

December 1992

## New Expression: December 1992 (Volume 16, Issue 10)

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**New**  
**EX**

A PUBLICATION OF YOUTH COMMUNICATION

**pression**  
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December, 1992 • Volume 16, Number 10

# Holiday Trimmings



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Talking to HIV-positive people... p.3

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What to buy... pp. 14-15

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What to (and not to) eat...pp. 9-12

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How one teen helps peers... p.13





## Actor speaks on parental involvement

Actor John Astin visited Bogan High School Nov. 5 to emphasize the important role parents play in their child's education. The actor played Gomez on the TV series "The Addams Family."

"75 percent of parents never see the insides of their child's school," said Mr. Renik, a Bogan LSC member, as he introduced Astin.

"I want to say how important it is that you're here," Astin told the group. "If you have one parent here who is interested, it can bring about change and revolution in the school. Two parents are even more powerful."

"There are many obstacles in what the students, teachers, and parents are trying to accomplish," Astin continued. "I think you have a great mission. Keep it going."

-Jessica Olson  
Staff writer  
Bogan

## Calculators for the SAT?

Sounds too good to be true, but the College Board has decided that as of October 1993 students can use calculators on the new PSAT/NMSQT, and beginning in March 1994, students can use calculators while taking the SAT. And ANY type of calculator can be used!

## No more pressure for prayer

Football coaches can make you do laps, but they can't make you say a prayer before games. A Supreme Court Ruling says that school employees can't instigate prayer in school without government approval. One coach in Arizona even resigned rather than abide by this rule.

## What are they doing for us?

This is the question the 10th grade Contemporary American history class at Lucy Flower high school

asked the presidential candidates...in *Time* magazine! For more coverage, see page five.

## Gang sign or fashion statement?

Do earrings on boys violate a certain dress code? Apparently, for 8-year-old students, they do. Two third-graders were recently suspended from the north suburban Algonquin Road School for wearing earrings. The school board voted to uphold the dress code. The boys are now back at school — without earrings.

-Rima Vesely  
City Editor/News  
Lane Tech

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# TABLE OF CONTENTS

December 1992, Vol. 16, No. 10



### AIDS column.....3

- People who are HIV-positive speak out

### Editorial.....4

- Opinion : city needs to care for murdered teens
- Scrapbook: Teen recounts period of homelessness

### Fighting holiday fat.....9-12

- How to eat right this season



### Buyers Guide.....14-15

- What to get and where to get it

### Young Chicago.....16

- Poetry

### Entertainment.....18

- Comic column
- Book reviews: The Vampire Lestat, Stephen King's latest

### Sports.....20

- Sportsline : Unsung heroes

Cover Photo by *New Expression* Photo Staff — Model: Cleopatra Owens, Hyde Park. Outfit Credits: Dress; \$59, Hat; \$52, Necklace; \$8 — *Presence*. Boots; \$10, Earrings; \$10 — *Mad Maxx*

# Help is just a phone call away



### For questions on disease:

Information on AIDS  
1-800-AID-AIDS  
Chicago Dept. of Health/  
Mental Health  
(312) 744-8033  
STD Hotline (Operation  
Venus)  
1-800-227-8922

### Child abuse and neglect:

1-800-25-ABUSE  
Illinois Dept. of Children and  
Family Services  
(312) 814-4650  
Child Abuse Prevention  
Network  
(312) 3-PARENT

### For legal advice:

Legal Assistance Foundation/  
Children's Rights Project:  
(312) 341-1070

### For substance abuse:

Alateen  
(312) 471-0225  
Alanon Center  
for Information  
(312) 890-1141  
Alcoholics Anonymous  
[312] 346-1475  
Families Anonymous  
(312) 777-4442  
Cocaine Anonymous  
(312) 202-8898

### Special youth programs:

Neon Street Center for Youth  
(312) 528-7767

### Teen Living Programs

(For homeless youth)  
(312) 883-0025  
Young Men's

Christian Association  
(312) 280-3400

### For financial aid:

Illinois Department  
of Public Aid  
(312) 793-4706

### To help the environment:

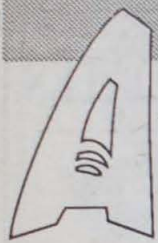
Greenpeace  
(312) 666-3305  
Citizens For a Better  
Environment  
(312) 939-1530

### Miscellaneous help:

Chicago Department  
of Human Services  
(312) 744-4045  
Teen-to-Teen  
Crisis Hotline  
(312) 644-2211

This ad is sponsored by the Centel Foundation





# AIDS AWARENESS

**M**ichael Landsman is angry and scared and he wants you to be, too.

Landsman who is 22, HIV-positive, and works for AIDS Project Los Angeles (APLA), says that "...more Americans have died of AIDS

than in the Korean and Vietnam wars combined...

Women are getting infected at a rate double that of men, and they are dying faster. In Africa, the disease threatens to wipe out an entire population, but that's not our problem, right?"

President Bush "still argues that this is a disease that could be halted by 'behavioral

modification' (without acknowledging that so could most cancer) and does nothing to educate our citizens. Are you panicked, yet? "Consider this; AIDS is not going away, no matter how hard you try to ignore it. Indeed, our ignorance has allowed the disease to spread to epidemic proportions. If you don't know someone with AIDS now, you will by the year 2000. It could be someone you love. It could be you..."

Twenty-four-year-old Michael Thurnherr of Chicago's Test Positive Awareness Network (TPA) wishes it was a panic, because people don't think they are at risk, even gay men. He says the government does a bad job about education, that they don't use explicit language or talk about safe sex.

Thurnherr can't get insurance because he's HIV-positive and his treatments would be expensive if he develops AIDS. As an activist, he's had to deal with hostile people. He doesn't let it get to him, because he says it's just "out of ignorance." He's been HIV-positive for five years.

Landsman says the first people he told were his parents. He wrote them a letter about two weeks after he tested positive three years ago. That gave him the chance to say what he needed to say without being interrupted, and to choose how he would say it. After he told his parents, he gradually told everyone he knew. Now, he finds it "a relief... to tell EVERYONE. The more people I tell, the less of a stigma there is about it. Now, telling people is like a political statement: "Yes, people all around you have HIV, you can't tell just by looking at them, deal with it!"

Landsman "came out" about being

gay when he was 15. He kept a strong group of friends around him in high school. Since then, he has lived in neighborhoods where there was a gay community, and has always worked for gay-owned and operated businesses.

This is how he deals with "people who will put you down and even try to stop you from being who you are." His best friend calls him a 'separatist'. He calls his lifestyle a 'survival strategy'. When he tested positive, working for APLA seemed like the thing to do. As he says, "I never put myself in a position to be judged..."

"The way I live now, to know me is to also know that I'm gay and HIV-positive. If a person can't handle that, they don't stick around too long and I guess that's their problem," he said.

Thurnherr was 19 when he found out he was HIV-positive. He thinks he took it better than a lot of people, since he never assumed he was going to live forever because he had a twin that died at birth.

He's seen different reactions when people test positive. His initial reaction was to ignore it for two or three years. Some are passive about it, which is "bad

control of their lives. This gives them a better chance of survival.

Thurnherr's job is to bring HIV-positive people in, to "break through their denial." As program coordinator of TPA, he organizes 15 meetings a week and recruits. Some days, he feels he's accomplishing something important.

Thurnherr thinks cases of people deliberately passing on HIV are very rare, and that if they ever do, it's probably from stupidity and low self-esteem.

**Once people stop feeling helpless, they take control of their lives. This gives them a better chance of survival.**

Landsman doesn't think someone would deliberately pass on the virus, "and this kind of fear shifts the focus of our concern onto something [over which] we have no control. There is plenty of HIV being spread around, unintentionally.

"What can each of us do to insure that we, and the ones we love, are informed on the ways HIV (not "the AIDS virus") is spread? Don't go looking to blame someone else for AIDS. It is everyone's problem. Each of us must be held responsible."

Landsman has never spent much time or energy blaming himself or anyone else for his infection. "It's no-one's fault and nothing can be done about it now," he said. What angers him is "another generation of children growing up in the face of AIDS; parents who don't know enough to talk to them about it (or are too embarrassed to), and our present government that refuses to educate its citizens of the real danger we are all in.

"No! I'm not resigned! Take a moment and think about what is truly meant by ACT/UP's (AIDS Project to Unleash Power) slogans: SILENCE EQUALS DEATH. Not just mine, but yours, everyone's."

"Coming out" in an anti-gay environment forced him to learn more about himself and the world when he was still young. That prepared him to fight against HIV.

AIDS infection forced Landsman to decide what was important in his life, and brought him closer to his parents and friends, which was, he said, "a blessing." It also led him to a career when he didn't know what he wanted to do in life.

More recently, as he has become frustrated by America's "so-called 'response to AIDS'", Landsman has become an activist. This was the most important change created in him by HIV infection. Like many other people, HIV

brought him to "see past political rhetoric and headlines, to take action. We must register and vote as if our lives depended on it. Mine does."

Landsman is a case manager at APLA. When a person living with AIDS or ARC (symptomatic HIV-disease) registers with APLA, he tries to answer their questions and help them get their lives together. "Very often, AIDS creates problems with the most basic stuff of life... If you are physically

disabled, and can't work, you might have no income, no health insurance, no food and no place to live... [but] there is help from government agencies, and, more so, from private... support."

He's participated in rallies and protest marches, volunteered to speak at high school assemblies about HIV and safer-sex, been interviewed on local and national TV, and does a lot of unpaid work ("Do you think," he says, "I contracted HIV for the glamour and wealth that goes along with it?"), to draw as much attention to the crisis as possible. He'll stop when a cure is found.

"First and foremost, I'm fighting for the life and longevity of myself and my community. This fight demands all my time. Everything in my life is somehow affected by HIV. I spend 40 hours a week at my job, but the virus is with me wherever I go."

Most people with HIV aren't going to die soon. After 12 years of infection, 50 percent of them haven't gotten AIDS yet. People who ask questions and take an active role in their health care live longer than those who might take a new prescription without even knowing what the drug is or does. Landsman says, "Some PWA's (People with AIDS) roll over and die, literally. Some choose to fight. AIDS can be fought on many levels; by choosing a course of medical treatment you feel right with, by taking steps to decrease the stress in your everyday life, eating well and getting enough sleep and exercise... Again listen to the strong messages from ACT/UP: ACTION EQUALS LIFE.

"Perhaps I'm different from others in that I loathe being referred to as an HIV patient. Nobody I've met prefers that term, but the media continually refers to us as patients, or, worse yet, as victims. I am LIVING with HIV, not dying from it. "Patient" implies that I spend all my time in a doctor's office, and "victim" implies that I am helpless. I am not."

Kanya Friedrich  
Staff writer  
Kenwood Academy

## Talking to people with H.I.V.

*"The way I live now, to know me is to also know that I'm gay and HIV-positive. If a person can't handle that, they don't stick around too long and I guess that's their problem." -- Michael Landsman*



Michael Thurnherr, 24, who tested HIV positive at age 19, now counsels at Test Positive Aware, a group that supports people living with HIV or AIDS. Photo by Maritess M. Caamic, Lane Tech

in excess. They die fast if they're not in control." (Very few, he said, have that attitude). "Most of them don't come here [to TPA] - coming here is a big step." Once they get up the courage to come in, they learn how to live with HIV.

TPA concentrates on self-empowerment. They expose misinformation and let people know that HIV infection is not the end of the world, that "they can live again," Thurnherr explained. Once people stop feeling helpless, they take



## Does the city really care about crime in the projects?

When 7-year-old Dantrell Davis was killed Oct. 13, everyone seemed to care. Mayor Daley finally spoke out about the numerous killings of children in Chicago. Even President-Elect Bill Clinton cited this act as one of the many senseless acts of violence commonplace in the inner-city. All of this is well and fine. The only problem is that I don't respect phony concern and temporary band-aid solutions to long-term problems.

The problem with this city is that the people in Chicago don't like to handle the problems that plague this city unless it directly affects them. If Mayor Daley actually cared about the killing of underprivileged youth in his city he would have acted on the other 17 killings of Chicago grade school children alone this year.

Isn't it pitiful that our city and present society value so many things over human life? It took only hours to act on the Great Chicago Loop flood, but it took years to speak out against youth killings. Furthermore, is it just me or have I heard more about casinos and airports than I

have heard about plans to remedy one of the most violent years in Chicago's history?

Luckily, the media stepped in to save the day. The media transformed Dantrell Davis into a prime-time martyr. The purpose of this was to work on the conscience of the public and to make people think twice about how good of a job the mayor was doing managing the city. Chicago's press actually snatched Mayor Daley from his vacation and kicked him into action.

This may all seem trite but why should the media have to be depended on to make the mayor do his job? Mayor Daley was elected to find the problems in the city and to solve them, yet he and his administration don't act unless the media forces them to.

Another problem I have with the city of Chicago is the way the city remedies the problems of the inner city. It seems that whenever problems are dealt with by city hall, common sense is thrown out the window. Even after city leaders and Mayor Daley met about Cabrini Green's problems, he still decided for

the temporary police increase and the addition of one-way turnstiles in the back of all the buildings.

Instead of using all of these temporary solutions Mayor Daley should just modify and act on his campaign promise of 600 new policemen in the Chicago area. He should also find out why only 15 out of 66 buildings are occupied above the third floor, because Dantrell was sniped at from one of these buildings. Lastly, he should listen to the residents of Cabrini Green. On Aug. 11 the city of Chicago and the CHA was forewarned about the increase of sniper killings from the nearly abandoned buildings at a meeting attended by at least 150 people.

This city has an abundance of short-term solutions for long-term problems, which are keeping the city down. We, Chicago's future voters, feel that the Honorable Mayor Richard Daley is not doing a good job with the city. Only 37 percent of teens informally polled feel that he is. It takes 51 percent for re-election.

THINK ABOUT IT...

Andre Rooks  
Sports Editor  
Whitney Young

## LETTER TO THE CANDIDATES

(Editor's note: This letter originally appeared in Time Magazine. Congratulations, Lucy Flower!)

To the Presidential Candidates:

We are the students from an inner-city high school with 100 percent African-American enrollment. We represent the part of the U.S. population that feels that some major issues are being overlooked by the candidates. We are the youth of this nation, and we are afraid. You candidates talk about the economy, but that means virtually nothing to us. It is drug sales that regulate the economy in our neighborhoods, and the political forces we bow to are our gangs.

Your proposals on the economy, health care and taxes mean little or nothing to people like us, who are hoping merely to stay alive. We hear you talk about straightening out foreign affairs, but we ask you, Which one of you is ready to focus on this country? If you are not going to legalize drugs, then how will you get things under control in our cities? You talk of increasing the number of police, but we know firsthand that that will only waste lives and the taxpayers' money in an endless war. You are asking the impossible in trying to stop drug trading here; there is simply too much money involved. Besides, what alternative sources of income are being offered to drug dealers if they stop dealing?

Which of you candidates will have the government, law enforcement, Big Business, the military and street gangs join together in rebuilding our cities and employing those who have no income other than drug sales? Believe us, gang members and drug dealers are employable: these individuals are already running million-dollar businesses. A joint effort is the only way to save the cities and the U.S. from the drug plague that is destroying minorities today and the rest of the U.S. in the not-so-distant future.

10th Grade Contemporary American History Class  
Lucy Flower High School  
Written by teacher Donald Galster

## Please, hear my cry — “We're in trouble (homeless teens) and nobody cares”

“Where I come from, I was thankful to see the sun come up - a new day with yesterday's past memories,” Amy said, with a stern look on her face.

Three years ago, an 11-year-old named Amy Miller\* spent six months in a shelter. Homeless, or rather a runaway, those six months forced her to discover, she said, “what life really is.”

Family conflicts, abuse, and violence are some of the factors that bring approximately 14,000 youths to find a place on Chicago streets each year. National estimates range from 1 million to 1.3 million teens annually.

“It was May or June. My parents had a fight about money - material stuff. Anyway, they were fighting — verbally and once in a while physically, about how my dad was wasting it all on booze. My mom's crying and I couldn't stand it. I went up to my father and I told him off.

“He yells, ‘Who the hell are you to tell me what to do?’ He slaps me. I can still feel the sting on my cheek. He says, ‘I am your father and you, young lady, are under my roof and do as I say or you could pack up and leave.’”

She snickers. “Yeah, right, a father who says stay away from drugs and alcohol, don't stay out too late, don't date ... because that's not what a good girl is supposed to do. I turn my back and there he is with a can of beer, whistling at some girl with a very short skirt. And I'm supposed to respect him?”

“I couldn't stand it, so at night when they were still arguing and getting to the point where they were about to knock out each other's lights, I left.

“It was me against the cold, ugly world. I didn't know where to go. I was scared. I spent two days wandering around, going to my friends' homes and staying there.

“They were friendly, but my welcome was worn out. So I hit the streets, again, just looking around, getting a good picture of what life is all about. It's simple, but scary. I could die right here and nobody will care.

“Then one day, I was so tired that I stopped to rest, only to wake up on the steps of a neighboring shelter. They took me in with open arms. In that one hug, I felt

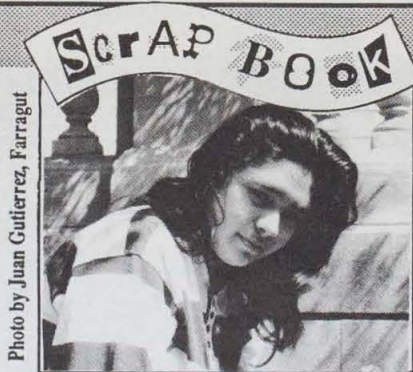


Photo by Juan Gutierrez, Farragut

Vickey Velazquez

so much comfort and understanding, something that was a stranger to me. I cried and let out a huge sigh.

“I was scared. People assume being poor means getting help from the government, having everything handed to us on a silver platter. It doesn't work that way.

“I was quite lucky. I mean, I could have

**“What pissed me off so much was that society, my people, think that by shoving a couple of pennies into some homeless person's hand the problem will go away.”**

been killed, become pregnant, or maybe if I was real desperate, I would have turned to the streets and maybe sell myself, for money,” she whispers.

Seventy-five percent of runaways turn to pornography or prostitution as a way to profit financially and survive. Approximately 11 homeless girls under 18 getting pregnant daily in Chicago.

“The shelter was a home away from a wrecked home. It wasn't so bad. I woke up at eight, walked bare-foot on the wooden floor and toward the window hoping to see something new, but I didn't.

“All I saw were people, like me. I had a

roof over my head — a place to sleep at night, plenty of warm covers to protect and shield me — and the not-so-nice world.

“I ate food that tasted awful. Milky macaroni that looked like cereal, there was more milk in there than noodles... I did three chores... whether dusting, sweeping, or any other chore, I watched TV, I made friends who were in the same boat or who have sunk and drowned. But over all it was OK, a couple of roaches here and there but I wasn't alone.

“I stayed there for about six months. I went to school, and at the same time, they were trying to get a hold of my mom. My dad was the problem, my mom was cool.

“I took life for granted. I missed the little things like going to my own room, talking on my own phone, and having my own bathroom. These worthless things were not important. I learned that sometimes you have to

walk on the dark side to see the light.

“They found my mom, and allowed me to stay with her to see how it worked out. It worked out kind of slow at first, but we were willing to try and make things work. I've been with my mom ever since then (her mom left her father). It's been great, we have our ups and downs, but it wasn't like before — Thank God.

“I've learned a lot from this experience. It has made me more mature. I was a little kid with a common problem. But what pissed me off so much was that society, my people, think that by shoving a couple of pennies into some homeless person's

hand the problem will go away. Sometimes, I wish it did, but I was still there and so were thousands of other people.

“I hope and pray that things will change soon,” said Amy. “It is real life, it's not a soap opera coming from la-la land. It can happen to you, maybe not the same way but it can happen.

“It's hard not wanting to help. You see them there with smelly clothes and a sad puppy face. It makes it kinda hard to resist. I always — OK, not always — only when I have money — do I give.

“I'm one who likes to give and never receive. I felt bad taking things because I feel that they're feeling sorry for me. So it was really weird when the shelter wanted to help. Maybe someday I'll be able to hug someone and make them feel wanted.

“I'm black and proud, I have a lot of friends and love to mess around, but what sets me apart from them is that once I was homeless,” she says, looking at the floor.

“America is home to several creatures big and small, we're scared inside, but do not show it because we're too proud.” She raises her watery black eyes and turns to look out her window. “But if you really look hard into people's eyes, you'll find we're all the same. We're missing the unity and respect we never had.

“I just wish the world will open its eyes. We're (homeless teens) in trouble and nobody cares.” She stares at the wall and sniffles.

\* name has been changed

Vickey Velazquez  
Staff Writer  
Benito Juarez



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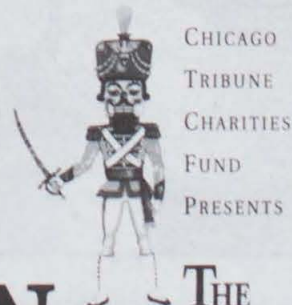
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December 11-30

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*Chicago Tribune Charities Fund is a fund of the Robert R. McCormick Tribune Foundation.*





## Hidden facts about unlawful searches

*The preamble of the U.S. Constitution affirms that we are assured legal, social, and economic justice. Amendment four of the Constitution says you have the right to be protected against unreasonable searches and seizures.*

Unlawful searches have become a common form of law enforcement among policemen in the cities. But what does it really mean when an individual is stopped and searched because they look suspicious in the eyes of the police officer?

Most people would consider this type of violation as "police brutality." The preamble of the U.S. Constitution affirms that we are assured legal, social, and economic justice. Amendment four of the Constitution says you have the right to be protected against unreasonable searches and seizures.

And Article I of the state constitution says that Illinois citizens have the protected interest of maintaining their personal dignity, and in

furthering their interests, rights and privileges as citizens of this state.

Considering these vital laws, why do rank-and-file policemen give themselves the privilege to violate the laws? The primary reason is citizens and police do not always agree on what constitutes proper police practice. For most citizens it is not necessarily what the police do but what it means to them.

A Jefferson Park Precinct policeman who prefers to remain anonymous said that he would usually pick up gangbangers or people who appeared "raunchy."

"Most of the people we search on the streets are innocent," he admitted. Yet policemen say they continue this practice to curb crimes.

Valerie Phillips, the public information director of the American Civil Liberties Union, said that if you are searched you should ask for the reason or cause. You should also listen closely to what the police officer is saying in order to understand why you are being stopped. Most important of all, make sure you take note of the name and badge number of the police officer that is searching you.

If you wish to issue a complaint against the police officer that searched you call the Office of



Illustration by Larry Miller II

Professional Standards.

But the person who is filing the complaint should realize that national and civil-rights commissions receive hundreds of complaints

charging mistreatment, and proving these allegations is difficult.

Katarzyna T. Buksa  
Staff Writer  
Good Counsel

## BIOMEDICAL EQUIPMENT TECHNICIAN



Marvin Campbell (left), biomedical training coordinator and Florante Alfaro (right), biomedical technician check the function of an ECG machine at Children's Memorial Medical Center.

As a member of the clinical engineering team, biomedical equipment technicians (BMET) evaluate, inspect, maintain, repair, and install medical equipment and instruments such as heart-lung machines, artificial kidney machines, patient monitors, and other devices used for medical therapy, diagnosis, and medical research. They also teach hospital staff or researchers how to operate biomedical equipment, and occasionally design a new piece of equipment for unusual cases. BMET's use hand tools, power tools, measuring devices, and analyzers as well as their own trouble-shooting skills to perform their job. They work in hospitals, medical equipment manufacturers, supply houses and with the government.

Employment of BMET is projected to grow faster than the average for all occupations through the year 2000.

Currently, there are several community colleges in the Chicago metropolitan area that offer a major in biomedical equipment technology leading to an associate degree.

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BMET



# Financing the generation gap

## Future without jobs = entrepreneurship for business-minded teens



One thousand unsolicited resumes flood the mailrooms of Fortune 500 companies daily, according to *U.S. News & World Report*. Four out of five resumes are trashed after a quick glance. If you can't join them, does this mean you should start thinking about building your own Fortune 500 company?

Before you take this lead toward being your own boss, you must consider and take tiny steps toward a future in entrepreneurship.

First, develop and research an idea that will sell, said Ravi Ramaiah, a business consultant at the Burgos Company, a group that helps minorities learn how to start their own business. If you want to open a flower shop, start by working after school or in the summer in a flower shop. You can also research your idea in the library or in the business section of the newspaper.

Then develop a business plan by sitting down with the bank and asking for advice on how to begin your business. Creating a business plan means taking your idea and estimating your total cost of production.

When developing your plan, ask and answer these questions:

- \*Is the product already made for you or do you have to buy materials to make the product?
- \*How much will it cost you to make a certain amount of your product?
- \*How much will you sell your product for?
- \*How much will it cost to pay your employees?
- \*Will you have to provide some type of insurance to your employees?
- \*Will you be selling stocks or shares of your company? If so, how much dividend or money will you have to pay the shareholders?
- \*How much money will you spend on stationary or other miscellaneous expenses?
- \*What investments, if any, will

you make with your profit?

\*What is your charter fee? For a business to be considered legal, Illinois will require you to pay a charter fee.

But starting your own business takes more than just business plans, blood, sweat, and tears.

"Capital is probably the most important component in starting your own business," said Emmit Horne, director of operations for the city of Chicago at Junior Achievement.

This is where many people "fall down. People make real horrible estimates in the money," said Barbara Scheidt, an assistant professor at National Louis.

But you may wonder, "Where am I going to get the money?" You can

start by getting or borrowing money from relatives, going to the bank or getting a loan, or getting people to invest in your idea.

"You cannot leave any stone unturned," said Scheidt.

If you decide to get money from the bank, you can "start to cultivate a relationship with a bank." Even if you don't start a business right away it's important to build a foundation for your future network. Open an account and ask the bank for advice. Most banks are willing to "work with smaller businesses," and most "want to please their customers."

Before you ask for a loan, try to get some sponsors to back your idea. "Walking in cold off the street usually won't do it," said Horne. It's also important to find out how much

interest you have to pay on your loan and estimate how long it would take for you to pay it back.

Don't expect your company to become a Fortune 500 company overnight. Profits may not sky-rocket the first couple of years.

- Shella Calamba and Vickey Velazquez  
Managing Editor and Staff Writer  
Lincoln Park and Benito Juarez



Illustrations by Noel Melendez

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# ABUSE

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## Boyfriend abuse—the overlooked topic

*Rarely discussed or admitted by those involved, boyfriend abuse is more common than you think ...*

Cases of girls abusing their boyfriends may sound unusual and to some even stupid. However, it really does happen. Morgan Park senior Anthony Roberson says, "I think it's an overlooked topic."

Psychologist Anderson Freeman said, "Anybody can be abused." No specific personality is common to abuse victims. And as in the case of Whitney Young junior Exavier Pope, the abused may not know he is being victimized. "I didn't really feel abused," says Pope of the treatment by a distrustful girlfriend who threatened to break up with him

if a girl so much as looked at him.

According to Betty\*, who had once physically abused a former boyfriend, an abuser is "Someone who takes advantage of someone mentally and physically for the sole purpose of control."

Explaining her story, Betty said, "I don't like to be lied to, and he was a big liar. I felt he thought I was stupid and I resented that. He indicated to me he had a problem. His lying was out of control, he wanted to be punished. His mother believed he deserved it too."

Betty punished him by hitting him. They weretogether for six



Illustration by Olivia Maciulis  
Lincoln Park

years and she began to hit him "after being with him a couple of years." She didn't consider it abusive then and still doesn't.

Morgan Park senior Adebayo Akinkule says he has never been abused in a relationship because "I take control of the relationship. At the same time I wouldn't abuse the woman." He said you can prevent abuse "When you draw the line at

not allowing yourself to be taken advantage of."

James Bankston, another senior at Morgan Park, simply says, "I demand respect." Without it, he said you set yourself up to be hurt.

Roberson was mentally abused, he said, because his girlfriend didn't respect him.

"She felt she had the upper hand in our relationship and treated me in ways she shouldn't have. She tried to talk to my best friend and thought that I wouldn't know. She should have had enough respect for me to tell me she had an interest in my best friend. She shouldn't have kept me in the dark. She twisted my mind and my heart." He stayed with her for the same reason many others stay in abusive relationships. "I really cared about her."

The abuser typically dominates the relationship and may have the stronger personality. Dr. Freeman says a female can manipulate her boyfriend "Because he's probably ambivalent about hitting her (or) her personality may be stronger." Dr. Freeman believes the personality type for an abusive female is

dominant and insecure. She may have seen or dealt with abuse and may have low self-esteem.

Having gone through an abusive relationship, teen Kevin Lowe describes a victim of abuse as being "a wimp or a person in love" while Betty says, "It depends on the person and the circumstances."

Those interviewed said they have learned from their past relationships. Betty no longer victimizes young males. Although Roberson's former abusive relationship was "the worst experience I've ever had" he is now friends with the girl who abused him and isn't holding any grudges. Lowe jokingly insists, "I still love her, but if I had a gun I'd kill her." No matter how low your self-esteem, no one deserves physical or mental abuse, Bankston asserts, or, he says, "made to feel like less of a person."

Betty makes it clear that respect isn't part of an abusive relationship. Referring to the abused, she said, "You can never have respect for a person like that."

\* name has been changed

Kash'shawn Tyler  
Staff Writer  
Morgan Park

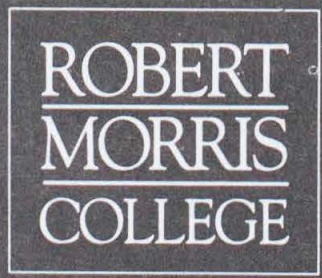
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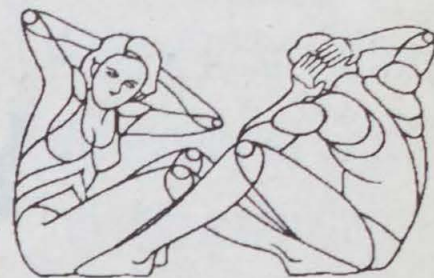
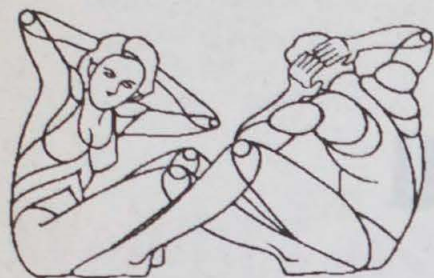
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# Faking out fat

## How to eat healthy over the holidays



Lets  
talk  
about...  
**FOOD**

Everyone wants to live a long and prosperous life, right? With today's lifestyles we know that's easier said than done. Most emphasis concerning teen health is placed on sexual activity. You can use the indestructo-radial steel belted condom, go home and eat swine cakes fried in salt batter and still keel over. Maybe even faster. The very least you can do for yourself is eat the right foods.

"Aw, man. Now he's going to talk about sprout juice and beet sandwiches." Not quite. Although sprout juice isn't all that bad when you use St. Ides as a chaser. Just kidding. It is very possible to still eat the same foods you eat now. You just might have to do a little better job at balancing your fat, carbohydrate, protein and calorie intake.

"Huh. What?" Most nutrition "experts" recommend a day's calorie intake consisting of 50 to 60 percent carbohydrates, no more than 30 percent fat and 10 to 20 percent protein. We listen to these "experts" because... Well hell, they're old and healthy, and some day we hope to be also. It is also possible to have trade-offs within your percents, but you have to be really good or you'll die on the spot. O.K. Maybe in about 70 years.

Another good practice is to eat a variety of foods. You know the four basic food groups (The Butterfinger group has yet to be accepted by the mainstream).

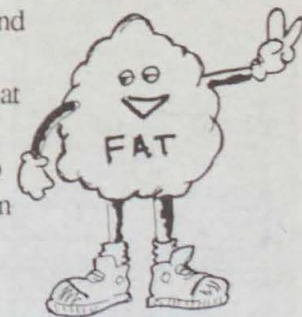


Let's talk about complex carbohydrates and fat, baby. Let's talk about you and me. Complex carbohydrates are packed with nutrients and good energy sources. Examples are: pasta, potatoes, rice, fruits and vegetables. Simple carbohydrates are relatively low in nutrients and fiber compared to the number of calories they contain. These are the candy bars and the cookies. Here's a hot tip: Most people should increase their intake of carbohydrates and decrease the fat.

Although you do need some fat in your diet to provide energy and help some metabolic functions, too much fat can lead to obesity, heart disease, diabetes and strokes. Saturated fat has been known to raise blood cholesterol levels. That's the stuff that contributes to heart disease. Not good. Saturated fats are found in foods of animal origin like red meat, poultry and butter. Didn't know about that Wild Butter of North Dakota, did you?

Here's an easy three-step process to determine the percentage of calories from fat: 1) Multiply the grams of fat by 9. 2) Divide by the number of calories. 3) Multiply this by 100.

Well I sure hope this article will be put to good use and one day while you're reading this in deep thought on the commode, (get a dictionary), you'll convince yourself to eat healthier, (or live just long enough to see me marry your daughter).



Eward Lucious,  
Staff Writer  
Whitney Young



### Snack Stats

Just what are you eating, anyway?

Product	Serving size	Calories	Protein Grams Percent Of Calories	Fat Grams Percent Of Calories	Carbohydrates grams Percent Of Calories	Sodium (mg)
M&Ms Plain	1.7 oz.	240	3g 5%	10g 38%	33g 56%	40 mg
Reeses Peanut Butter Cups	1.8 oz.	280	6g 9%	17g 55%	26g 37%	180 mg
Quaker Chewy Granola Bars	1 oz.	130	2g 6%	5g 35%	19g 60%	95 mg
Cheetos Cheese Puffs	1 oz.	160	1g 3%	10g 56%	16g 40%	330 mg
Pillsbury Microwave popcorn/Butter Flavor	1 oz.	130	2g 6%	7g 48%	14g 43%	210 mg
Oreos	1 oz. (3 cookies)	140	1g 3%	6g 39%	20g 57%	170 mg
Apple	4.5 oz (1 medium)	80	<1g 1.55%	<1g 6%	21g 104%	.5 mg
Banana	4 oz. (1 medium)	100	1g 5%	<1g 5%	27g 102%	<5 mg
Planter's Dry Roasted Mixed Nuts/Salted	1 oz.	160	5g 12%	14g 79%	7g 17%	270 mg

Source: Quaker Oats

Graphic by Bruce Mitchell, Fenger



Illustrations by Charles Franklin

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# Your metabolism and you

*Your basal metabolic rate is the amount of energy that you use daily under normal conditions to maintain essential bodily functions.*

Your Metabolism is the total amount of chemical and energy transformation that takes place within a cell, to promote what is called homeostasis, a balance of

your body's essential elements.

The purpose of your metabolism is to take in nutrients from the outside and break these nutrients into small component parts under

the direction of your Deoxyribonucleic Acid known as your DNA.

Your DNA will then re-build cells, which is unique to each individual through a process of biosynthesis (to put together living materials). Hirsch Metro science teacher Jimmie Bush said your metabolism slows down as you get older because you are not as hyper

and a hyper metabolism burns calories faster and a slower metabolism stores calories, which is called an Iso metabolism.

Your basal metabolic rate is the amount of energy that you use daily under normal conditions to maintain essential bodily functions. Your metabolic rate depends on five factors — your diet, gender, age,

temperature and your exercise habits. So if you want to speed up your rate, so you will burn more calories, you need to increase your exercise. The following chart shows you how many calories are burned up with different forms of exercise.

Lorna E. Maloney,  
Staff Writer  
Hirsch Metropolitan School

## Move it and lose it: A guide to calorie burning in everyday activities

ACTIVITY	CALORIES BURNED PER MINUTE	ACTIVITY	CALORIES BURNED PER MINUTE	ACTIVITY	CALORIES BURNED PER MINUTE	ACTIVITY	CALORIES BURNED PER MINUTE
Sleeping	1.2	Walking downstairs	7.1	Football (while active)	13.3	Running (3.0 MPH)	6.8
Resting in bed	1.3	Walking upstairs	10-18	Swimming: Pleasure	6	12 min mile (5 MPH)	10
Sitting, normally	1.3	Volleyball:		Crawl	6-12.5	8 min mile (7.5 MPH)	15
Sitting, reading	1.3	Recreational competit.	3.5-8	Butterfly	14	6 min mile (10 MPH)	20
Lying, quietly	1.3	Baseball (except pitcher)	4.7	Backstroke	6-12.5	5 min mile (12 MPH)	25
Sitting, eating	1.5	Ping Pong-Table tennis	4.9-7	Breastroke	6-12.5		
Standing, normally	1.5	Calisthenics	5	Sidestroke	11		
Classwork, lecture (listen to)	1.7	Cycling: 5-15 MPH (10 speed)	5-12	Modern dancing: moderate vigorous	4.2-5.7		
Conversing	1.8	Skating: Recreation—vigorous	5-15	Walking Road-field	5.6-7		
Sitting, writing	2.6	Badminton:		Snow:Hard-soft (3.5-2.5 MPH)	10-20		
Standing, light activity	2.6	Recreational-competit.	5.2-10	Uphill: 5-10—15 percent (3.5 MPH)	8-11-15		
Washing and dressing	2.6	Basketball:		Downhill: 5-10 percent (2.5 MPH)	3.6-3.5		
Washing and shaving	2.6	Half-Full Court (more for fast break)	6-9	15-20 percent (2.5 MPH)			
Personal toilet	2.0	Bowling (while active)	7	Hiking: 40 lb. pack			
Driving a car	2.8	Tennis:					
Washing clothes	3.1	Recreational competit.	7-11				
Walking indoors	3.1	Soccer	9				
Making bed	3.4	Skipping rope	10-15				
Dressing	3.4						
Showering	3.4						

Source: *Physiology of Fitness* by Brian J. Sharkey Human Kinetics Publisher 1979



Chart design by Jill Damato, Lincoln Park

## What's in a hotdog any

What exactly are hot dogs made of? If you've asked yourself that millions of times now you can breathe a sigh of relief. Here's the answer to that mind-boggling question.

Your average hot dog includes: raw skeletal muscle meat of veal, and/or beef, pork; water; fat dry milk; salt; sodium dehydrate; and sodium nitrate. The United States Department of Agriculture (USDA) requires that cooked sausage

labeled hot dogs, wieners or frankfurters contain no more than 30 percent fat, or 40 percent fat with water.

If the hot dog's label says it is made with byproducts the USDA requires that 10 percent of the product be skeletal muscle meat. Other ingredients can include: defatted pork or beef fat; tissue; pork stomach; snouts; beef, veal, lamb, goat hearts; animal tails; lips; spleens; and stomachs.



Illustration by Noel Melendez

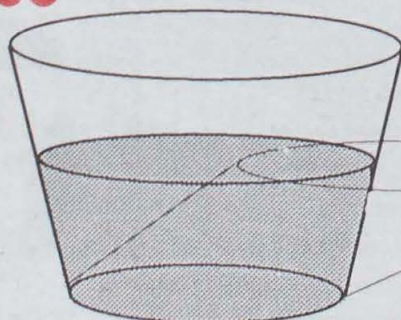
Now, take a stroll through any grocery store and you will also see turkey hot dogs.

Karen Rothrock, an employee of Armco Meat Co., says they manufacture hot dogs with turkey because it is a leaner meat than pork or beef. Turkey is added to satisfy demand for leaner foods.

Now that you know what's really in a hot dog, your taste or distaste for hot dogs may have changed a little. Next time you're at a ballpark watching a baseball game and someone asks, "Would you like a hot dog?" your answer will be based on sound reasoning, because you know the anatomy of a hot dog.

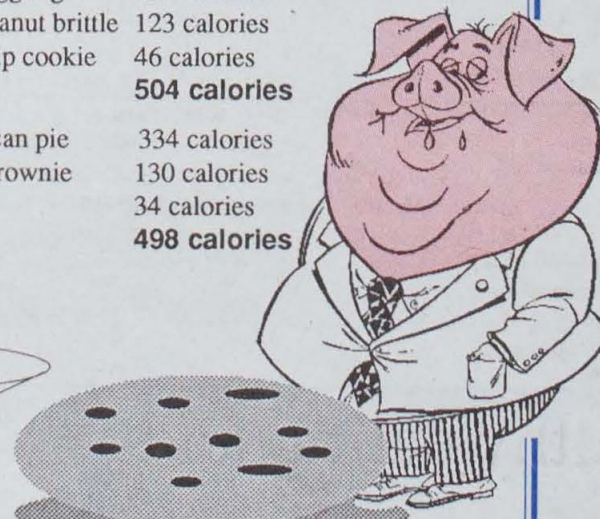
## Eating your way to post-holiday plumpness

Just 500 extra calories a day can make a significant difference in holiday weight gain. The two lists below show just how easy it is to take additional poundage into 1993.



4 ounces of eggnog 335 calories  
1 ounce of peanut brittle 123 calories  
1 chocolate chip cookie 46 calories  
**Total 504 calories**

1 piece of pecan pie 334 calories  
1 chocolate brownie 130 calories  
1 gingersnap 34 calories  
**Total 498 calories**



This special special weight control



# Weight Loss Centers offer help in battle against the bulge

*Today's teenager has more ways to lose weight than ever before. Many teens are turning to weight loss centers.*

Certain American dreams never die. One that has probably been around since the beginning of life on earth is weight loss. The ferocious effort to lose weight in order to have that perfect body has only grown more intense during the '90s. Diet pills, shakes, and the recent upsurge of weight loss centers is proof of the ongoing struggle with food.

Today's teenager has more ways to lose weight than ever before. Many teens are turning to weight loss centers. Lisa Jones \* joined Nutri-System when she was 15 years old. Although she was only 10 to 15 pounds overweight, she felt so strongly about it that she lied about her age to be accepted into the program. Participants at Nutri-System must be at least 18 years old. Now at 17, Lisa admits that joining Nutri-System was not the right choice for her.

After trying to stick with the program for four and a half months, she gave it up. "I quit because I wasn't able to stick to the diet and it was too expensive to be cheating all the time," she said.

The Nutri-System program tries to modify a person's behavior toward food. Establishing healthy eating habits is supposed to be the main concern for not only Nutri-System, but many of the other centers as well. Most of the food provided for the participants is dried and requires water to be added. Lisa mentioned low-calorie foods such as turkey burgers, fruit bars, and plenty of vegetables.

"I don't recommend other people to lie about their age to get on Nutri-System, because teens don't have the self-control and patience to make that type of diet work," said Lisa.

The temptation to eat non-healthy food was



Illustration by William Roldan Foreman

greatest for her when she was out with friends. An extraordinary amount of self-control was necessary to watch her friends as they ate cheeseburgers and pizza while Lisa munched on some carrot sticks.

"Dieting makes you depressed," said Lisa. That depression led to an over-indulgence in food. "The best way for teens to lose weight is by staying active," Lisa asserts. "Different diet programs are for different people, and that one wasn't for me."

Some other weight loss centers have no problem with letting teens and younger children join. Jenny Craig starts accepting at age 8. Weight Watchers accepts beginning at age 10. Spokeswoman Carla Compton said, "Our program is based on getting back to sound nutrition. We offer group support and motivation."

Physicians Weight Loss Center, however, won't accept anyone under age 16. "A child below that age shouldn't diet because it might affect their health," said spokeswoman Joyce Marshall. In their program, 16- and 17-year-olds receive extra protein to aid their diets.

Carlean Ponder  
Staff Writer  
Whitney Young

What if I can't afford the money or time to join a weight loss center?

Weight loss centers require fees to join and often require that you buy their prepared foods, which can add up to hundreds of dollars. Many centers also require that you attend regular meetings. It can also be difficult for a student to follow a diet which requires microwaving foods when they might not have access to a microwave at school. So if you have a problem for any of these reasons, you can create your own diet plan by buying a calorie-counter book (tiny paperback versions line grocery check-out aisles, and more expensive, more durable copies are for sale in most book stores) plus, you can keep with you the following tidbits of vital information.

- You need to follow a balanced diet including vitamins, minerals, carbohydrates, protein, fat and water. You should avoid too much sugar because it has no nutritional value but plenty of calories, and too much salt which can cause you to retain water.

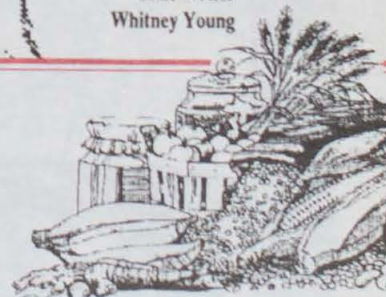
- Carbohydrates, which have four calories per gram, are found in starches, breads, fruits and vegetables, and these foods offer a good amount of vitamins and minerals. Cereals and crackers offer a good amount of fiber.

- Protein, which also has four calories per gram, is found mostly in meat and milk, and is needed to build muscle tissue and provide energy.

- Fat, which is found in oils, meat, dairy products and nuts (in other words, forget about french fries and cheeseburgers!) is the storage house for energy. Don't try to make a warehouse, though — fat has nine calories per gram!

Carlean Ponder  
Staff Writer  
Whitney Young

## The daily calorie swap



Watching what you eat doesn't always mean eating only lettuce and celery. Here are a list of foods, with approximately the same amount of calories, which may be substituted for each other, allowing enjoyment of the variety of foods available during the holiday season.

OMITTING	ALLOWS YOU TO HAVE
French fries	1 cup of hot cocoa (218 calories)
1 ounce of cheese	1-ounce of fudge with nuts (119 calories)
12 oz. soda	1 cup caramel popcorn (134 calories)
1 dinner roll	8 to 12 mixed nuts (94 calories)
1 tablespoon of butter	2 peanut-butter cookies (100 calories)
1 oz. of potato chips	1 slice of light fruitcake (156 calories)

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# EVERYDAY PEOPLE, EVERYDAY FOODS



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# VOLUNTEERING

## Opening heart means opening ears One teen's story ... Nick Rossi

**F**or many teens the holiday season means more than opening presents. It also means opening hearts. Some donate their time holding food drives, preparing food baskets or visiting soup kitchens.

*Others, like Nick Rossi, volunteer to help his fellow teens...*

Working with youth and runaways probably doesn't appeal to most people, unless of course you're Nick Rossi. "I like working with kids and youth. I like the whole concept of being young."

Eighteen-year-old Nick Rossi has been working with youth for the past three years. First Nick was involved with Project Listen, an acting troupe that presents skits about topics concerning youth such as AIDS, teen pregnancies, and drug use. Project Listen is part of Aunt Martha's a youth service group.

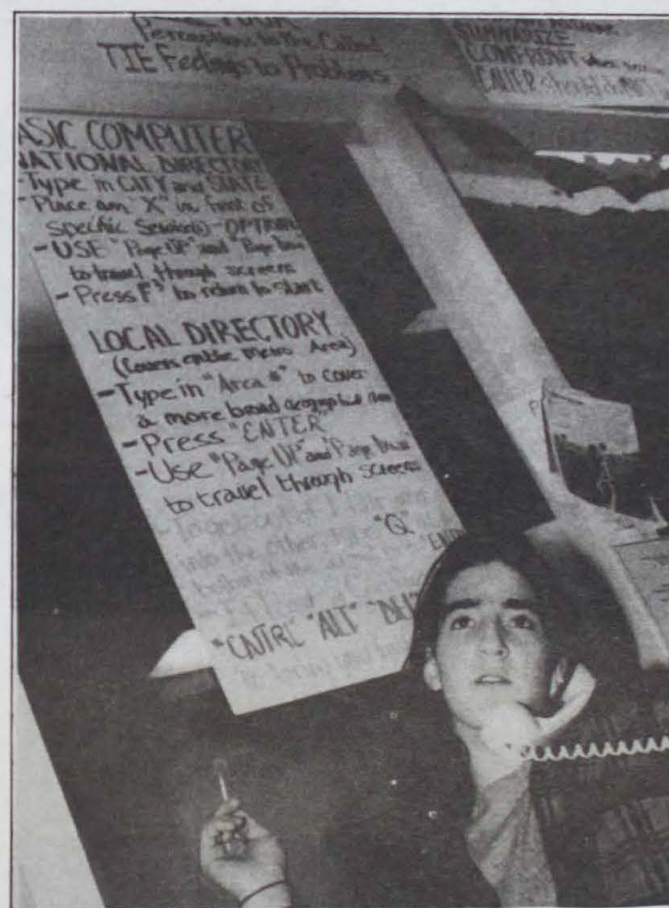
When Nick turned 17, he got involved with the National Runaway Switchboard by just being interested. "I called the National Runaway Switchboard and went through training." Nick is now a volunteer "liner." "I found myself dedicated to it. I see it as something I want to do so I make time for it.

"I was in some similar situations that kids call up with." Nick tries to give the kids that call up some understanding and an objective viewpoint. Being close to the age of the callers helps, too. "Personally, I feel closer because I grew up in the same generation. I personally feel it's easier to relate to them. I feel close to any youth."

For Nick, school is a priority even though he does not have a definite career in mind. "I want to be Nick Rossi and I want to be content. I want to be happy with whatever I do and be educated."

As for working with youth, "I think it's something I will do all my life. It's an act of human compassion. I can see myself at age 40 trying to help runaways, but not going to school to become a professional."

The number for the National Runaway switchboard is 1-800-621-4000. "Since more kids know where kids go when they run away, they can call to get posters to spread the word," Nick says.



Nick Rossi, 18, a volunteer liner at the National Runaway Switchboard and the Board of Directors' volunteer liason. Photo by Sioux Wolke, Lane Tech.

Irena Sromek  
Staff writer  
Lane Tech

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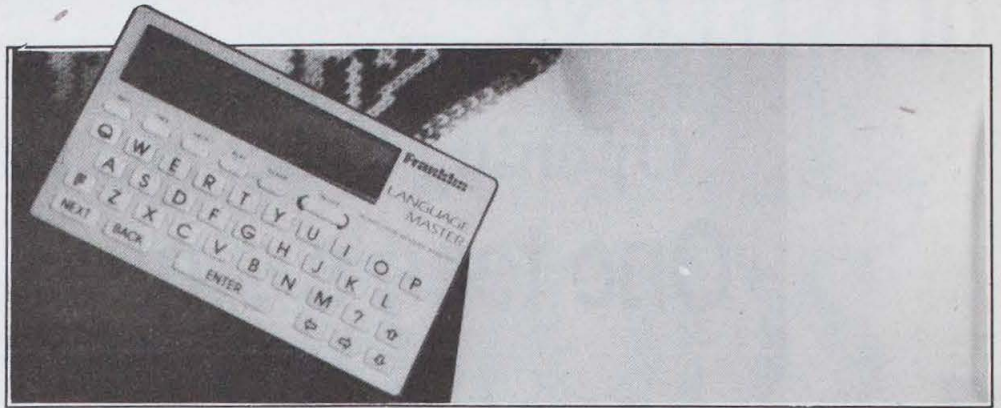
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1



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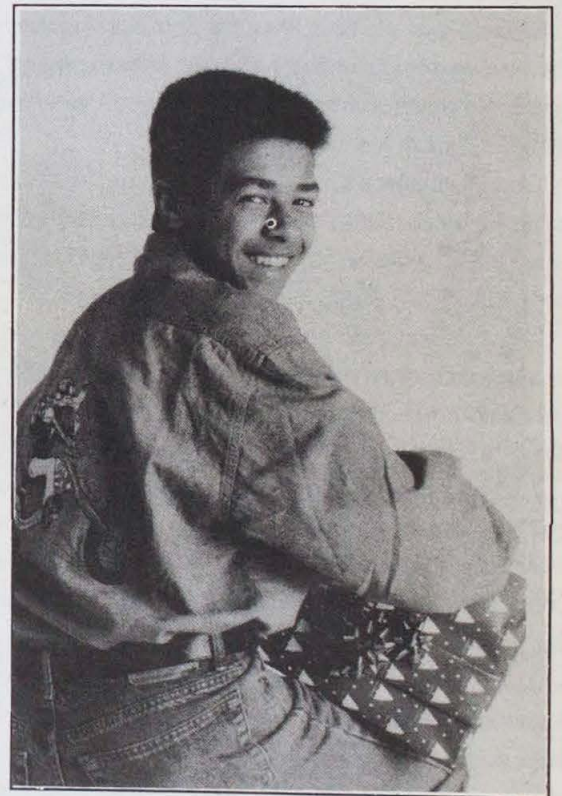
## GIFTS TO GET



# 1 Joggman, \$1, baskets, \$1, piggy bank, \$1, Dollar Daze, 241 S. State.

# 2 Language Master, \$59.95, The Sharper Image, 845 N. Michigan

# 3 Wireless tape player, \$129.95, The Sharper Image.



5

#5 Shirt, \$149.95, The Sharper Image.

# 6 Pinball Machine, \$99.95, the Sharper Image.



6

# 7 Figurine Bells of Oz, \$1 each at Dollar Daze.





# Happy Holidays from the staff of New Expression!!!

The teens of Chicago's fourth largest newspaper would like to wish all of our readers **PEACE** and the very best in the year to come



8

# 8 Peace Necklace, \$2, Madd Maxx's Bargain Basement, 854 W. Belmont.

#9 Shoulder Bag, \$9, Madd Maxx's. Earrings, \$4.50, The Alley, 858 W. Belmont.

#10 Tye Dyed jacket, \$22.50, Madd Maxx's. The Yin and Yang necklace, \$6, The Alley.

#11 Trolls, 50 cents each, Madd Maxx.



9



10

### OUTLET MALLS HAVE IT ALL!

Like brand-name gifts, but not the pricetags? Outlet discount malls may be the place for you. Lighthouse Place, in Michigan City, Ind., can be reached on the South Shore train line! Call 836-7000 for a train schedule. Here are just a few of the stores at Lighthouse Place:

- Adolfo II
- Adrienne Vittadini
- Anne Klein
- Bass
- Benetton
- Boot Factory
- Bugle Boy
- Cape Isle Knitters
- Capezio
- Carole Hochman

- Carter's
- Champion Hanes
- Chaus
- Dansk
- Donna Karan
- Eddie Bauer
- Etienne Aigner
- Famous Brands
- Fanny Farmer
- Fieldcrest/Cannon
- Geoffrey Beene
- Gitano
- Guess?
- Harve' Bernard
- Hush Puppies
- Izod Trifari
- J. Crew

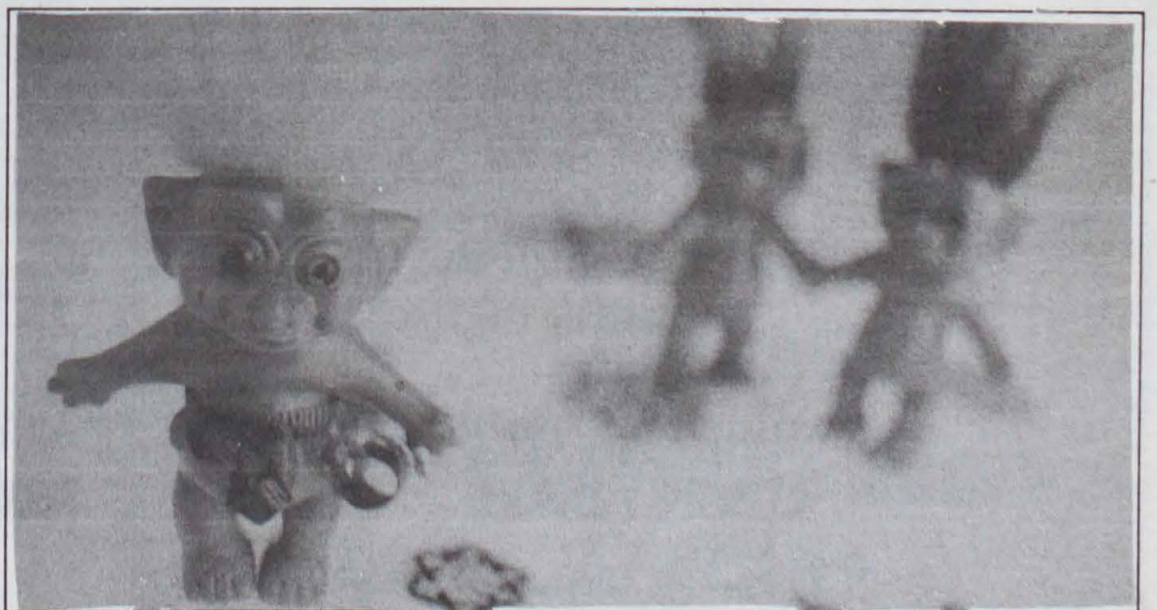
## Brand Names For Less

Gurnee Mills is a shopping center located at 6170 West Grand Avenue in Gurnee, a far North Chicago suburb. It has more than 200 outlet stores, including Marshall's and Merry Go Round. These two stores carry such brand names as Girbaud, Guess, Bugle Boy, BUM Equipment, and IOU.

Most outlet store products are the same as in the department stores. The difference only exists in the realm of price. Merchandise prices in the outlet stores are 40-50 percent lower than in department stores.

So if you want name brand clothes, but you don't want to pay name brand prices, spend a little extra change on gas and shop at the outlet.

Nadia Williams  
staff writer  
Hirsch Metro



11



This Young Chicago is dedicated to Dantrell Davis, and to victims of hatred and oppression everywhere.

Sabrina Esbitt, Young Chicago Editor, Lincoln Park

# YOUNG CHICAGO



Illustration by Larrick Jackson

## LIFE DANCE

I am a dancer  
I dance the moods of my life  
My spirit is music  
My motions are words  
That tell my story that tell my tale  
Of my sorrow, my jealousy, my joy, my love  
Yes, this dance is of sorrow  
the plie' of submission  
I swoon and I sweep  
And reach one arm high towards  
the heavens  
This dance of jealousy  
The Kabuki of Japan  
I peer between parted fingers  
At the one who causes pain

Oh but sometimes this dance is of joy  
I pirouette into the sensational sun  
With jumps of jubilation  
How easy then to slide  
Into my dance of love  
I hear the Congo drum  
My chest jerks, my arms flap  
I love life, brown earth, warm ground  
And Majestic Creator  
I am Asanti, Asanti  
Thank you  
For this my life  
For this my dance

Sonya Evans  
Benito Juarez High School

I cannot find it  
he's moving fast  
he will soon find me  
Finally I stop  
to see what he wants  
terrified of what I see  
of what he wants  
he takes off his hood  
it is me  
all this time  
I have been running  
now there is nothing  
I cannot face.

## RUNNING

running in the dark  
running away from  
what I cannot see  
he keeps his head hidden  
to frighten me  
I am trying to get home

## WHEN THE STARS GROW DIM

When the stars grow dim, I'm going home.  
A home that's everlasting.  
When the stars grow dim, I'll never be alone  
I'll be with my Father, in heaven dancing.

Adelina Barajas  
Von Steuben High School

Sherman Dent

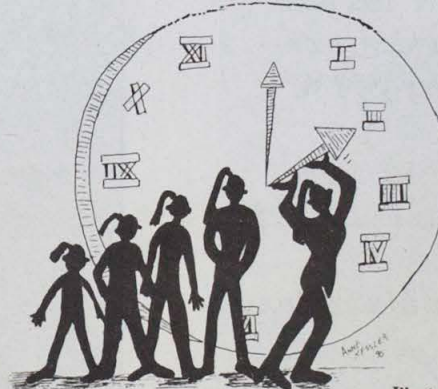


Illustration by Ann Kessler

Anonymous

## A WORLD OF FEAR

Why does this place seem like a Hell  
nothing but worry on my mind  
little boys dying  
their mothers crying  
all because of a stray  
B-U-L-L-E-T

All I do is run, run, run  
because I hear the sound of a gun  
people scatter everywhere  
out of breath because I'm scared  
nowhere to turn  
everyone is in  
F-E-A-R

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## "Tale of the Body Thief"



Ann Rice's Vampire series includes "The Masquerade"

The vampire Lestat has returned in the latest novel by Anne Rice, "Tale of the Body Thief." Taking place in the early 1990's, it is the first truly modern tale in "The Vampire Chronicles."

Battling depression and vivid nightmares, Lestat de Lioncourt is trying to recover from the death of the ancient vampire queen and deal with his newly acquired powers. His depression quickly fades, however, as he is given the opportunity he feels no vampire can refuse — to once again become a mortal.

Anticipating the sun shining on his face, Lestat pays no attention to the warnings of David Talbot, his mortal friend, or Louis, the vampire he created. Soon, he has acquired a handsome mortal body.

*A dark and seductive vampire yarn*

However, when things go wrong, the ancient vampires turn their back on him. Only David will help him as he struggles to cope in a mortal world.

Anne Rice brings us this novel with her usual vivid and passionate style. She takes us deep into the mind of this perfect devil as he tackles everything from love and betrayal, death and mortality, God and the Devil, evil and righteousness.

While it is not necessary for you to read any of Anne Rice's previous vampire novels ("Interview With a Vampire," "The Vampire Lestat," and "Queen of the Damned") to understand and enjoy this one, I suggest you do. Anne Rice has created a dark and seducing world of vampires, only second, perhaps, to Bram Stoker's "Dracula."

Jessica Olson  
Staff Writer,  
Bogan High School

## COMIX

### From the "Pitt" of images

Image comics hits hard once again with yet another big title, "Pitt." Fan favorite Dale Keown illustrates and writes for this book, which is about an alien hitman named Pitt whose desire to kill is hereditary. His entire race rapes and pillages other planets.

In one of the many battles Pitt's race provokes, a supreme being known as the Seer, takes the mind of an alien child and puts it into Pitt's body. In addition to this drastic face lift, Pitt's parent race leaves him in space because his killer instinct withers away. Seeking to escape his doom, he flees outer space, with a little help from the Seer.

When Pitt makes his destination, Earth, he meets a little boy named Timmy. With Pitt's new psyche and Timmy's insatiable appetite for play, Pitt finds it kinda fun here on Earth. But Pitt's race isn't quite done with him so you can bet they'll be back. With Keown's action-packed pencilling and penning, this title should take off with a bang.

Price:\$1.95

Charles Franklin  
Staff Writer  
Kennedy King



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# HOROSCOPE

**Sagittarius (Nov. 22-Dec. 21)** Your mind is very sharp. You perform any intellectual action with very little effort. After the 12, the sky is the limit. Watch out for a clever Aquarian.

**Capricorn (Dec. 22-Jan. 19)** You are over-playing romance. Focus on getting a job and keeping fit. Christmas Eve will be great! Meet up with another Capricorn.

**Aquarius (Jan. 20-Feb. 18)** An excellent time to reflect on your life. A Scorpion exhibits feelings around the 27th.

**Pisces (Feb. 19-Mar. 20)** People will ingratiate you around the 29th. Enjoy the compliments, but they may not be genuine. Look for sincerity from a Cancer.

**Aries (Mar. 21-Apr. 19)** Concentrate on routines, schedules and deadlines! Your path should be without stumbling blocks. Recognition is highlighted around the 4th and 5th. A Gemini will be charmed by you around the 31st.

**Taurus (Apr. 20-May 20)** Self-satisfaction will be attained on the evening of the 8th. Avoid being too self-centered.

**Gemini (May 21-June 20)** An invitation is given for the 10th. This may not be convenient, but attend anyway. Expand!

**Cancer (June 21-July 22)** You will be very sensitive and depressed. Revive yourself and get into the holiday spirit with a Libran!

**Leo (July 23-Aug. 22)** A secret meeting around the 13th features mystery and intrigue. Risk with a Pisces will prove exciting and beneficial.

**Virgo (Aug. 23- Sept. 22)** Be responsible! Financial gain awaits. Persuasion and charm wins over a Capricorn on the 16th. Holidays will be filled with romance and happiness.

**Libra (Sept. 23-Oct. 22)** Diversify this month. Stress independence, originality, and creativity. A Cancer charms you around the 17th.

**Scorpio (Oct. 23-Nov. 21)** Your mind may not be focused until the 12th.

Changes involving school and social expansion are focused.

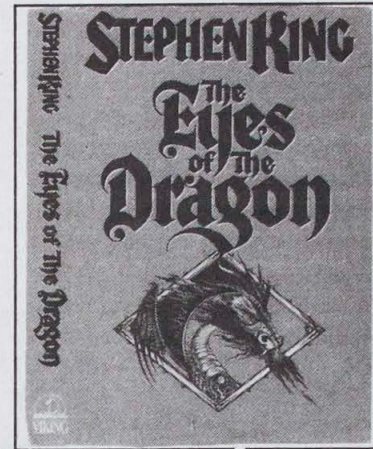
ChandaRowan  
City Editor/  
Features Morgan Park

# Eyes of the Dragon:

*A fairy tale that's a fiery tale*

Stephen King's "Eyes of the Dragon" is yet of King's brilliant creations. "Eyes of the Dragon" is almost fairy-tale-like with a slight twist of horror.

The story is about Delain, a kingdom threatened by an evil magician. The magician has existed as a reappearing entity under different names throughout Delain's history, each time attempting to bring about chaos and bloody revolts. He gains the power to do so by latching on to the weak rulers of Delain and becoming the driving force that "offers" evil suggestions to the kings he manipulates into helping him with his cruel deeds until Delain is in a state of revolution and turmoil. The king is left to face the wrath of the people alone because the magician steps out of the picture until another opportunity to cause affliction appears.



This time he is Flagg, advisor to King Roland the Good. He has succeeded in killing Sasha the King's wife and poisoning the mind of Thomas, Roland's youngest son. Flagg wants to make Thomas king because he knows that he can control Thomas who already fears him. The only thing standing in the magician's way are King Roland and his eldest son Peter, whose courage Flagg fears. Feeling

threatened by Peter, Flagg begins working on his evil plot to dispose of both Peter and his father the King.

Suddenly Peter finds himself plummeting into a nightmare when he is accused of regicide (killing a king). Only Thomas knows the truth about Flagg's evil plot. He saw through "the eyes of the dragon."

This fiery tale captures your attention and holds it until the very end. It gives you insight into the twisted mind of Flagg and the great courage exhibited by Peter, who is forced into maturity and slandered by the people who were once loyal and trusting. This story leaves you hanging until the incredible end when Flagg's evil plot comes crashing down. It's a royal treat.

Kash'shawn Tyler  
Staff Writer  
Morgan Park H.S.

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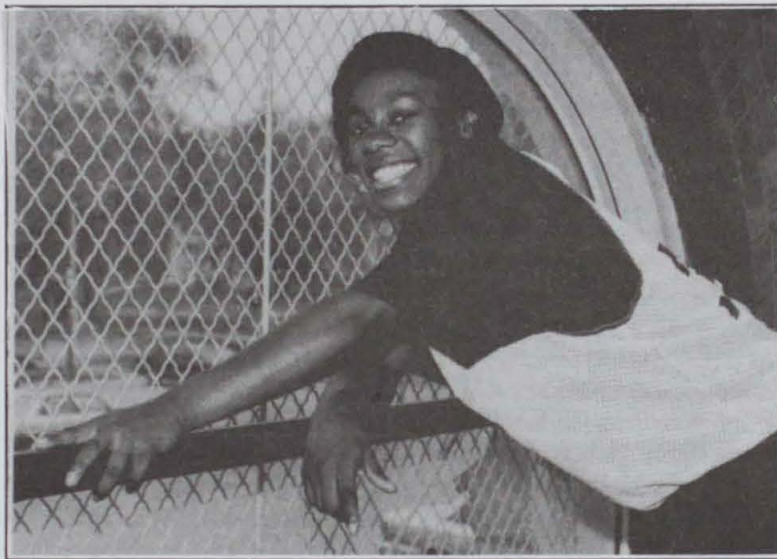


# PROFILE

## Hirsch basketball queen is 'unstoppable'

*"When Tank wants something, everyone around knows it. She doesn't complain about it, but she works hard and achieves it,"*

—Lorna Maloney



Clentana "Tank" Dawkins, 16, a Hirsch Metro girls basketball player. She has been outstanding M.V.P. for the past three years. Photos by Cleo Owens, Hyde Park.

Everyone is given a talent when they enter the world. Some people never find their talent. Some of the ones who do never use it.

Sixteen-year-old Clentana Anna Dawkins, a senior at Hirsch Metro and star basketball player, has found one of her greatest talents, and has achieved excellence through it.

"Basketball is an all-time favorite for me.....I'd rather play ball than almost anything else," said Clentana, who plays the position of guard. She is affectionately known as "Tank" to her family, friends and anyone who meets her.

If you were to look at Tank, the first thing you'd say is "Why in the world do people call her Tank, because she's not fat." She would tell you she got that name because she's unstoppable, and it's a name fitting her perfectly.

"When Tank wants something, everyone around knows it. She doesn't complain about it, but she works hard and achieves it," said Tank's friend Lorna Elis'e Maloney, a junior at Hirsch.

Tank is not just an athlete, she's also a writer. "I am a great writer," she said. She is currently the sports editor for the school newspaper the Hirsch Herald. Her classmates elected her for that position because they knew of her love sports, and her interest in writing.

A huge smile shines upon Tank's face whenever she is seen. It is this smile, her friends say, that brighten up so many days that otherwise seem so blue. And it's no wonder, they add, that she got four senior class notables. The senior class voted her most popular, gym shoe queen, funniest, and most valuable player throughout the senior class. Everyone knows Tank.

Tank didn't start playing basketball until May 1989, when she was in the 8th grade at Avalon Park elementary school. With an average score of 15 points per game, she has won Hirsch's Most Valuable Player title for three consecutive years. She has won several awards in the Christmas and summer tournaments.

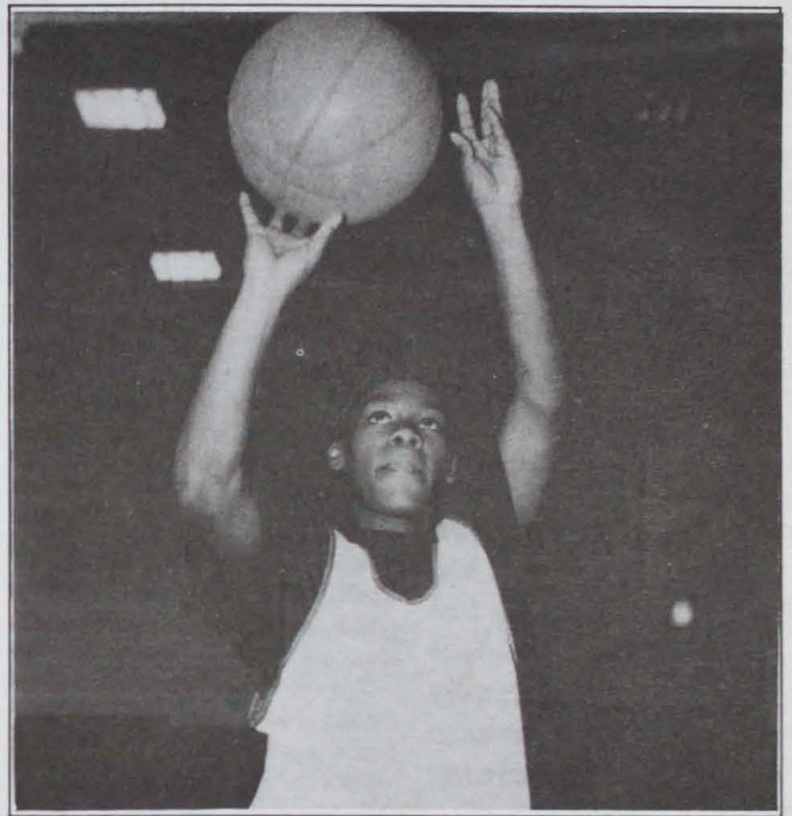
Clentana named her deceased brother, Clevon Dean, as the person who inspired her most. "I use to play basketball with my brother when I was 13, and because of the challenge that he gave me, I acquired a love for the game." Tank went on to say that Clevon made her work hard at doing what she now does best.

Life brings about ups and downs, and for Tank, the biggest obstacle she has ever had to overcome her brother's death. "My brother's death effected me greatly, and it still does, because I still miss him a lot, and he's been gone for three and a half years," she said.

Clentana is determined to accomplish all of her goals. Immediately after high school, Tank plans to attend Tennessee State University, where she plans to major in journalism and pre-law. She will also play basketball for the Lady Vols of Tennessee State.

Clentana is wishing on a star that her biggest dreams of playing in the Olympics in 1996, and becoming another Michael Jordan in the up-coming National Ladies Basketball Association, will come true. Her God-given skill, and unstoppable will may make this wish come true.

Lorraine Cher'e Maloney,  
Staff Writer  
Hirsch Metro



Tank credits her late brother with inspiring her love of basketball. She now averages 15 points per game and has been honored in several sports tournaments

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# PHOTO JOURNAL



## A medal for Chris

U.S. Olympic medalist Betty Okino awards Chris Beverwyk, 17, of Lane Tech High School a medal for being one of five first-place winners in the Red Ribbon poster contest (high school division). The contest was themed, "The Choice for Me, Drug Free!" Hundreds of young people gathered in Grant Park at the Monday, Oct. 26 rally. They came to say, "Absolutely No!" to drugs and peer pressure. Photo by Maritess M. Caamic, Lane Tech

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Co-sports editor Earnest Weatherby

## An athlete striving for a silver lining Deserving a little recognition

*Most players would probably roll over and quit if they had a record like Foreman, but athletes like Vince Tabb show the dignity, intensity and character to keep striving.*

**W**ith Simeon, Bogan, Lane Tech and Robeson setting the standard for Public League, football teams like 0-8 Foreman get little or no respect around the city.

Make that no Respect. But sometimes in this sometimes "cruel" world a voice cries out for praising those who go all out for their losing teams.

That voice belongs to Chris Wade, a student from Foreman who has only great things to say about Vince Tabb. Vince Tabb is five foot, seven inch,

160 lb running back for the Hornets who probably got punished alot but never gave up.

"He is a header on and off the field," says Wade. "Younger players look up to him because he has a good attitude and wants to become something in life."

Most players would probably roll over and quit if they had a record like Foreman, but athletes like Vince Tabb show the dignity, intensity and character to keep striving. Unfortunately they don't get any press, because they play

for bad teams or don't compete in big name sports like basketball, football, and baseball teams.

However the other sports and athletes deserve press too (see September issue) because they put in the work just like everyone else. Like Kenwood's tri-athlete, Brian Anderson who not only was a Tight-End in football but was on track and swimming. Also Lincoln Park's Amy Weissenburg and Jennifer Yau who made All-City in volleyball for their championship team. What about

Kelly's and Clemente's soccer teams or the great swim teams from Lane Tech, Kenwood and Whitney Young who are vying for city titles? Where Was the Press?

So once again athletes are overlooked and are hungry for recognition. Well, here it is.

Congratulations, you have earned it. Keep those letters coming in!

Earnest Weatherby  
Sports Editor  
Whitney Young

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