who question their status in education programs at GSU have the right to have legal counsel present in any meetings pertaining to their status.

"Governors State has joined with the other four universities in the Board of Governors Universities system in questioning that requirement," Dr. Zalewski said. "We consider any such discussions as academic matters and not legal matters." GSU hopes to have the issue resolved by the September 1994 deadline set out by ISBE.

It took Galileo 16 years to master the universe.

You have one night.

It seems unfair. The genius had all that time. While you have a few short hours to learn your sun spots from your satellites before the dreaded astronomy exam.

On the other hand, Vivarin gives you the definite advantage. It helps keep you awake and mentally alert for hours. Safely and conveniently. So even when the subject matter's dull, your mind will stay razor sharp.

If Galileo had used Vivarin, maybe he could have mastered the solar system faster, too.

Dr. Leon Zalewski-Dean, COE

Student Jesse Garcia Gets Awarded

The United States Achievement Academy announced today that Jesse Garcia has been named an All-American Scholar.

The USAA has established the All-American Scholar Award Program in order to offer deserved recognition to superior students who excel in the Academic disciplines. The All-American Scholars must earn a 3.3 or better grade point average. Only Scholars selected by a school instructor, counselor, or other qualified sponsor are accepted. These scholars are also eligible for other awards given by the USAA.

Jesse Garcia, who attends Governors State University was nominated for this National Award by M.C. Taylor, Dean. Jesse Garcia will appear in the All-American Scholar Directory, which is published nationally.

"Recognizing and supporting our youth is more important than ever before in American history. Certainly, winners of the All-American Scholar Awards should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, Executive Director of the United States Achievement Academy.

The Academy selects All-American Scholars upon the exclusive recommendations of teachers, coaches, counselors, and other qualified sponsors. Once awarded, the students may be recognized by the USAA for other honors.

Jesse Garcia is the son of Mr. and Mrs. Jesse Garcia.
Perot and His Plan

by Eric Crosby

The Presidential election of 1992. A very confusing race. Until recently, it was a two candidate race. However, with Ross Perot entering the race, things became complicated. Ross Perot hopes to beat both Clinton and Bush with, as his big weapon, his theory to balance the federal budget.

Perot is making calls for the elimination of the federal budget deficit over the next five years. He says the task of eliminating the deficit has to be accomplished within five years since that is the maximum attention span of the politicians who would have to carry it out. His plan would go into effect as early as October 1993; erasing a $750 billion in spending and raising more than $300 billion in taxes by 1998.

His plan, in a nutshell, aims to attack every aspect of spending. He aims to protect government programs for the truly needy, stimulate economic growth, and stop the borrowing that older Americans have inflicted on the future taxpayers. How, you may ask, will he achieve this? As I stated previously, he will do it by attacking everything.

Perot is willing to attack social security and mortgage interest deductions for home-owners. He would also boost the top marginal income-tax rate from 31 to 33 percent. He also plans to raise the taxes on cigarettes and gasoline.

Perot's plan calls for the elimination of the federal budget deficit by reducing government spending, reducing the national debt, increasing revenue, and reorganizing government. The plan calls for the elimination of the federal budget deficit by reducing government spending, reducing the national debt, increasing revenue, and reorganizing government.

Perot is willing to attack social security and mortgage interest deductions for home-owners. He would also boost the top marginal income-tax rate from 31 to 33 percent. He also plans to raise the taxes on cigarettes and gasoline.

Perot is willing to attack social security and mortgage interest deductions for home-owners. He would also boost the top marginal income-tax rate from 31 to 33 percent. He also plans to raise the taxes on cigarettes and gasoline.

Perot's plan calls for the elimination of the federal budget deficit by reducing government spending, reducing the national debt, increasing revenue, and reorganizing government. The plan calls for the elimination of the federal budget deficit by reducing government spending, reducing the national debt, increasing revenue, and reorganizing government.
by Ron Young

There is a saying that presidential debates don't change any minds. The only people influenced are supposed to be those who are undecided. Up until this year, political wise guys believed that debates strengthened the resolve of the partisan faithful. Those same guys felt that debates were risky for an incumbent if the candidate was already the front runner. The risks of debate, they felt, simply outweighed the potential gains, unless the candidate was behind in the polls.

This year is different, even though our two friends conform to type. The debates were conducted near the end of the campaign when the candidates had substantial public records of their positions. Also, the news media started doing its job, and within hours after the debate, they followed up on the claims and connotations of the candidates for veracity and truth. Lies and gross distortions were exposed in newscasts and newspapers the next day. Involving a third candidate appears to create more public interest.

The first debate started off with Bush attacking the integrity of Clinton, and distorting the metrics of Clinton's tax plan. When the vice presidential candidates squared off, Dan Quayle brought Clinton to the floor, following the party line in distorting the Clinton tax plan. The next morning the national media pointed out that the Clinton tax concept was viable as he advertised it, and that Quayle had distorted it. The media liked his behavior during the debate with a cafeteria "Food Fight."

The second presidential debate was a landscape of campaigni g. The format featured direct questions from citizens and journalists. It demanded that the candidates stop the mud-slinging and propaganda, and instead focus on the issues. Awareness that the media would instantaneously convey the lies and misrepresentations to the nation had a sobering effect on the candidates. The third debate was a combination of the first two in format.

The first half was conducted by a single moderator, with the second containing questions from a panel of journalists. Perot's need blazed while Clinton on the subject of the pending failure of over $1 trillion in government bonds going into effect on December 19th. He also took the Bush administration to task on the subject of if the U.S. Ambassador to Iraq may have been given mixed signals or information. What we would do if Iraq invaded Kuwait, as well as, the failure of the U.S. to react properly during the initial attempt of Panamanians to overthrow that government before we invaded Panama. Clinton continued to emphasize that the key issues were economic, and Bush again questioned Clinton's fitness to be Commander and Chief.

After filtering out the flack, static, bad behavior, and name calling, it appears that the three presidential candidates have the following views on some key issues:

EDUCATION:
Bush: Provide vouchers so families could use public schools, and force schools to provide a better product.
Clinton: Increase taxes on incomes over $200,000 for in­dividuals and on incomes over $200,000 for couples, set tax rates for foreign corporations doing business in the U.S. equal to that of U.S. companies, close loopholes on U.S. corporate tax codes, cut $140 billion in spend­ ing over four years.
Perot: Increase taxes, task force on budget reform and revenue enhancement.

JOBS:
Bush: Enterprise Zones, stimulating exports of agricul­tural products.
Clinton: Enterprise Zones, create incentives to stimulate new product develop­ment, eliminate tax incentives to move jobs to foreign countries, public works projects to rebuild infrastructure with disunited workers.
Perot: Enterprise Zones, forced equity in foreign markets, elimination of tax in­centives for American com­panies to move to foreign countries, a national economic business plan similar to Japan and Germany. Kick foreign lobby­ists out of Washington.

MEDICAL CARE:
Bush: Limits on malpractice suit settlements, vouchers for the poor, bring small business together to get better group coverage rates, have medical coverage follow a worker from job to job.
Perot: Use of scientific management task group, sys­tematic way to find a workable solu­tion.
Clinton:Comprehensive health plan using private in­surers, national commissions to oversee the plans, fees for medical coverage, fees for care, drug company prices.

Letters to the Editor

Poor Communication Leads to Duplication of Effort

This is the year and everyone is vying for space on the bandwagon! What I am referring to is the phenomenon of the resurgent interest in Malcolm X, the fiery Muslim leader assassinated twenty years ago. A grassroots well that began at the grassroots level, peaked as words were batted around Lee was making a movie of the con­ troversial Malcolm X, spread as corporate commercial America heard it. Witness the "X," hats, buttons, tee­shirts, pants, prints, posters, pictures - anything on which the name / face of Malcolm X could be offended. (Question - is Dr. Betty Shabazz benefiting from any of this?)

Thus occurred a conversation with an older friend of mine, the dates had I noted were incorrect and further the price was definitely wrong. To settle the dispute, we called Governors State Uni­versity. Talk about misconcommu­nication (and no in formation the first time I called). Finally, we were able to ascertain both of us were right.

Two separate production com­panies, two different perfor­mance dates and yet at the same site, with differing - cost one free! Talk about reinventing the wheel. Why was there? Merely a case of the right hand not knowing what the left hand was doing. Oh well - nice big place. But further inquiries indi­cated the first production was by a teacher at GSU, a resident of the community. Why then was it an outside group con­tracted?

It would appear that Governor State would go along with and support its own. But who am I to question the politics? Just a senior citizen who will attend the free performance and maybe, just maybe go to one of the other plays out of a sense of loyalty to one who is demonstrating a positive com­mitment to our community. After all, my taxes in a sense support both. Few enough good things get noted. I applaud both the teacher and GSU for bringing these timely productions to the "boobies." But maybe next time they can work in conjunc­tion and be assured of greater participation.

Good Luck, 
Jean Black

Reader Shows Concern for Quality

It is evident from the quality of the reporting that a lot of hard work goes into the production of the Innovator. However, grammatical errors in the paper produce a negative impression that can overshadow even quality writing. In the Oc­tober 8 issue of the Innovator, I found four instances of the misuse of the word "it's" should only be used when it is a con­truction of the words "it is.
A single grammatical error could be attributed to a "typo" (although it could be caught by the editing and proofreading staff), but a repeated error gives the reader the impression that the writer is not familiar with basic grammar. These types of grammatical errors are espe­cially unacceptable in a college newspaper.

The Innovator has always given us good reporting. I hope that in the future, it will be an example of good grammar as well.

Susan L. Atchison
South Barrington, IL.

Editors Note: Thank you for your concern. The INNOVATOR is revising its procedures. Production and staff Changes are currently underway which will have contributed to the error. University community input is welcome and appreciated. (Students, staff, etc., is what makes a college newspaper strong. Keep those cards and letters coming!)
by Leonard Robinson, M.D.

Question: Is estrogen replacement therapy (ERT) helpful to women who have reached menopause?

Answer: There is now convincing evidence that estrogen replacement therapy (ERT) is helpful in preventing osteoporosis and the symptoms of menopause (e.g., hot flashes and vaginal dryness). Most recent evidence now confirms that ERT also protects against coronary artery disease. Despite this mounting evidence, the majority of eligible women choose not to use ERT. One reason for this is fear of breast cancer.

In fact, the danger of breast cancer with ERT is unknown. When higher doses of ERT (1.25 mg. per day) were used for more than 10 years, there was a slightly increased risk. However, the risk did not increase substantially when a dose of .625 mg. per day was used. As with all medications, ERT is not without its risks. For example, it doubles the risk of gallstone disease. ERT may also increase the risk of breast cancer, but low risk for breast cancer, will also benefit.

According to JoAnn Manson, M.D., a Harvard epidemiologist and a member of the Nurses’ Health Study team, “Each patient must decide for herself, but based on what we know so far about its benefits and risks, it is reasonable to present ERT as a desirable option for most women.”

The Nurses’ Health Study team reported nearly a 50% reduction in heart disease among ERT users. The other benefits of ERT are reduction of osteoporosis fracture and their sequelae. With regard to ERT, experts agree that each patient must be considered separately before ERT is started. If you would like more information on estrogen replacement therapy, or have a question for this column, please write to me at Ingalls Family Health Therapy (ERT) is helpful in preventing osteoporosis and the symptoms of menopause.

---

Dickens Street - Chicago (September, 1991)

I should say

"What the Dickens?"

I do not.

But I do stand and gape.

All those lovely people,

who do they come from, where do they go?"

Over the radio TV

the talk is of Fahrenheit 90.

A hot day sure,

but is it important?

The streets are a long continuum,

of cars roaring away in the distance,

sitting jiggery.

bunches of roller-skaters,

who spring into sight,

like a sudden influx of pollen,

of muggers on the move,

five dollars or your life.

All those lovely people,

the hum, the mist, the smog.

I gaze and swing in a swoon.

Boating from Chicago,

daily rain in faraway India.

The yearning for home,

is it not the pollen from the pit of the gut

and jet-lag hits like a Tyson punch.

I stand in a frame

of the concrete and gawk at Dickens Street.

Ramesh’s Pai (First Published in the "Indian Express" - India)
CHICAGO HEIGHTS - Prairie State College is offering a number of non-credit classes, such as Spanish, Business Writing, Silk Flower Arranging and Ballroom Dancing, among others, at Bloom High School, 10th Street and Dixie Highway in Chicago Heights, this fall.

"Writing to Communicate - Effective Strategies For Business People is a 5 1/2 class that will give you courteous, concise, concrete and correct written communication skills. The five-week class begins Monday, January 4 from 6:30 - 9:30 p.m. and meets every Monday.

"Beginning Spanish" is ideal for anyone interested in travel and Hispanic culture. The $53 class will emphasize pronunciation and speaking. The class begins Monday, October 19 from 7:00 to 9:00 p.m. and meets every Monday for five weeks.

"Beginning Greek" is a $53 class that will emphasize speaking, pronunciation and Greek culture. The eight-week class begins Monday, October 19 from 7:00 - 8:30 p.m. and meets every Monday.

"Intermediate Silk Flower Arranging" is a $38 class for those who have had "Intermediate Silk Flower Arranging." The class begins Wednesday, November 25 from 6:30 - 9:00 p.m. and meets every Wednesday for three weeks.

"Advanced Silk Flower Arranging" is a $38 class for those who want instruction in more complicated construction problems. The $72 class runs for eight weeks, beginning Monday, October 19 from 6:30 -10:00 p.m. and meets every Monday thereafter.

For further information on non-credit classes, call 708/709-3549.
Science Prof. Wins Award

UNIVERSITY PARK — Dr. Donna Siemro, professor of science education at Governors State University, is a 1992-93 recipient of the Faculty Excellence Award.

Dr. Siemro was recognized for her work in developing a strong elementary science program and revitalizing the geological sciences course, instruction of mathematics courses, and interaction with students.

Dr. Siemro of Homewood came to GSU in 1978 as a professor in the science education program. In 1979, she received a National Science Foundation grant to develop an earth science curriculum for high school teachers.

Besides her teaching duties at GSU, Dr. Siemro is a consultant to the Illinois State Board of Education for accreditation review of secondary teacher science education programs.

The professor received a bachelor's degree from Concordia College, a master's degree from Northern Illinois University and a doctorate from the University of Iowa. She has done post-doctoral work in virology and recombinant DNA at Indiana University.

GSU History- Continued from front page

Alumna Pat Gardner says GSU's conversion to a graded system did change her opinion of the school. But, she adds, she chose GSU in 1982 over other schools because GSU offered her a personalized program.

"When I came here I checked out Columbia College, the Art Institute and this place, and besides it being convenient, I liked this place better. I liked the atmosphere better. I liked the teachers better. I liked the whole concept better. The way things were done just seemed to be more comfortable," Gardner explains. Her satisfactory experiences have not waned off. Her daughter is now a student at GSU. Dascenzo says that case is a perfect example of GSU's vitality.

"We say our traditional student is everybody else's non-traditional student. The only thing about GSU students is they are more dissimilar than they are similar...it's not dissimilar to me to have a 24-year-old who's talking about dating with a 72-year-old who's dying of cancer. You don't find that at an eastern school where everybody in a dorm is probably homogeneous."

On commencement day 1990, the GSU Hall of Governors was filled with graduates who represented every sector of society. They were being rewarded for their achievements, but they all agreed that the diploma things were receiving were because of Governors State's efforts to serve students.

"I stayed out of school for 30 years," one graduate said. "I'm a grandmother so I felt kind of funny coming back, overwhelmed. I thought everyone would be so much younger, but I felt at home because the age limit is from one end to the other..."

Another said, "GSU allowed me to go back to school...in between my four years I got married, had a child and so it was real flexible and accessible to me."

"It means a change in my life. I transferred from ISU. The smaller class size here has helped my grade point and I've excelled intellectually here and I appreciate that," this young graduate said.

Another echoed his sentiments. "GSU has changed my entire life. I always wanted to be a professional person and I have a job, a scholarship to the University of Chicago. It has changed my life completely...when I first came here I saw a sign on the door that said this is the place to finish what you started. They did not lie. Hats."