

5-1-2007

Echo, Summer/Fall 2007

Columbia College Chicago

Follow this and additional works at: <https://digitalcommons.colum.edu/echo>

 Part of the [Journalism Studies Commons](#)



This work is licensed under a [Creative Commons Attribution-Noncommercial-No Derivative Works 4.0 License](#).

Recommended Citation

Columbia College Chicago, "Echo, Summer/Fall 2007" (2007). *Echo*. 23.
<https://digitalcommons.colum.edu/echo/23>

This Book is brought to you for free and open access by the Publications at Digital Commons @ Columbia College Chicago. It has been accepted for inclusion in Echo by an authorized administrator of Digital Commons @ Columbia College Chicago. For more information, please contact drossetti@colum.edu.

echo

THE STUDENT MAGAZINE OF COLUMBIA COLLEGE CHICAGO

SUMMER | FALL 2007

Chicago's
fashion
future: a
preview

A grave look
at ghosts

How to be
a good
Samaritan

Are you a
technology
addict?

Why some
adults say
'no' to sex

جنديّة

women at war

COLUMBIA STUDENTS TALK
ABOUT THEIR TIME IN IRAQ



"Everything you need is right around the corner!"

Question:
Why do you
shop at
BRUDNO
ART SUPPLY?



"The people here are super nice and always playing the coolest music!"



"Brudno's has a very friendly and welcoming environment and that's what keeps me coming back."



"Because they have everything I need. It's a one-stop shop!"



"They have a friendly environment and they're good to their customers."

Real People. Real Answers.

BRUDNO

ART SUPPLY &
CUSTOM FRAMING

29 E. Balbo

312.294.4100



"It's next to school!!!"

STORAGE TODAY?



Guaranteed Availability™

Lugging stuff home is a hassle...



Ask About
Our
Student
Discounts

Leave it with

STORAGE TODAY®



University Village
500 W. Cermak Rd.
Chicago, IL 60616
312-492-8001



South Loop
407-419 E. 25th St.
Chicago, IL 60616
312-225-0116



Lincoln Park
2647 N. Western Ave.
Chicago, IL 60647
773-227-2195



www.storage.today.com

ECHO

ECHO STAFF

features editors

marc ovies
katie a. voss

departments editors

amie langus
bethel swift

intensecity editors

mary kroeck
meagan pierce

staff writers

brienne coulom
mary kroeck
matt lambert
amie langus
rebecca michuda
frances moffett
marc ovies
meagan pierce
joel podbereski
geneisha ryland
bethel swift
katie a. voss

photo/illustration editor

stacy smith

photographers

jessica bloom
kristen hanson
ryan jacobsen
mary kroeck
niki miller
sarah nader
hans seaberg
stacy smith
ryan thompson
katie a. voss

illustrators

ashley bedore
alana crisci
hans seaberg
andrew walensa

special thanks to

best western hotel
daniel grajdura

ADMINISTRATION

faculty advisors

sharon bloyd-peshkin
elio leturia

computer support

omar castillo
aaron owens

department chair

nancy day

ADVERTISING

advertising & business advisor

chris richert, crichert@colum.edu

advertising manager

jon jones

sales representative

katherine neville

sales graphic designers

josh covarrubias
kimi badger

Columbia

COLLEGE CHICAGO



17



31



14

ART (CLOCKWISE FROM BOTTOM) THIS PAGE: STACY SMITH, STACY SMITH, STACY SMITH, SARAH NADER. NEXT PAGE: COURTESY EMBLY SLUSHER, STACY SMITH, MARY KROECK, MARY KROECK, ASHLEY REDORE.

16



4 ECHO SUMMER FALL 2007

9 IntenseCity

10 URBAN EXPOSURE. Echoes of Chicago promotes the work of unknown artists of multiple media. *By Mary Kroeck*

11 ICE ON WHEELS. Six car accessories you can't possibly afford. *By Frances Moffett*

11 AUTHOR, AUTHOR! Books the U.S. presidents should have written. *By Meagan Pierce*

12 TOWER POWER. Chicago's skyline keeps evolving. *By Mary Kroeck*

12 SOLE TO SOUL. If your shoes could talk, what would they say about you? *By Geneisha Ryland*

13 CAMPUS TAKEOVER. Who was here before Columbia invaded? *By Mary Kroeck, Meagan Pierce and Rebecca Michuda*

14 HOME IS WHERE THE ART IS. A crucible of creativity takes shape on Milwaukee Avenue. *By Katie A. Voss*

15 FROM SURF TO TURF. Longboarding hits the streets of Chicago. *By Matt Lambert*

16 SKIN DEEP. Tattoos are a long-standing American form of expression. *By Rebecca Michuda*

16 FOSTERING COMMUNITY. Art orphans find a home in Bridgeport. *By Mary Kroeck*

17 THE MAGIC OF MAXWELL STREET. A vendor reflects on Chicago's famous market. *By Rebecca Michuda*

18 PROFITABLE PANHANDLING. Three steps to more successful begging. *By Marc Ovies*

19 QUICK METRA GETAWAYS. Get out of the city and explore. *By Katie A. Voss, Amie Langus and Frances Moffett*

74 SPORTS SAVVY? Take our quiz about Chicago's professional sports teams. *By Bethel Swift*

23 Departments

24 FITNESS JUST FOR KICKS. Capoeira catches on. *By Matt Lambert*

24 FITNESS CHAIN GANG. Columbia's cycling club takes students for a ride. *By Matt Lambert*

25 FITNESS WORK IT OUT. Five fitness DVDs put to the test. *By Brienne Coulom*

26 FITNESS ALL SHOOK UP. These nutritious shakes will get your day off to a healthy start. *By Joel Podbereski*

28 FOOD SIMPLE SOUL FOOD. The only thing missing from this meal is grandma. *By Frances Moffett*

29 FOOD SWEET IDEA. These do-it-yourself dessert jars make perfect gifts. *By Brienne Coulom*

30 FOOD CRITICS' CHOICE. Local art & entertainment critics dish out restaurant reviews. *By Geneisha Ryland and Meagan Pierce*

31 FOOD REFRESH YOURSELF. Three thirst-quenching Mexican drinks. *By Rebecca Michuda*

34 FASHION FASHION FORWARD. A look at the work of three promising local design students. *By Amie Langus*

38 FASHION FIT OR MISS. The best and worst of '80s workout wear. *By Bethel Swift*

40 PETS REX IN THE CITY. How much will you spend to spoil your pooch? *By Katie A. Voss*

42 PETS HELP FOR HOMELESS PETS. Your small acts can make a big difference. *By Katie A. Voss*

43 PETS DOGGIE BLUES. When a pet is out of control, what's an owner to do? *By Brienne Coulom*

44 PETS IT'S RUFF OUT THERE. Here's what you need to know before you adopt a cat or dog. *By Matt Lambert*

46 JOBS INTERN 101. How to land an internship and get the most out of it. *By Bethel Swift*

46 JOBS SIZZLING SUMMER JOBS. Seven hot options for working outdoors. *By Rebecca Michuda*

46 JOBS JUST SAY 'YES.' When you're willing to do anything, you might get to do everything. *By Rebecca Michuda*

48 HOME SMALL SPACE? Expert advice for avoiding five classic decorating mistakes. *By Amie Langus*

48 HOME TRAFFIC CONTROL. How to host a party in cramped quarters. *By Joel Podbereski*

48 HOME DRAB2FAB. The DIY solution for walls you can't paint. *By Amie Langus*

49 HOME LA VIDA LOCAL. A guide to five student-friendly neighborhoods. *By Frances Moffett*



51 Features

- 52 CLOSE ENCOUNTERS.** When you go looking for ghosts, you never know what you'll find. *By Katie A. Voss*
- 55 PARALLEL PASSIONS** Four Columbia professors talk about their extracurricular interests. *By Brienne Coulom and Geneisha Ryland*
- 56 THE 20-PLUS-YEAR-OLD VIRGIN.** Why do some adults choose to stay chaste? *By Frances Maffett*
- 58 A FEW GOOD WOMEN.** Three perspectives from female Columbia students who've served in Iraq. *By Rebecca Michuda*
- 62 HANDLE WITH CARE.** How to help when you see a stranger in danger. *By Bethel Swift*
- 65 DIGITAL DISORDER?** A new diagnosis for the wi-fi generation. *By Mary Kroeck*
- 67 WATCH FOR IT.** Suicide prevention begins with awareness. *By Katie A. Voss*
- 68 AGENTS OF EXPRESSION.** A day of clandestine creativity at 826CHL. *By Meagan Pierce*
- 70 THE DRY TRUTH.** Lessons learned from a month (almost) of sobriety. *By Amie Langus*
- 72 DESTINATION UNKNOWN.** You can't predict where the Stalker's Tour of Chicago will take you. *By Marc Ovies*



58

38



55

Echo magazine
Columbia College Chicago
Journalism Department
600 S. Michigan Ave.
Chicago, Illinois 60605
312.344.8918 Editorial
312.344.8955 Advertising

COVER PHOTO BY STACY SMITH Emily Shoher, 24, a broadcast journalism student at Columbia College. The tattoo on her shoulder says "soldier" in Arabic.



JUST YOUR BOOKSTORE?

ACTUALLY, WE'RE YOUR

lost-my-pen
have-a-headache-need-an-aspirin
caught-in-the-rain-umbrella
tired-want-a-caffeine-boost-pop
bag-broke-need-a-new-backpack
missed-your-birthday-gift
cram-for-the-test-study-guide
ran-out-of-paper-new-notebook
starving-need-a-snack
pass-the-time-#1-bestseller
feel-a-chill-sweatshirt

- STORE

Columbia
COLLEGE CHICAGO | 

Columbia Bookstore

624 S. Michigan • ph:312/427-4860 • efollett.com

www.columbia.bkstr.com

Proudly part of

 **follett.com**
ONLINE. ON CAMPUS.

**MARC OVIES**
mr_ovies@gmail.com**KATIE A. VOSS**
katieavoss@gmail.com**AMIE LANGUS**
mieamie@gmail.com**BETHEL SWIFT**
bethel_swift@gmail.com**MARY KROECK**
marykroeck@hotmail.com**MEAGAN PIERCE**
meagapierce@gmail.com**BRIANNE COULOM**
briannacouлом@netzern.com**MATT LAMBERT**
lambertm2@gmail.com**REBECCA MICHUDA**
rebecka21@hotmail.com**FRANCES MOFFETT**
francesmoffett@yahoo.com**JOEL PODBERESKI**
joel_podbereski@gmail.com**GENEISHA RYLAND**
ms_ryland@yahoo.com**STACY SMITH**
stacy.k.smith@gmail.com

THE ECHO STAFF OF PAST ISSUES have used this column to reflect on how they underwent a metamorphosis while putting together a four-color glossy magazine over the course of a semester. They wrote about how they got along with each other at the start, then fought with each other in the middle, and finally emerged with a feeling of accomplishment and some crap about developing a group spirit that enabled them to pull it all together.

We're going to skip that nonsense and tell you why you need to read this issue.

Inside you will find narrative pieces on haunted houses and female soldiers; heartstring-tugging pieces on being a good Samaritan and trying to give up alcohol; and practical pieces on a range of topics, from fashion and fitness to cooking and panhandling. And where else can you read an uplifting piece about stalking? If you want it, we have it. If you don't want it, we have that, too!

Our goal was to produce a magazine that resonated not only with the Columbia College community but also with the Chicago community around us. We wanted to create a publication that fused our voices and styles into something wonderful and unique. We think, as you turn the pages, you'll find that we succeeded.

This issue of *Echo* magazine was a labor of love. And hate. But mostly love. And pretty much every other emotion you can think of. We hope you enjoy it as much as we have enjoyed creating it for you.

The Staff of Echo magazine, Summer/Fall 2007

P.S. The bar code and suggested retail price have been purposely omitted from the cover page. After you finish reading this magazine, feel free to sell it for whatever you think you can get.

Anchor Graphics

\$ SUMMER PROGRAMS



CLOCKWISE FROM TOP LEFT:

LENORE THOMAS, "THEY ARE LIKE STAFFISH AT THE AGE OF 12", INK/BLU, ACRYLIC, XEROX TRANSFER, LASER TRAM, GRAPHITE AND WAX 13" x 13", 2006

LEONARD LEHRER, "DIALOGUE IV", LITHOGRAPH, 30 1/4" x 42", 2004

LAURIE HOGIN, INTIAL PROOF OF ONE OF HER NEW ETCHINGS, 2007

Exhibition

Leonard Lehrer: Prints and Drawings

June 21 - July 25, 2007

Opening Reception: Thursday, June 21, 5-7 pm

On display at the A+D Gallery, this exhibition features the prints and drawings of Leonard Lehrer, renowned artist and educator. The show includes large-scale archival inkjet prints, charcoal drawings, lithographs and a number of aluminum plates from which the lithographs were printed. These highly personal works, created from a wellspring of experience, offer a glimpse into the depths of one person's visual world.

Publishing Project

Color etchings by Laurie Hogin

Acclaimed artist Laurie Hogin is currently working with Anchor Graphics on a series of multicolor etchings. The imagery continues her ongoing examination of the ferocious side of some of the world's most cuddly creatures. Upon completion these prints will be available for purchase with all proceeds going to support Anchor Graphics programming.

Artist Residencies

Anchor Graphics will be hosting a twinning this summer through our residency program. Stop in to pay them a visit and view the prints they will be creating.

Lenore Thomas & Justin Strom May 29

Lauren Adleman June 18-29 & July 5-12

Tim Dooley & Aaron Wilson July 16-30

Lydia Diemer August 1-19

Chris Sperandio September

for more information visit colum.edu/anchorgraphics

Columbia 

COLLEGE CHICAGO

art + design

Funding for Anchor Graphics is provided in part by contributions from the Illinois Arts Council-A State Agency, the MacArthur Fund for Arts and Learning, the Richard H. Driehaus Foundation, the Chicago Community Trust, the National Endowment for American Art, the Oppenheimer Family Foundation, the Parkland Foundation, America, Target, and Jet Lithocolor.

- 10** Urban exposure
- 11** Ice on wheels
Author, author!
- 12** Tower power
Sole to soul
- 13** Campus takeover
- 14** Home is where the art is
- 15** From surf to turf
- 16** Fostering community
Skin deep
- 17** The magic of Maxwell Street
- 18** Profitable panhandling
- 19** Quick Metra getaways
- 74** Sports savvy?

The stiletto heel: tall, slender, and nearly impossible to wear while running. What does it say about the woman who wears it? See page 12.

PHOTO BY STACY SMITH



HANS SEABERG

ABOVE The Underground Lounge hosts many Echoes events.

RIGHT Most Echoes of Chicago events include artists at work. Here, Andy Mott draws with pastels during Winter Soulstice.

Echoes of Chicago meets every Wednesday night (unless otherwise noted). To find out about events or how you can become part of the group, visit www.myspace.com/echoesofchicago



MARY KROECK



HANS SEABERG

Daniel Burnett and Cynthia Canto, two members of Echoes of Chicago, head home after a recent event.

Urban exposure

Echoes of Chicago promotes the work of unknown artists of multiple media

THERE'S A STRANGE CONTRAST in the scene at the Underground Lounge. On stage, a band performs a song about being stoned, while across the room, an artist applies pastels to canvas.

This is Echoes of Chicago's Winter Soulstice, and the eclectic goings-on are pretty typical for this local nonprofit arts group.

"Arts are a crucial element of social development and we seek to promote them," says Echoes member Andy Mott.

The group originally formed with the goal of publishing an art magazine, but it never got produced. Echoes now primarily works to showcase local talent.

"It was always about promoting local artists and getting the work out there," says Tom Packard, another member. "The magazine was always a part of that. Our eyes just got bigger than our stomachs."

The group regularly meets in a third-floor apartment on Chicago's North Side, shared by a few of the group's members. The house pets—Brown Cat and White Cat—roam around while Echoes members write notes on a chalkboard and discuss future events.

Since Echoes can't yet afford a space of its own, the organization relies on local venues like the Underground Lounge and Lincoln Park Café to host events. Though the spaces can be relatively small, that's fine with Echoes.

"For me, the fact that we're still growing and we haven't killed each other yet, and we're still passionate about what we do—to see a kid invite his family from 100 miles away to see this little coffee house show and share that moment—that means more than the huge events," Packard says.

As snowflakes fall outside the Underground Lounge, artists and friends jump around to upbeat melodies. The sound waves are reminiscent of the group's motto, "When a drop hits, it ripples," as people young and old hold hands and move their feet to the swing of Kyle Mann Combo.

The blistering cold weather doesn't matter. The appreciation of art being created in one form or another keeps everyone warm.

— MARY KROECK

Bluetooth Rearview Mirror with

Sensors (\$299): Imagine having a rearview mirror with Caller ID, speaker-phone capabilities and parking sensors.

The numbers show up in the middle of the mirror and are easy to read. Just don't look too hard while you're driving.

**Sound System**

(\$2,000 to \$20,000 from Alpine Electronics):

No car is complete without a booming stereo system vibrating in the trunk. Create your own quake with speakers that will let people know you're coming from a mile away.

**Vizualogic Mobile Entertainment Monitors**

(\$799 to \$1,000): These classy accessories can be built into the headrest or flip down from the roof of the car or visor, allowing everyone but the driver to enjoy a DVD or a video game.

**Solid Flame Billet Steering Wheel**

(\$400-\$500):

Tired of staring at that plain old gray steering wheel?

Replace it with a polished, customized number and you can steer your way to driving heaven.

**Asanti Stone Series Wheel by Lexani**

(\$2 million): With rims this icy, you're sure to freeze everything you breeze by. Inlaid with more than 26,100 diamonds and 1,200 princess-cut rubies, these bad boys are enough to put Diddy to shame. That is, if you can scrape up a cool two mil.

Ice on wheels

Six car accessories you can't possibly afford

HIP-HOP MUSIC VIDEOS and shows like MTV's "Pimp My Ride" portray a hyperbolic image of luxury: cars customized with 30-inch rims, suicide doors, refrigerators and turntables. How much is too much? Here are six car accessories too extreme for your pocketbook.

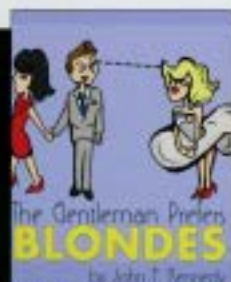
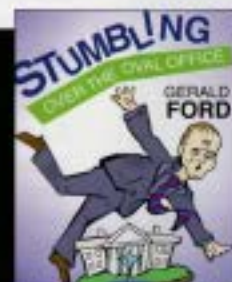
—FRANCES MOFFETT

Iced Out Grille

(Estimated at \$5,000 to \$6,000, based on prototype in production as *Echo* goes to print.): Houston rapper Paul Wall and automotive accessory designer Zenetti teamed up to create a line of car grilles encrusted with cubic zirconium stones. Yes, now your luxury vehicle can have a customized grill, too.



PHOTOS COURTESY: AUTOACCESSORYSTORE.COM, ALPINE ELECTRONICS, VIZUALOGIC, BILLET SPECIALTIES, ASANTI WHEELS, ZENETTI WHEELS



ILLUSTRATIONS BY ANDREW WALENSA

Author, author!

Books the U.S. presidents should have written

IN NOVEMBER 2006, Harper's Index revealed that since WWII, French presidents wrote an average of eight books, while U.S. presidents wrote only four.

At *Echo*, we aren't naive enough to believe that all U.S. presidents are even capable of writing books, but we thought we'd help out by proposing some titles for books they should have written:

George W. Bush:

The Axis of Evil Knievel: The Political Stunts of George W. Bush

A novel about the daredevil political high jinks Dubya got away with during his years in office.

Bill Clinton:

I Didn't Touch her Economy, Stupid!

An autobiography that finally clarifies what Clinton meant by "it."

George H.W. Bush:

How to Vomit on Powerful Politicos and Pretend it was an Accident

This instructional book will teach you the ways of Bushu Suru ("to commit an instance of embarrassing public vomiting").

Ronald Reagan:

I am the Great... wait... Communicator

A lovely memoir of lines forgotten.

Gerald Ford:

Stumbling into the Oval Office

An empowering polemic for clumsy people with ambition.

Richard Nixon:

I am not a Cook: A Vietnamese Recipe for Disaster

Required reading for the present administration.

John F. Kennedy:

This Gentleman Prefers Blondes

In this scandalous autobiography, JFK admits his enthralling affair with the legendary Marilyn Monroe.

—MEAGAN PIERCE

1854



Chicago's skyline keeps evolving

Tower power

1871



OVER THE PAST TWO CENTURIES, no symbol of Chicago has been a greater testament to its love of architecture than the city's skyline. Here's a brief tour of its evolution through historical photographs.

—MARY KROECK

1803 Fort Dearborn was built along the banks of the Chicago River on the site of a former trading post.

1839 The city went up in smoke, foreshadowing the Great Chicago Fire and destroying most of the buildings on Dearborn and Lake streets.

1928



1854 After the opening of the Illinois and Michigan Canal in 1848, Chicago became a major trade and commerce center and the transportation crossroads of the country.

1964



1871 The lakefront was one of the most popular places to live and work until the Great Chicago Fire reduced much of the city to rubble and ruin. Most buildings were constructed of wood and quickly burned to the ground.

1885 The Home Insurance Building on the corner of LaSalle and Adams was built and deemed "the major progenitor of the true skyscraper" by historian Carl Condit. It was torn down in 1931 to make room for the Field Building.

1928 Onward and upward. Newer city buildings were constructed of steel, stone and brick to prevent future large-scale fires.

1964 The Prudential Building was completed in 1955, paving the way for taller buildings. Realtor Leo J. Sheridan said of the building, "It is doubtful that all of the subsequent buildings would have been built if Prudential had not established these things."

1979



1979 The 100-story John Hancock Center, the city's tallest building for years, was completed in 1970. The Sears Tower was completed in 1973 and Chicago boasted of being home to the tallest building in the world.

2005 Construction began on the new Trump International Tower and Hotel. A proposal was put forward for the Chicago Spire, which would sit at the edge of the lakefront near Navy Pier. Both buildings are supposed to be completed in 2009.

MARY KROECK

2006



SOLE T

If your shoes could talk, what would they say about you?



Skate shoe

You're up-to-date on the music world. You're popular; wherever you go, you know everyone's name.

Pump

Shopping is not just your hobby; it's your career. You keep ahead of the trends and won't wear anything from last season.

Asian slipper

You value comfort. You love to be pampered and spoiled. You'll curl up in bed with a bowl of ice cream and watch reruns of *Grey's Anatomy*.

Espadrilles

You're a material girl in a material world. You love quality and fashionable clothes and don't mind spending the extra money to own them.

O SOUL

Dr. Martens

You're a risk taker. You love to take on challenges and you tackle them with finesse. You also love to be outdoors.

Platforms

You love to party. You hang out in clubs and learn the latest dance moves.

Peep toe

"I am woman, hear me roar!" You love to look and feel sexy. You're feminine and unafraid to flirt.

Flat

You're smart and stylish.

You're confident enough to create your own look.

Ankle boot

You're headstrong and confident. You like to be your own boss and take charge.

Flip flop

You love to have fun in the sun. You're a social butterfly who enjoys entertaining others.

Loafer

You are career-driven and smart. You are a perfectionist and no stranger to hard work.

Stiletto

You're bold and courageous. When you want something (or someone), you do what it takes to get it (or him). Anyone who stands in your way is in for a rude awakening.

—GENEISHA RYLAND

HAVE YOU EVER WONDERED ABOUT the classroom you're sitting in? What would the walls say if they could talk? Well, here at Echo, we decided to ease your curiosity by giving you a glimpse into the past lives of some of Columbia's buildings.

— MARY KROECK, MEAGAN PIERCE AND REBECCA MICHUDA

● 33 E. Congress

Pool tables, bowling alleys and cold hard cash. This building once housed a bank and a recreation center. In 1938, a national billiards championship was held here.

● 623 S. Wabash

Without a doubt, this building was meant to be part of an art school. After Studebaker Brothers Carriage Company of Fort Wayne, Ind. rolled out of here, Brunswick Company made wood furnishings for universities, libraries, and public and commercial buildings. (Brunswick later became popular for designing bars, pool tables and bowling alleys.)

● 624 S. Michigan

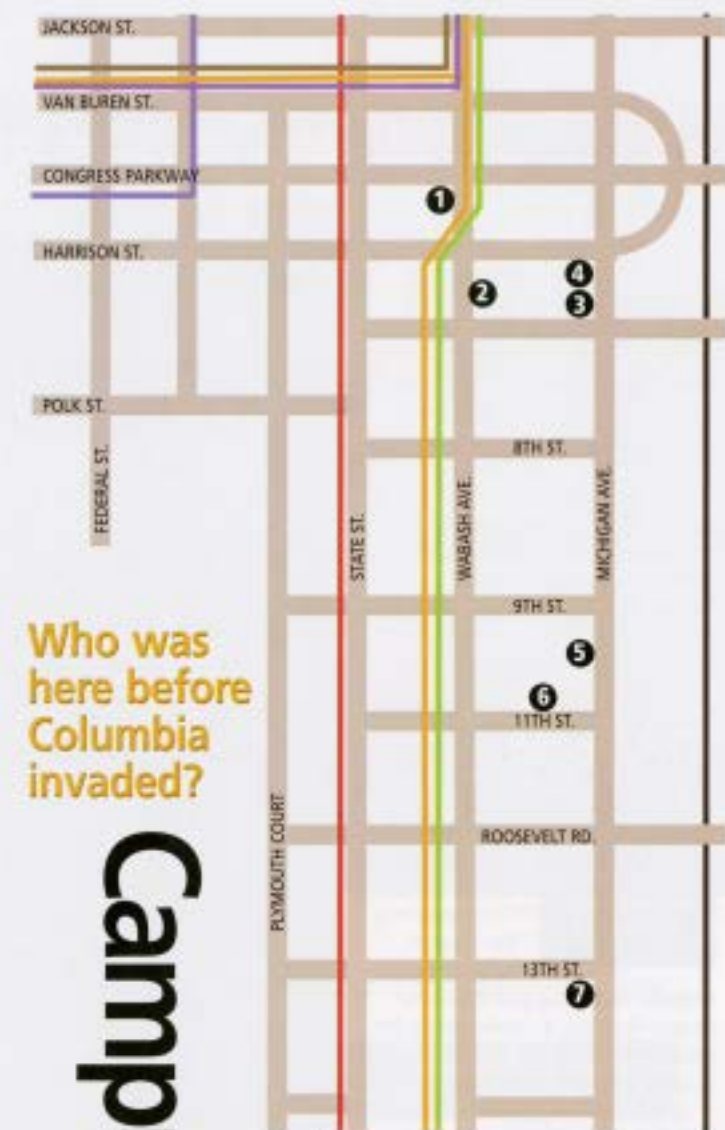
Built as an eight-story complex in 1908, this building was once home to the Chicago Musical College, headed by Florenz Ziegfeld, Sr. In 1922, a seven-story addition was completed and Augustus Eugene Bournique's dancing schools, Stanley Korshak's Blackstone shop and Blum's Vogue boutique moved in.

● 600 S. Michigan

In 1937, this building was owned by the Fairbanks-Morse Company, which made railroad engines, farm equipment and hydraulic systems. Back then, the building's high-speed elevators, electric lights, steel skeleton and maximum use of natural light made it unique. Columbia bought it in 1974, and the school's library was housed here until 1990.

● 1014 S. Michigan

In the 1930s, this building was the Sherwood Conservatory of Music, where the famous comedienne Phyllis Diller, who often played a cigarette-puffing housewife character, was a piano student. Before that, it housed offices for a shingle dis-



Who was here before Columbia invaded?

Campus takeover

tributor, a lumber company and an electrical parts manufacturer.

● 72 E. 11th Ave.

The Chicago Women's Club originally owned this Art Deco building, and held rallies for women's voting rights and education laws in the 400-seat theater. It was used as a women's dormitory as well. You go girl!

● 1306 S. Michigan

From lights, camera, action to seafaring sailors. This was home to Paramount Publix Corporation, which rented films to independent cinema operators throughout the Midwest. In the 1970s, it was the Seafarers International Union Building, in which mariners and fishermen gathered.

MAP BY STACY SMITH

Home is where the art is

Exhibits include items not commonly considered "art," such as this collection of found photos.



THE LITTLE STOREFRONT on Milwaukee Avenue is drawing a crowd. Nestled among its neighbors—the Congress Theatre, the little mom-and-pop Mexican food places, a few boutiques, a thrift shop and a fledgling t-shirt shop with a large snake on the counter—the storefront window reveals a 16-by-12-foot half pipe. Four young men are trying, none too gracefully, to maneuver their skateboards across the wooden construction, but the small space makes for tight transitions and a rough ride.

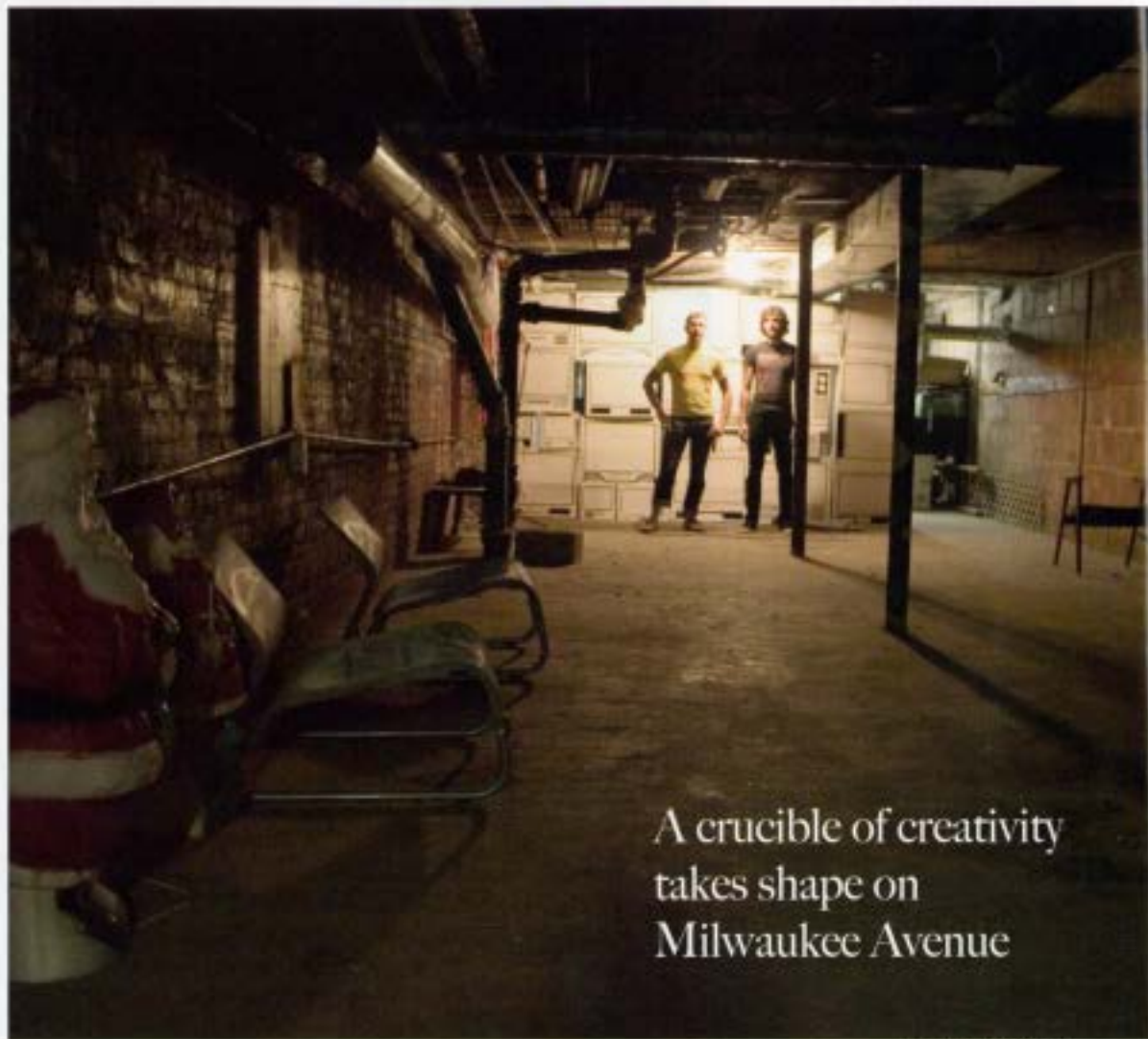
This isn't just an indoor skate ramp. It's a piece of performance art—a nod to the backyard mini-ramps of our youth and the leagues of amateur craftsmen who labor over them. It's precisely the type of exhibit that co-

People Projects
2129 N.
Milwaukee Ave.
www.myspace.com
/people_projects
773.474.0979

founder Ryan Duggan wants for People Projects, a combination art gallery, music venue and home to Duggan and three friends.

Duggan, 24, a graphic designer and Columbia College graduate, says he was inspired by The Factory, Andy Warhol's New York City studio where artists rehearsed, partied, and created films and other art. Duggan and his roommate Shiraz Dada—also a Columbia grad—signed the lease in October 2006. They were joined by fellow Columbia grad Chris Hainey and current Columbia student Robby Komen, who help organize music shows in the basement.

The location was perfect and the front window was ideal for allowing passers-by to see the exhibits.



Ryan Duggan (left) and Robby Komen (right) in the basement where shows are held.

Duggan has big plans for the space, including a life-size papier mâché automobile that will transform the storefront into a temporary mock car dealership. But first he plans to exhibit a collection of old photographs he found in a dumpster. They were the life's work of an elderly man who was an amateur pin-up girl photogra-

pher. When he passed away, his son-in-law pitched the photos.

Duggan also plans to host bingo nights and adult spelling bees—fun, wacky, perhaps even slightly bizarre events that aren't exactly exhibits, but are interesting and entertaining. "I like conceptual art, really conceptualized things," Duggan says.

When asked to define People Projects, Duggan hesitates. "I don't want to call it a gallery and I don't want to call it a venue," he says. "That's why it's called People Projects. All of us that live here are always working on different projects."

—KATIE A. VOSS

PHOTOS BY STACY SMITH

RIGHT Longboards and speedboards line the walls of Chicago Longboards.
FAR RIGHT Julian Nicks shapes a board in his shop.



PHOTOS BY RYAN THOMPSON

Longboarding hits the streets of Chicago

From surf to turf

FOR YEARS NICK CRISTOFORI, now 25, picked up his surfboard and rode the waves near his hometown of Sebastian, Fla. In 1996, he moved to LaGrange, Ill., where surfing is only referred to as an online activity. Then, four years ago, Cristofori found a way to translate his former water sport to urban sidewalks: longboarding.

Riding an unusually long board atop fat wheels draws curious looks from bystanders. Skateboards haven't looked like this since the 1950s, when surfers slapped skate wheels onto their surfboards. But today, these 40- to 80-inch-long boards are making a comeback. Forget the ollies and kick flips; these boards are meant for racing and used as a means of transportation.

"The number of longboarders in Chicago is increasing," says Julian Nicks, owner of Chicago Longboards, who has been building longboards for two years. "The length and extra mass of the board and the bigger, softer wheels provide an easier, steadier ride than skateboards," Nicks says.

Jessica Faulkner, communications director for the Chicago Park District says longboards can be ridden wherever skateboards are allowed. "There are skate parks and paths where you can ride," she says. "We haven't come across any problems yet."

"The nice thing about longboarding is that it's very easy for more people to get involved," Cristofori adds. "With the shorter boards, kids and adults feel more pressure to perform. With a longboard you're just going for the ride. You're feeling the road underneath you, the wind in your hair. The freedom. Anybody can do that."

— MATTHEW LAMBERT

BOARD BASICS

Here's how the three most popular types of longboards compare to the traditional skateboard.

	Transportation	Slalom	Downhill	Skateboard
LENGTH (cm.)	100-130	63-89	110-130	<91
TRUCKS	loose, narrow	tight	tight	loose
WHEELS	biggest /softest	big/ soft	big/ hard	small/ hard
COST	\$100-130	\$100-130	\$100-200	\$70-100
USE	transportation	racing	riding hills	tricks
BOARD TYPE	flexible	flexible	very stiff	stiff

SOURCE: LONGBOARD EMPIRE

Fostering community

Art orphans find a home in Bridgeport

IN AN UPSTAIRS ROOM of a former Bridgeport school, seeds are being planted and trees are growing—metaphorically, that is. The old space is decorated with an odd mix of stained-glass windows and hand-made trees. Beneath the paper leaves glowing with old holiday lights, art is being cultivated.

The Orphanage, a nonprofit organization based at the First Lutheran Church of the Trinity, gives artists of all kinds a space to showcase their talents in a coffee house environment—minus the high-priced coffee. It also has a small thrift store, aptly titled “God’s Closet.”

Mark Wardo started The Orphanage three years ago to create an open community of painters, musicians and writers. He soon found plenty of help.

“When we first started, there were essentially four of us who ran everything,” he says.

“Now there’s as many as 10, on a good day, helping out.”

And there’s plenty to do to keep the place going. On any given Sunday, as many as five bands playing jazz, rock or acoustic sets take stage. Between musical acts, there’s often a spoken-word performance.

There’s also a kitchen to run. Every Sunday, Wardo takes on the role of in-house chef, cooking up everything from finger food and pasta to fluffy cakes.

The First Lutheran Church of the Trinity is happy to provide space to the group. Richard Albrecht, the church’s associate in ministry, says

parishioners appreciate the energy and creativity. “It’s a decent activity for young people,” he says.

Bridgeport has a long history of churches hosting nonprofits, notes Dominic A. Pacyga, acting dean of liberal arts and sciences at Columbia. “Churches provided the initial immigrant base for ethnic groups,” Pacyga says. “Many of them started spin-off organizations. Some became more secular while some stayed connected to the church.”

Bryon Medina, who has been part of The Orphanage since it began, has seen the organization grow. “Everybody kind of brings



Chicago artists find a place to showcase their work at The Orphanage.

MARY KROECK

something,” Medina says of the people who come on Sunday evenings. “There’s a scene going on here. Often someone just shows up here, brings in their work, and I’m like, ‘How could I have lived without it,’ you know?”

Wardo is proud of the community he has created. “There’s nothing

down here like this, at least not that I know of,” he says.

“Besides playing in an indoor forest and free food, I think [the great thing about The Orphanage is] the right people will find their place. I hope a bunch of art orphans will end up here.”

—MARY KROECK



Tattoos are a long-standing American form of expression.

Skin deep

YOU HAVE THEM. Your friends have them. Hey, even your grandma has them! Tattoos have been around for thousands of years all over the world. Take a look at how they started in America.

—REBECCA MICHUDA

17TH CENTURY

French explorers and missionaries wrote that tattooing was practiced by Indian tribes in North America.

images included anchors, eagles and women.

1870

The first permanent tattoo shop opened in New York City.

EARLY 19TH CENTURY

Ahoy matey! Sailors started getting tattoos. Popular

The magic of Maxwell Street

MARIACHI MUSIC ECHOES through the crowd. Blues and rap blare up ahead. Stroll further and the smell of tacos and tamales fills the air; keep walking and soon Polish sausage with extra sauerkraut takes its place. A diverse crowd squeezes between booths filled with car parts, radios and everything imaginable. This is Maxwell Street Market, a Chicago tradition since 1871.

Walk past the guy selling books and old magazines, past the woman giving out free samples of homemade shea lotion, and you'll find a man with a thick grey mustache standing in front of a big red van. The sun reflects off of his tortoise-frame glasses and his squinty eyes sparkle as he smiles at a customer. This is Merlyn McFarland, and though he's no wizard, he still makes magic every Sunday at this historic market.

McFarland, now 61, has been setting up shop nearly every Sunday since 1989, five years before UIC development forced the market to move from its namesake street to Canal Street and Roosevelt Road. After his flooring and sanding business went on a decline, McFarland needed a way to make some money. "I decided that this might be a good opportunity, and it would be fun because I have always enjoyed myself down there," he says.

He began his stall by buying excess inventory from a friend's store, Century Fashions. "I could

A vendor reflects on Chicago's famous market

sell little boys' shirts for a dollar or two and then I could double my money, whatever I could get," he says. After all the clothing was sold, McFarland found more items at auctions that he could sell. He also sold items other vendors left behind, and even found salable items in alleys and trash cans.

His stall became a kind of recycling center. "It's one less landfill being filled. The environment is being helped," he says. "It's the nice thing about purchasing used items, whether people think about it or not."

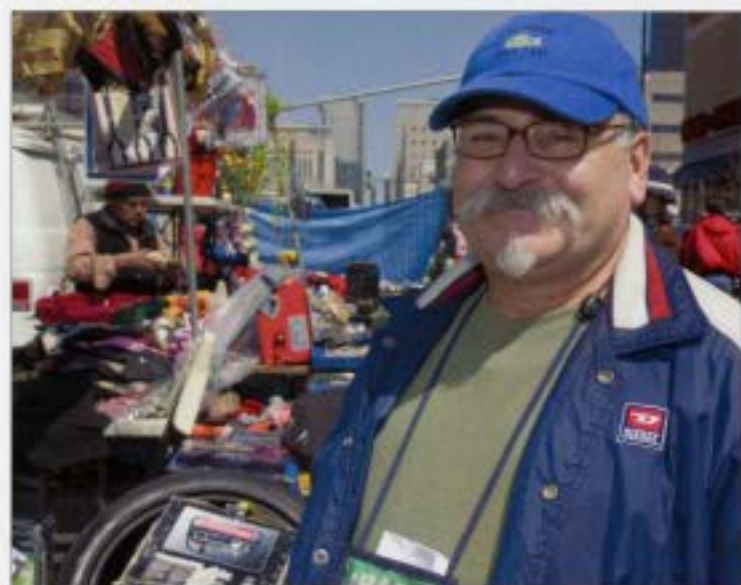
McFarland doesn't have the heart to throw away items he isn't able to sell.

Instead, he delivers them to shelters, churches, second-hand stores and retirement homes.

"I'll see a chair and say, 'Jeez. That's a perfectly good chair. Someone could use that chair.' So I bring it to wherever I think someone might be able to use it."

McFarland tries to open his stall every Sunday at 7 a.m. He arrives before 6 a.m. on his black bike with a yellow seat and a basket in the

Maxwell Street Market
500 W. Roosevelt Rd.
Sundays
7 am - 3 pm
312.922.3100



SARAH NADER

Merlyn McFarland has plied his wares at the open-air market for the past 18 years, rain or shine.

front for picking up things he finds along the way. "It's a challenge to get up in the morning to come out here early. If it's hot or real cold out or whatever, it's a challenge," he says. He sells until 3 p.m., when the market officially closes. And, as required by the city, he is gone by 5 p.m.

McFarland says he's made more than money at the Maxwell Street Market; he's made friends. "There is magic in this market. It's totally different from stores," he says. "People would come by not just to buy things, but to visit. There is just a warmth between people."

This September, the market will move again, this time to Des Plaines Avenue, to make way for expansion of the South Loop. The spaces there will be smaller, and the vendors may have to park their vehicles away from their stalls. McFarland doesn't expect the inconvenience to deter longtime vendors, however.

"It kind of gets into a person's blood," he says. "It's got into my blood, you might say. This market is extremely important to the city. It's a major attraction. It's a lot of fun and that's why people come here." —REBECCA MICHUDA

1891

Inspired by Thomas Edison's autographic printer (an engraving machine), tattoo artist Samuel O'Reilly invented the first electric tattooing machine.

1930s

Cosmetic tattooing was introduced. Permanent eyebrows and eyeliner

were popular among upper class women.

1961

An outbreak of hepatitis from dirty needles sent tattooing on a decline.

1990s

Good news for those who wished they never got their lovers' names permanently tattooed on their

arms. Laser tattoo removal started to be a clean success.

LATE 1990s

The "tramp stamp" started appearing on the lower backs of young women all over the U.S.

2001

UV tattoo ink hit the market, launching a new trend

in the tattoo world. Invisible in daylight, they can only be seen under black light.

2005

"Inked" and "Miami Ink" debut on reality television.

2006

The *Journal of the American Academy of Dermatology* reports nearly

a quarter of Americans between 18 and 50 have tattoos.

2007

A bald Britney Spears gets her ninth tattoo—a pair of red and pink lips on her wrist. Aw, how cute...not.



STACY SMITH

Profitable panhandling

Three steps to more successful begging

ARE YOU TIRED OF waking up in the morning?

Do you want to increase your earning potential while working less and having more fun?

Would you like to take breaks every two minutes?

If you answered "yes" to any of these questions, then now is the time to quit your nine-to-five, rat-race job and begin panhandling your way to financial freedom.

The trick to becoming a successful beggar is to work smarter, not harder. Use these three common sense steps to hit the panhandling jackpot!

1. Make your pitch short and sweet. Nobody has time to read your entire life story. Find the one thing that makes you stand out from the rest of the panhandling crowd and distill that into one short sentence. Even better, turn that one thing about you into a three- to five-word blurb that conjures up not only an image but an emotion that people can't resist. You are looking for what advertising professionals call "tight copy." Here are some examples:

*Poor, but trying
I could be your kid
Hand over your wallet*

Now get a black marker and write your pitch on a piece of cardboard. This short and sweet approach will get your point across quickly. It will also eliminate the need for a massive sign, which means less for you to carry.

Note: Make sure this sign is legible or the above advice will have been wasted.

2. Look the part, but don't go overboard. You wouldn't go to an interview at a bank dressed like an astronaut, so why would you harass people for money dressed like you fight rats at night for corn on the cob? Wear clothing that is job appropriate. Go to the Salvation Army and get some clothes that say, "I'm down on my luck but I'm going to use the money that you, Mr. and Mrs. America, give me to get myself off the streets and make something of my life." People want to think their cash will generate something positive, not just help you get drunk before tonight's corn-cob fight.

3. Location, Location, Locomotion. Get rid of the change

cup; you won't make the most money on the sidewalk. It's too easy for pedestrians to ignore you and simply walk past your advertising. You need a captive audience, and that means hitting the streets where people have no choice but to notice you. You need large intersections where there will always be at least one group of cars stopped at a red light. So get onto the streets and pitch yourself to the drivers because they are your target demographic.

Note: Stay away from residential neighborhoods. The reason for not begging there is simple: People like to think they live in an oasis of peace and safety. Ever notice how the Neighborhood of Make Believe on *Mr. Rogers' Neighborhood* didn't have nudie bars, KFCs or hobos? People in the real world don't want them in their communities, either. When you panhandle in someone's neighborhood, you disrupt their slanted view of reality and begin your relationship on the wrong foot. Go to places that your prospective clients aren't overly attached to.

The locomotion part of step number three is very important, so please take heed.

Chicago's Municipal Code number 8-4-025 states that panhandling is illegal within 10 feet of a bus shelter, ATM and certain other locations. Should the need arise, you should be able to run from the police. It would be a shame to go to jail when, if you had kept alert, you could have spotted the pudgy officer on the Segway from several blocks away.

Let's review:

Make your sign legible and to the point. Dress for success. Put yourself where the money is and get ready to run (to the bank)!

—MARC OVIES

Quick Metra getaways

Get out of the city and explore

DON'T HAVE TIME FOR A weekend getaway? Echo scouted out some inexpensive day trips that will give you a quick break from your daily grind. You don't even need a car; all of these destinations are on Metra routes. Unlimited-ride weekerid passes are just \$5; train schedules are available at www.metrarail.com. So catch that train and take a mini-vacation.

—KATIE A. VOSS, AMIE LANGUS, AND FRANCES MOFFETT

DESTINATION:

JOLIET

Line: Rock Island District
Departs from: LaSalle St. Station
Ride length: 80 minutes
Last train back: 11:45 pm

Stop #1: **Chicago Street Pub**
75 N. Chicago St.
www.chicagost.com

Formerly known as Chicago St. Bar and Grill, this local favorite serves up reasonably priced entrees, as well as the traditional Irish fare. Entertainment in this laid back atmosphere varies from traditional Irish music to live bands and open mics. Cover charges are \$5 or less.

Stop #2: **Billie Limacher**
Bicentennial Park
201 W. Jefferson St.
www.bicentennialpark.org

This is the place for you to enjoy free events like the 12th Annual Latin Music Festival and the 13th Annual Pumpkin Fest. Get a dose of culture, fireworks and live entertainment in a setting that allows you to roam around outside. (Telecab 815.726.8294)

Stop #3: **Rialto Square Theatre**
102 N. Chicago St.
www.rialtosquare.com

Conceived as "The Palace for the People" by its founders, the Rialto is widely regarded as one of the most beautiful theatres in the country. Ray Charles, Buddy Guy and Taylor Hicks have performed here. It's a great place to enjoy an inexpensive show in an elegant setting.

DESTINATION:

ARLINGTON PARK

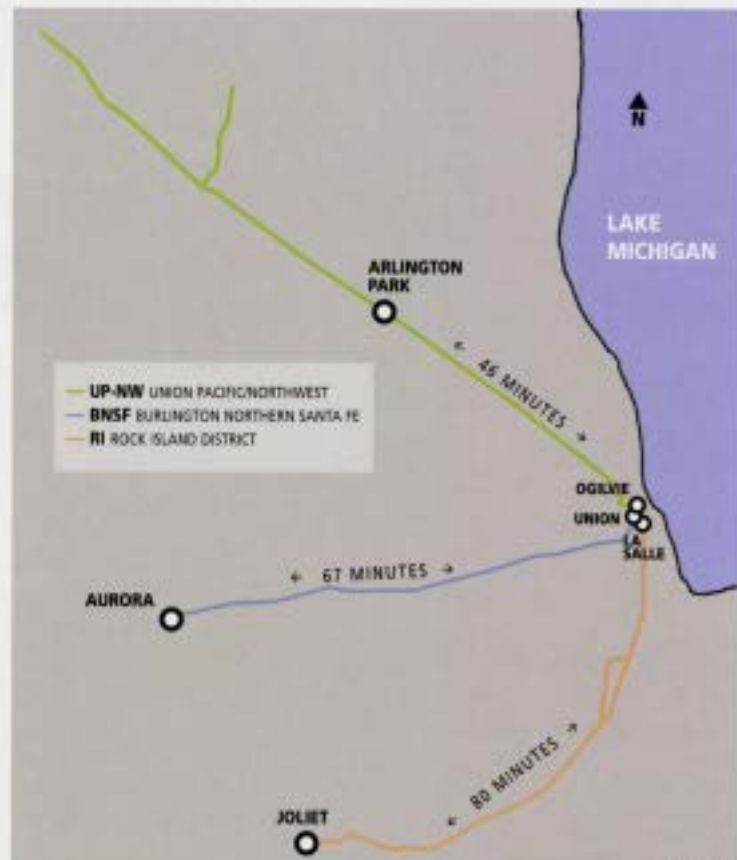
Line: Union Pacific/Northwest Line
Departs from: Ogilvie Transportation Center
Ride length: 46 minutes
Last train back: 10:32 pm

Stop #1: **Arlington Park Race Course**
2200 Euclid Ave.
www.arlingtonpark.com

"Number four to win, six to place and seven to show!" You'll quickly pick up the betting lingo at Arlington Park Race Course, which has its own train stop. Just walk through the parking lot and you'll be surrounded by Arlington Park's immense greenery and flower displays, bookies, trainers, jockeys and horses. You can enjoy Arlington simply by taking in the view, or place bets as low as \$2 on your favorite steed. Feeling lucky? Get in on the action by placing a trifecta or perfecta. If you're not sure what that means, you'll find a brief betting tutorial in the Daily Racing Form, free with every \$6 general admission. The International Festival of Racing starts on Saturday, August 11, which includes the famed Arlington Million. Wear your biggest, gaudiest hats, ladies, and you'll get in free.

Stop #2: **Mitsuwa Marketplace**
100 E. Algonquin Rd.
www.mitsuwachicago.net

Mitsuwa Marketplace, sometimes called the "Mall of Japan," is the largest Japanese grocery store in the Midwest. In addition to the food court, there's a Japanese bak-



STACY SMITH

ery, bookstore, video store, drug store and more. It's less than four miles from the train station (an eight-minute cab ride; call 847.253.4411 for American Taxi).

Stop #3: **Arlington Heights Historical Museum**
110 W. Fremont St.
www.ahmuseum.org

Located near downtown Arlington, this museum complex includes the Victorian home of Frederick W. Muller, owner of F.W. Muller Carbonated Beverages, his soda pop factory, the home of children's book author, Nathaniel Moore Banta, along with a replica of a log cabin from the 1830s. It's steeped in rich and little-known history. When you're done, catch the train back to Chicago at the Arlington Heights Train Station, just three blocks away.

DESTINATION:

AURORA

Line: Burlington Northern Santa Fe
Departs from: Union Station
Ride length: 67 minutes
Last train back: 11:20 pm

Stop #1: **Walter Payton's Roundhouse**
205 N. Broadway Ave.
www.walterpaytonroundhouse.com

One long stop: This 70,000-square-foot entertainment complex, restaurant and microbrewery is housed in the oldest limestone roundhouse in the nation, where massive locomotives were repaired until 1974.

Have a meal by the fireplace in the casual, cozy dining room. Try the chocolate beer or one of the many beers brewed in-house by America's Brewing Co. If you're here in the evening, check the schedule of comedy acts and live bands. Or chill out on the couch in the Cognac Bar after playing pool in Bay 26, the game room.



© Monica Stafford



© Monica Stafford

WHEN YOU'RE A PHOTO STUDENT WITH BIG PLANS AND A BRIGHT FUTURE, WE HELP ENSURE THE LEARNING NEVER STOPS.

Monica Stafford is a dedicated photography student whose photo education is as dynamic as the world she shoots. She is currently finishing her degree; working on a project documenting the lives of people in her hometown of Camp Dix, KY; and excited to begin two new documentary projects, one on roadside memorials and another on married women's ideas of marriage. While this burgeoning photographer shops at Calumet for her photo gear, this is only part of the picture. She also comes to us for inspiration, support and expert advice. We recently talked with Monica about what it takes to succeed as a photo student. Enjoy the complete story, along with a gallery of her images, on our website at www.calumetphoto.com/stafford. When you're talking with anyone from Calumet, you're talking with a professional who understands you and your needs. At Calumet, we stand behind what we sell. More importantly, we stand behind you.

CALUMET
PHOTOGRAPHIC
IT'S WHERE THE PROS GO

1.800.CALUMET [225.8638] www.calumetphoto.com

New York Boston Philadelphia Chicago San Francisco Los Angeles Santa Barbara Santa Ana San Diego
Belfast Glasgow Birmingham Liverpool London Manchester Amsterdam Rotterdam Antwerp Berlin Düsseldorf Essen Hamburg Munich

**BURGERS
AND WINGS
8 TV SCREENS
OVER 60 BEERS**

10% off food for Students and Faculty Sunday - Thursday

South Loop Club Bar & Grill
701 S. State St.
(corner of State and Balbo)
312.427.2787

BLUE MAN GROUP

DAZZLING. OUTRAGEOUS. BALD.

Friday and Saturday 10pm student tickets are \$29.



Box Office 773.348.4000
ticketmaster 312.902.1500
ticketmaster.com
Group Sales 773.348.3300

1.800.BLUEMAN blueman.com

**BRIAR
STREET**
THEATRE 3133 North Halsted
Chicago

Tickets may be purchased up to five days before the performance by calling 773.348.4000 or by going directly to the box office. Student Rush is also available two hours before every performance. Limit two tickets per ID. Subject to availability.

©2017

FITNESS

- 24** Just for kicks
Chain gang
- 25** Work it out
- 26** All shook up

FOOD

- 28** Simple soul food
- 29** Sweet idea
- 30** Critics' choice
- 31** Refresh yourself

FASHION

- 34** Fashion forward
- 38** Fit or miss

PETS

- 40** Rex in the city
- 42** Help for homeless pets
- 43** Doggie blues
- 44** It's ruff out there

JOBS

- 46** Intern 101
Sizzling summer jobs
Just say 'yes'

HOME

- 48** Small space?
Traffic control
Drab2fab
- 49** La vida local

Nutritious shakes you can make in minutes with readily available ingredients. See page 26.

PHOTO BY STACY SMITH

Chain gang

Columbia's cycling club takes students for a ride

BY MATTHEW LAMBERT

Think riding along the lakefront is a challenge? Try pedaling with the Columbia College Cycling Club. Last summer, David Dolak and five other club members rode 60 miles through beaches, forests, hills and streets to the Indiana Dunes National Lakeshore. The group also tackled a one-week, 245-mile bike trip loaded down with camping gear.

"We're really the only outdoor club here at Columbia," says club advisor David Dolak. "And we're always trying to get more riders."

The 75-member Columbia College Cycling Club, known as C4C, was created in 2004. In addition to riding, C4C offers workshops on bicycle repair and maintenance. The club raises funds by repairing and selling abandoned bikes found on campus. "There are easily a couple of dozen bikes collected by the maintenance crews here at Columbia," Dolak says. "The bikes usually just need a new tire or a little repair." The club also hosts movie night fundraisers at Columbia's Film Row Cinema to pay for tools, equipment and trip expenses.

C4C hopes to organize a cycling team to represent Columbia in racing and long-distance events. But regular rides aren't competitive. "Anybody can join the club, it's open to all students," Dolak says. "For long distance trips, you should already be riding a bike every day."

For more information on C4C, contact David Dolak at 312.344.6917

DAVID DOLAK



C4C members David Dolak, Marcelo Caplan, Brent Mohr, Obie Perez, Mark Theriault and Mark Phil

Just for kicks

Capoeira catches on

BY MATTHEW LAMBERT

Inside the gymnasium at Roosevelt University, a circle of students chant and clap as two partners inside the ring throw kicks at each other, narrowly missing every time. The pace increases; the moves become more complex. The movements start looking more like acrobatics or break dancing. Suddenly, it's over. The partners shake hands and step out of the circle while a new pair enters.

To an observer, it's surprising that nobody gets hurt. "Through subtle hints and body language, you communicate what your next move will be," explains Gingarte Capoeira instructor Joshua Granger. For example, one person throws a low kick and ducks while the other throws a high kick and jumps over his partner's low kick.

Capoeira is a martial art developed in Brazil by African slaves in the 16th century. Today, it is gaining popularity along with the other martial arts. "It focuses more on dancing and having a good time, as opposed to just fighting," Granger says. But like other martial arts, it's intense and requires coordination, balance, flexibility, strength and endurance. Moves include kicks, cartwheels, handstands and a variety of strikes, providing an

Capoeira is a martial art that incorporates dance-like movements, music and clapping.

intense workout and a fun way to get in shape.

Over the last 10 years, Capoeira classes have spread to more than 150 countries, with more than 500 studios spread across the United States, according to Capoeirista.com. Gingarte Capoeira, one of 11 Capoeira studios in Chicago, has been open for 15 years. Instructor Rafael Kuhn says Capoeira has drawn interest for a variety of reasons.

"Groups are rapidly expanding," Kuhn says. "People who are interested in Brazilian culture, people who are interested in the fad, people looking for something beyond the martial arts and a good workout come to the Capoeira classes."

In the hour-long introductory classes, students are taught the most basic moves in Capoeira. "You are introduced to the Ginga (a swinging movement central to Capoeira), kicks, escapes and cartwheels," Kuhn says.

"People are often surprised at how quickly they become sweaty and tired," Kuhn adds.

CAPOEIRA CHRONOLOGY

Angolan slaves brought Capoeira to Brazil in the 16th century. They were forbidden from practicing the aggressive movements of their traditional martial art, so they transformed its appearance by developing more dance-like movements and adding music and clapping.

When slavery in Brazil was abolished in 1888, former slaves moved to the cities, where they continued to practice Capoeira, even after it was outlawed in 1890. (The law was reversed in 1928.)

In 1932, Mestre Bimba founded the first school of Capoeira, popularizing the sport among wealthier Brazilians. In 1937, Mestre Bimba performed for Brazilian President Getúlio Vargas, who declared Capoeira the national sport of Brazil.

WHERE TO PRACTICE IT

Gingarte Capoeira
410 N. Milwaukee Ave.
773.524.3220

Chicago Capoeira
Collective
410 S. Michigan Ave.
312.322.0710

Grupo Capoeira da Bimba
1016 W. Belmont
773.525.3141

Grupo Axe Capoeira
1329 S. Michigan Ave.
(2nd floor)
773.368.4777

Work it out

Five fitness DVDs put to the test

BY BRIANNE COULOM

Exercise is a must, even if you're not trying to lose weight. But a gym membership is expensive. And besides, do you really want to work out with other sweaty (and sometimes smelly) people?

At-home fitness DVDs are a good solution, but how do you find the best one? *Echo* evaluated some of the top-rated fitness DVDs to help you make the right selection.

DVD	PROPS	TYPE	LENGTH	LEVEL	TRAINER	GEAR	RATING	REVIEW
Dance off the Inches: Fat-burning Jam								
	One of the top 7 fitness DVDs of 2007 (<i>Fitness</i>).	Cardio	46 minutes	5	Michelle Dozois	None	★★★★ (out of 5)	The nonstop workout consists of 10 dance moves, mainly Latin and jazz styles. It starts with about a 10-minute, fast-paced warm-up. The steps are fairly easy to follow, with a few exceptions. You will definitely get a good cardio workout because the routines are non-stop. The instructor is informative and upbeat, but a little too perky, as are the other women in the video, who never stop smiling. Plan to take frequent water breaks.
Reach: Upbeat Toning and Flexibility for a Dancer's Body								
	One of the top 5 fitness DVDs of 2006 (<i>Health</i>) and top 10 of 2006 (<i>Fitness</i>).	Toning and de-stressing	60 minutes	9 (May be less difficult for those familiar with yoga and pilates).	Kari Anderson	Yoga mat	★★ (out of 5)	The workout is a blend of yoga, Pilates and ballet. If you have no experience in any of those, you should consider another DVD first. The instructor is fascinating to watch and remarkably flexible. This is not a good choice for beginners because it would be easy to injure yourself trying some of these moves. Proceed with caution!
10-Minute Solution Kickbox Bootcamp								
	One of the top 5 fitness DVDs of 2006 (<i>Health</i>) and top 10 of 2006 (<i>Fitness</i>).	Cardio and strength	54 minutes	4	Keli Roberts	Exercise mat and light hand weights or dumbbells	★★★★★ (out of 5)	This time-efficient kickboxing DVD is great for beginners. Five separate 10-minute workouts focus on abs, arms and shoulders, buns and thighs, and cardio. The "fat-burning blast" routine is very intense. The instructor's cheesy phrases can be annoying, but she is easy to follow and clearly explains each move. This is a great DVD for people who don't have a lot of time to devote to exercise.
Minna Lessig: Total Body Toning 1-minute Workout								
	One of the top 7 fitness DVDs of 2007 (<i>Fitness</i>).	Strength and total-body toning	Varies	3	Minna Lessig	Exercise mat and two sets of hand weights (light and heavy)	★★★★★ (out of 5)	This wonderful DVD contains more than 115 one-minute exercises, so you never do the same workout twice. You choose the length of the workout, the part of your body you want to focus on, and your intensity level. Then the DVD prepares a unique workout based on your choices. The instructor acts like a cheerleader, but she is very clear and demonstrates each move thoroughly. This is a must-have workout for the especially busy person.
Rael Pilates: System 7								
	One of the top 5 fitness DVDs of 2006 (<i>Health</i>).	Strength and relaxation	28 minutes	3	Rael Isacowitz	Exercise mat	★★ (out of 5)	This is the first in a series of three Pilates videos and is great for beginners. It focuses on seven main moves, which are easy to learn but take time to master. The pace is calming and the instructor speaks slowly and demonstrates each move. If you are a more energetic person, you might not appreciate this DVD's slow pacing.

allshookup

These nutritious shakes will get your day off to a healthy start

BY JOEL PODBERESKI

Put down the Pop Tart. Step away from the java. Here are five delicious shakes that will give you plenty of vitamins, minerals and energy. They're quick and easy to make—just 10 minutes from 'fridge to travel cup—and clean up involves only a cutting board, a paring knife and a blender.

The instructions are the same for each of these recipes: Blend all ingredients and serve chilled.

PB&J BANANA BLEND

1 banana, peeled
1/2 cup pineapple juice
2 large strawberries
1 tsp. peanut butter
1/2 tsp. plain yogurt
Dash nutmeg
2 ice cubes

GRAPE TANGERINE DREAM

1 cup seedless red grapes, halved
1 banana, peeled
1 tangerine, peeled and quartered
6 to 8 ice cubes

MANGO MADNESS

1 medium mango, peeled, pitted and cubed
1/2 cup plain yogurt
1/3 cup soymilk or orange juice
2 ice cubes

CITRUS BERRY BLAST

3/4 cup grapefruit juice
1/2 cup fresh or frozen berries
1/2 pint strawberry or raspberry sorbet, softened.

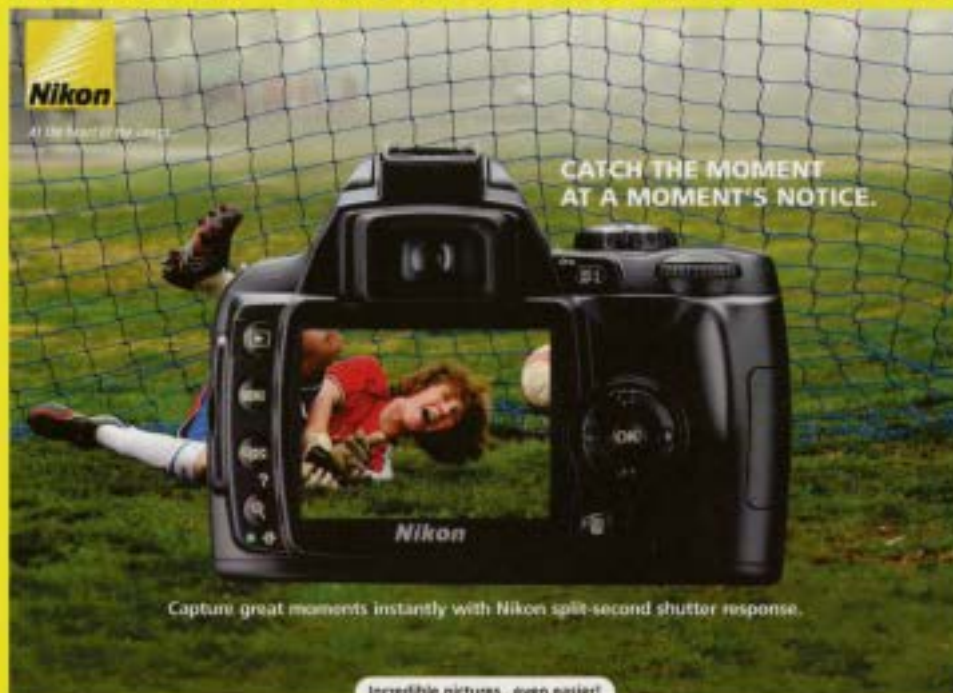
KIWI BANANA BERRY BLITZ

1 banana, peeled
1 kiwi, peeled and diced
1/2 cup pineapple juice
2 strawberries
4 to 6 blueberries
1/2 cup water
2 ice cubes



PHOTO BY STACY SMITH

Nikon® - never settle for anything less



Nikon
At the heart of the image.

CATCH THE MOMENT AT A MOMENT'S NOTICE.

Capture great moments instantly with Nikon split-second shutter response.

Incredible pictures...even easier!

NEW D40 Outfit



- High performance E1 negative Nikon DX format CCD imaging sensor
- Easy operation with Inverse Control
- Outfit includes D40 camera body, 18-55mm f/3.5-5.6 ED II AF-D DX Zoom-Nikkor lens for outstanding picture quality
- Fast startup with Instant Shutter Response
- Shoot at up to 2.5 frames per second - up to 100 JPEG images
- 2.5-inch color LCD monitor with 3 colorful display options

\$599.95

NEW D40x Outfit



- 10.2 megapixels for prints as large as 20x30 inches
- Outfit includes D40 camera body, 18-55mm f/3.5-5.6 ED II AF-D DX Zoom-Nikkor lens for outstanding picture quality
- Easy operation with Inverse Control
- Fast startup with Split-second Shutter Response
- Shoot at up to 3 frames per second
- 2.5-inch color LCD monitor

\$799.95

All Nikon products include Nikon Inc. USA one-year limited warranty. ©2007 Nikon Inc. Models & prices are subject to change.

Nikon Authorized Dealer



NEW COOLPIX P5000

- Unleash the photographer in you**
- 15.0 megapixels for stunning prints as large as 20x30 inches
 - 3.6x Optical Zoom-Nikkor lens provides exceptional pictures with incredible color and clarity
 - Optical VR Image Stabilization minimizes the effect of camera shake
 - Incredible, bright 2.5-inch high-resolution LCD and optical viewfinder make it easy to compose and share pictures with friends and family

KIT:
\$449.95

- Purchase a COOLPIX Kit and get:**
- Your COOLPIX digital camera
 - Two-year Nikon Extended Service Coverage
 - Stylish carrying case



NEW COOLPIX L12

- Minimize blur, maximize fun**
- 7 megapixels for stunning prints as large as 16x20 inches
 - 3x Optical Zoom-Nikkor lens gets you close to the action
 - Optical Vibration Reduction/Image Stabilization minimizes the effects of camera shake
 - Incredible, bright 2.5-inch LCD makes it easy to view and share pictures
 - Adjusts up to ISO 1600 to keep shooting even in low light

\$199.95



Nikon
At the heart of the image.

THE EASIEST WAY TO GET YOUR KIDS TO STAY STILL.

FREE
One Hundred 4x6 Digital Prints
from a CD with any
Nikon digital camera purchase

Capture all the action in sharper detail, thanks to Nikon's anti-shake technology.

Vibration Reduction Image Stabilization

Central Camera Company

PHOTOGRAPHIC HEADQUARTERS SINCE 1899 • Our 108th Year

312-427-5580

230 S. Wabash Ave. • Chicago, IL 60604

1-800-421-1899 Outside Local Area Codes

TOLL FREE FOR ORDERS & INFORMATION • All 50 States, Canada & Puerto Rico
On the Web: www.centralcamera.com • email: info@centralcamera.com

Simple soul food



STACY SMITH

The only thing missing from this meal is grandma.

BY FRANCES MOFFETT

For as long as I can remember, soul food has been an integral part of Thanksgiving and Christmas, as well as my family's unforgettable Sunday dinners. Grandma Pearley was in the kitchen for hours, frying and baking, filling the entire house with the savory smells of our favorite foods, reminiscent of her early days in Mississippi. Here are four recipes from my grandma's cookbook, modified so anyone can prepare them.

FRIED CHICKEN

18 chicken wings
Salt and pepper to taste
1 1/2 cup cooking oil
2 cups all-purpose flour
Plastic or brown paper bag
Large skillet and tongs

Clean chicken and dry with paper towels. Season chicken with salt and pepper to taste. In a large skillet, heat a little less than an inch of oil over medium heat. Pour flour into plastic or brown paper bag and add chicken. Shake until pieces are coated. Fry chicken in hot oil on each side until evenly golden brown. Remove with tongs.

All recipes serve four to eight.

BAKED MACARONI & CHEESE

1 lb. box macaroni
1 cup milk
1 stick butter, softened
2 8-oz. packages shredded cheddar cheese
1 lb. Velveeta cheese
1 egg
Large pot and casserole dish

Boil macaroni until *al dente* (firm but not hard). Drain and quickly rinse in hot water to remove the starch. Place in a casserole dish. Cut Velveeta cheese into small cubes. Stir milk, butter, one package of shredded cheese and cubed Velveeta into pasta. Blend thoroughly. Add scrambled egg and stir again.

Layer the top of the macaroni with remaining shredded cheese. Bake at 350 degrees for 30 minutes or until the top is bubbling and golden brown.

COLLARD GREENS

3 1-lb. bags of fresh collard greens
3 smoked turkey thighs
1 tsp. sugar
3 cups water
Salt and pepper to taste
Large pot

Boil and simmer turkey thighs in water for about 45 minutes or until tender. Do not drain the water. Rinse and wash greens in cold water until clean.

Add greens to pot, along with sugar. Cover and simmer for an hour. Stir often, adding small amounts of water as needed. Add salt and pepper if desired.

BANANA PUDDING

1 14-oz. can sweetened condensed milk
1 1/2 cups water
1 3.5-oz. package instant vanilla pudding
1 tsp. vanilla extract
2 cups whipped cream
1 12-oz. box vanilla wafers
5 medium bananas, sliced
Medium-sized bowl or casserole dish

Prepare pudding according to package directions. Combine condensed milk and water in a bowl; add pudding and vanilla extract and beat well. Chill 5 to 10 minutes or until it thickens. Mix in whipped cream.

Spread pudding mixture on the bottom of the bowl or dish. Add a layer of wafers and then a layer of sliced bananas. Repeat process until pudding is used up. Top with remaining vanilla wafers. Chill before serving.

Sweet idea

These do-it-yourself dessert jars make perfect gifts

BY BRIANNE COULOM

Looking for a gift that's affordable, personal and unique? Give desserts in a jar. You can be as decorative as you want and customize the jars for any occasion.

The following recipes are from Babette Novak, pastry chef and owner of the Chicago dessert and

snack shop La Petite Bulle. She suggests layering the ingredients in the jars in sandwich bags to keep them separated. She also recommends using non-toxic bags, available at Whole Foods Market. Then wrap a ribbon around the jar or place a bow on the jar, including a tag with baking instructions for recipient. These recipes are quick and easy, and require minimal preparation.

TOFFEE BARS

Layers

2 cups brown sugar

4 cups unbleached white flour, sifted with 1/4 tsp. salt
6 oz. dark chocolate (at least 70% cocoa content), chopped coarsely
1/2 cup pecans, chopped



Instructions for recipient

You will need:

- 1 large egg
- 1 1/2 tsp. pure vanilla
- 2 cups unsalted butter, room temperature

La Petite Bulle
4826 W.
Berenice Ave.
Chicago



Babette Novak

- 1 Preheat oven to 350°F. Generously butter a 13x9x2-inch metal baking pan; dust with flour.
- 2 Beat sugar and butter in mixing bowl until fluffy. Beat in egg and vanilla.
- 3 Stir in the flour and salt to make a soft dough. Spread evenly into the prepared pan.
- 4 Bake 25 to 30 minutes, until lightly browned. The

texture will be soft.

5 Remove from oven and immediately top with chopped chocolate. When soft, spread evenly with a spatula. Sprinkle with chopped nuts.

6 While still warm, cut into oblong bars. Remove from pan and cool on a wire rack.

CINNAMON-CHOCOLATE BROWNIES

Layers

3/4 cup all purpose flour
1 1/2 tsp. ground cinnamon
1/8 tsp. salt
6 ounces semisweet chocolate, chopped
1 cup sugar



Instructions for recipient

You will need:

- 4 large eggs
- 1 1/2 tsp. vanilla extract
- 3/4 cup unsalted butter, diced, room temperature

- 1 Position rack in center of oven and preheat to 350°F. Generously butter 8x8x2-inch metal baking pan; dust with flour.
- 2 Mix flour, cinnamon and salt in a small bowl.
- 3 Melt chocolate and butter in a double boiler* until smooth. Turn off heat.
- 4 Using electric mixer, beat eggs and sugar in large bowl until mixture thickens and falls in a soft ribbon when beaters are lifted, about 5 minutes. Beat in vanilla.
- 5 Stir in flour mixture in two additions, blending well after each. Gradually add warm chocolate to egg mixture, beating until just combined.
- 6 Pour batter into prepared pan. Bake until top is set and toothpick inserted into center comes out with moist crumbs attached, about 35 minutes.
- 7 Cool completely in pan on rack. Cut into 16 squares.

*If you don't have a double boiler, boil water in a large pot and put ingredients in a small one, then place the small pot in the larger one.

CHOCOLATE CHIP DRIED CHERRY COOKIES

Layers

2/3 cup packed dark brown sugar or organic cane sugar
3/4 cup sifted organic unbleached white flour
1/4 cup sifted organic whole wheat pastry flour
1/2 tsp. salt
1/2 tsp. baking soda
1 cup semisweet chocolate chips
1 cup dried cherries (or dried cranberries), roughly chopped
1 cup pecans, roughly chopped



Instructions for recipient

You will need:

- 1 stick organic unsalted butter, softened
- 1 tsp. vanilla extract
- 2 large eggs

- 1 Preheat oven to 350°F.
- 2 Combine butter and sugar, beating until light. Add vanilla and eggs. Continue to beat well.
- 3 Sift together both flours, salt and baking soda, and add to butter mixture, beating again.
- 4 Stir in chocolate chips, dried cherries and pecans. Refrigerate dough for one hour.
- 5 Drop by rounded tablespoonfuls onto cookie sheets lined with parchment paper and sprayed with oil. Bake 15 to 20 minutes or until golden.
- 6 Cool on wire racks.

PHOTOS BY STACY SMITH

BY GENEISHA RYLAND AND
MEAGAN PIERCE
PHOTOS BY MARY KROECK

So you want to try a new restaurant, but you don't know where to go? You already know what the restaurant critics suggest, so *Echo* decided to ask art and entertainment critics instead. Here's what they recommend:

Critics' choice

Local art & entertainment critics dish out



Roti Canai is a paper-thin dipping bread served here with a rich red curry at Penang.

CASUAL BUT ECLECTIC ASIAN

Reviewer
**MAUREEN H.
RYAN**
Chicago
Tribune TV
critic



Penang
Malaysian
Cuisine
2201 S.
Wentworth
Ave., Chicago
312.326.6888

Overall impression: For my money, the best semi-exotic comfort food. The staff is friendly, the ambience is laid back and the food is tasty, homestyle Malaysian.

Favorite dish: Roti Canai. It's basically a very thin, almost pastry-like pancake served with chicken-and-potato curry. You rip off pieces of the bread and dip them in the curry. It's supposed to be an appetizer, but I've often ordered it as a main course. The curry is delightful and the bread is chewy yet light. When you've mopped up all the curry, you can eat the juicy chicken chunks and the soft, yummy potato.

Other dishes: There are exotic dishes on the menu for the truly adventurous (chicken feet, anyone?), but the vast array of fish dishes and Asian standards offer something for everyone. And if you're in the mood for sushi, they serve that as well.

Price: An average meal is \$15 to \$20. Expect to pay a few dollars more if you want drinks.

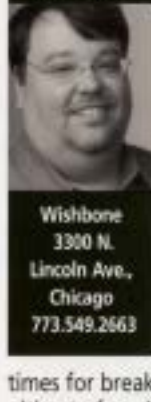
Final plug: If you're looking for a casual but eclectic Asian eatery to relax in with friends, you really can't go wrong with Penang.



N.C. Crab Cakes are an Outer Banks specialty served at Wishbone restaurant in Chicago.

NOUVEAU SOUTHERN FARE

Reviewer
**JIM
DEROGATIS**
Chicago Sun-
Times pop
music critic



Wishbone
3300 N.
Lincoln Ave.,
Chicago
773.549.2663

Overall impression: My favorite Chicago restaurant and veritable adjunct office/home-away-from-home is the "new" Wishbone (actually almost a decade old now). I loved the original Wishbone on Grand (R.I.P.), and then the old "new" Wishbone over by Oprah's Studio; to have the new "new" 'Bone open in my 'hood in Lakeview a while back was too good to be true. It has the best vibe of any of the three locales, with the coolest twisted chicken/egg art on the walls and the most interesting moonlighting actor/musician/writer waitstaff.

Favorite dish: I have had every dish on the menu many times for breakfast, lunch, and dinner. I guess my ultimate favorite, though, is the N.C. Crab Cakes with sides of the sautéed spinach and cheese grits and a bowl of the seafood chowder to start. All three are the best I've ever had.

Other dishes: My second choice is the peppercorn steak. Sometimes I go with the mac-and-cheese side instead of the cheese grits. But always the spinach, to maintain the illusion of healthiness.

Price: You get a choice of two sides with the entrées, which average \$9 or \$10. You get a really modern take on very old-fashioned food with good portion sizes (especially because of the sides).

Final plug: I've taken every member of my family here countless times, and I've interviewed dozens of bands here; everybody always feels instantly at home.



Cheese and chile-based Papa a la Huancaína is a favorite at Rinconcito Sudamericano.

SPLENDID SOUTH AMERICAN

Reviewer
ANN WIENS
Editor of
Demo
Magazine



Rinconcito
Sudamericano
1954 W.
Armitage
Ave., Chicago
773.489.3126

Overall impression: The restaurant opened in 1980, and changes in the décor and atmosphere have been subtle. It's clean, attractive, and festive inside, but not at all trendy or self-conscious—there's a simplicity to it that's increasingly rare in this neighborhood. The service is friendly and prompt but unhurried.

Favorite dish: Papa a la Huancaína (potato with farmer cheese) is one of the most surprisingly delicious foods I've ever had. Simple boiled potatoes with a few green olives and sliced hardboiled eggs are served smothered in a sauce of cheese and a long list of spices.

It doesn't sound like much, but it's heavenly.

Other dishes: Pisco, a grape-distilled drink, is the traditional spirit of Peru (and Chile). Get it straight up; they serve it pureed with ice, losing the subtle flavor of the pisco. Inca Kola is a Peruvian soft drink that tastes like cream soda. There are also several salads and a small selection of desserts. Seafood abounds here, but they serve rabbit, duck and tripe, as well as domestic meats. Vegetarians have a limited menu, but the aforementioned appetizer makes a hearty meal. **Price:** Appetizers start at \$8. Entrées range from \$13 to \$18 for extremely generous portions with white tablecloths, attentive service and a relaxed but elegant atmosphere.

Final plug: When your parents are paying, come back for the lobster.

Refresh yourself



STACY SMITH

Three thirst-quenching Mexican drinks

BY REBECCA MICHUDA

When the weather heats up, cool off with these simple versions of classic, nonalcoholic Mexican drinks. Virgilio López, a dishwasher at China Grill in Chicago, developed these recipes. All you need is a blender and a few fresh ingredients.

CUCUMBER WATER

- 1 cucumber
 - 1 lime
 - 1 lemon
 - 1/4 cup sugar or to taste
 - 1 fresh mint leaf
 - 7 cups cold water
- Serves 4-6

Cut off the ends of the cucumber, lime and lemon. Chop into one-inch pieces. Place in a blender. Purée. Add water, sugar and diced mint leaf. Stir. Pour into glasses over ice. Garnish with cucumber wedges.

HORCHATA

- 7 cups water
 - 2 sticks of cinnamon
 - 1 Tbs. toasted almonds
 - 3/4 cup sugar or to taste
 - 1 cup long grain rice
- Serves 4-6

Combine water, cinnamon sticks, almonds and sugar in a large pot. Bring to a boil. Add rice and lower heat. Simmer 15 minutes. Remove from heat and let mixture cool. Remove cinnamon sticks and pour cooled mixture into a blender. Purée. Pour through fine strainer. Pour into glasses over ice.

PINEAPPLE WATER

- 7 cups cold water
 - 2 cups peeled pineapple chunks
 - 1/4 cup sugar or to taste
- Serves 4-6

Combine water, pineapple and sugar in blender. Puree. Pour into glasses over ice. Garnish with pineapple wedges.

Recipes tested by Stacy Smith

CHICAGO'S BEST THEATER—ON A BUDGET!

GOODMAN

MEZZTIX

HALF-PRICE TICKETS

GET MEZZANINE TICKETS TO ANY OF GOODMAN THEATRE'S WORLD CLASS PRODUCTIONS FOR HALF-PRICE THE DAY OF THE SHOW! TICKETS AVAILABLE AT GOODMANTHEATRE.ORG STARTING AT 10AM. LOG ON AND USE PROMO CODE MEZZTIX.*

THEATRE
GOODMAN

GoodmanTheatre.org
312.443.3800

*Available in person at 5pm for evening shows (12 noon for matinees) at the box office. Subject to availability. Not available by phone or on previously purchased tickets. Handling fees apply.

Artistic License



Good's of Evanston

is pleased to introduce the latest

innovation in creative tools: **the Good's Student Shopper Card.**

In the skilled hands of an artist, this tool can be used for many things.

For example, it can serve as a straight-edge when drawing, as a rib when sculpting, or as a palette knife for "lifting-off" paint.

More importantly, in the hands of a Student Shopper member, it can also be used to reduce the price of art materials. **Present your Columbia College student ID when you sign up for a Good's Student Shopper Card and you'll receive 10% OFF on in-stock, non-sale merchandise everyday.**

Good's of Evanston

714 Main Street in Evanston

847-864-0001

www.goodsofevanston.com

Open Sunday 11-6, Weekdays 9-8, Saturday 9-6



ashion orward

**A LOOK AT
THE WORK
OF THREE
PROMISING
LOCAL
DESIGN
STUDENTS**

BY AMIE LANGUS



Amber Lindblom

International Academy
of Design and
Technology

AGE 24

HOMETOWN St. Paul, MN

Favorite designers: Yoh
Yamamoto and Issey
Miyake

INSPIRATIONS Nature,
Lake Michigan

CAREER GOALS To always
be creating something
in the medium of fabric



Lindblom's mother and grandmother sewed, so she played with fabric from an early age. But in Minnesota, fashion meant t-shirts and blue jeans. When she was 16 she moved to London. During the three years she lived there, she was inspired by the fashion world.

PHOTO BY KRISTEN HANSON



Nina Mross

School of the Art
Institute of Chicago

AGE 22

HOMETOWN The Valley
of the Wind, VT

FAVORITE DESIGNERS

Issey Miyake, Raf
Simons, and Walter Van
Beirendonck

INSPIRATIONS The uni-
verse; math, nature, and
hot guys.

CAREER GOALS To work
on a team with like-
minded people.



Mross says she felt destined for a career in fashion design since she was born. She wants to design clothing for both genders because women are not the only "beautiful flowers."

PHOTO BY KRISTEN HANSON

THE BEST AND WORST OF '80S WORKOUT WEAR

Fit or miss

BY BETHEL SWIFT

The development of fitness fashion is closely related to women's liberation, according to Virginia Heaven, curator of Columbia College's Fashion Study Collection. Until the 20th century, women's sports were limited to swimming, badminton, archery, rowing and walking, which Heaven says were "more for social interaction than for

exercise." In the 1920s and 1930s, women began playing tennis and hiking, but the concept of "working out" didn't really exist until the late 1970s and 1980s. That's when gyms (often called health spas) proliferated for men and women. Chicago based Women's Workout World opened in 1982, and celebrity workout instructors like Jane Fonda and Richard Simmons became household

names, "making [fitness] fun and accessible" says Heaven. Workout wear became a niche of its own, and fashion designers influenced its styles in dramatic and sometimes strange ways. While Heaven appreciates the '80s fitness craze, she acknowledges that at least some of the outfits were a little over-the-top. "Personally, I drew the line at headbands," she says.

With all this in mind, *Echo* decided to take a nostalgic look back at '80s fitness fashion.

OUTFIT #3

Fitness wear as Fashion wear

SWEATBAND Originally intended to absorb sweat during a workout, the headband soon became a fashion statement of its own.

TORN SWEATSHIRT Often worn inside out and off the shoulder, the torn sweatshirt became especially popular in 1983 after Jennifer Beal modeled the style in "Flashdance."

STRETCH PANTS WITH STIRRUPS Like leggings, these pants were worn tight, often with shorts and thick, colorful socks.

SNEAKERS Sneakers from the '80s have a cult following; many are now collectibles. Women wore sneakers while commuting, then slipped into heels at work. Younger people made a statement by keeping them unlaced.

OUTFIT #4

Color anyone?

SHELL SUIT Designed in the bright colors so dear to the hearts of '80s fashion designers, these were the perfect transitional outfits to take the wearer from the gym to the home. Shell suits were usually lined, with elastic at the waist, ankles and wrists, and separate zippered tops.

ILLUSTRATION BY ASHLEY BEDORE

OUTFIT #1

Perfect for "going for the burn," as Jane Fonda encouraged in her workout videos.

HEADBAND Olivia Newton-John convinced us that a headband was essential for keeping luscious locks in place in her 1981 music video "Physical."

LEOTARD Taken straight from dance, leotards were worn by both sexes, often low cut and accessorized with a belt. Women wore them over bright or pastel colored leggings; men under spandex pants.

LEG WARMERS The stars of "Fame" helped popularize this fitness fashion trend. Leg warmers in various colors, textures and styles were the perfect finish to the '80s workout outfit. Is it any wonder they've made a comeback?

OUTFIT #2

Athlete inspired, these suits helped revive Adidas.

TRACKSUIT Popular with sports and fitness coaches, the tracksuit is a classic. Colorful and versatile, it isn't restricted to the gym. Musicians from Bob Marley and Run-D.M.C. to Madonna and Missy Elliot have kept Adidas versions stylish since the early '80s.



Dear Donor,

Words cannot express how deep our gratitude is for the many things you have done for us. My husband and I feel compelled to send you this heart-felt letter so we could personally thank you for everything that you have done to help us make our dreams come true.

The day we've anticipated for so long is finally nearing and we wanted to make sure we took this opportunity to tell you how incredibly selfless, compassionate, and brave you truly are to know the need for egg donation and then decide to give a part of yourself to another person in this way - well, words, cannot adequately express how we feel.

We hope that this letter has expressed our heart-felt appreciation for your willingness, dedication and commitment to helping us build our family. We wish you and your family health, happiness and the very best life has to offer for all the years to come.

Warmly, Your grateful recipients

Egg donors are needed this summer!

Are you our next donor? Are you interested in making 7k this summer while helping a couple with infertility realize their dreams of building their family? Are you 20-31 years of age? Are you healthy and non-smoking?

Call the Center for Egg Options

773-490-eggs/847-656-8733 to speak to a nurse

info@411egg.com to get an application



REX FOR LESS

Want to get the best for less? *Echo* scouted out some ways to keep your pup looking posh on a budget.

Grooming Try a self-serve wash at Soggy Paws. For \$18, you get an aromatherapy calming mist, doggie facial, premium shampoo and conditioner, aprons, towels and dryers. Owner Paul Rathe is always willing to show new customers how to brush their dogs correctly and offers special rates for frequent groomers. In the summer, look for dog-washing fundraisers at local animal shelters.

Collar Upcountry Inc. offers collars for \$16 to \$20, available at The Furry Beastro. Or check out PetSmart for flashy leather collars from Cheeky Monkey, which look just like the ones sold at high-end boutiques but run \$12 to \$19.

Treats "Fresh-baked treats are always best," says Kym Nelson, owner of The Furry Beastro. "We tend to feed dogs and cats the same things every day, and that makes it more important to make careful choices, as it can greatly influence their digestive and general health." Nelson sells freshly baked organic treats in bulk. A small bag costs about \$5; a large bag about \$10.

Coat and sweater Sweaters and jackets are about \$20 at The Furry Beastro and Doggy Style Pet Shop and \$10 to \$30 at Kriser's Pet Supplies. Or check out the doggie designer knockoffs at PetSmart, which start at \$6.

Toy Petstages' Orka Jack will stand up to hours of chewing. It's made of durable, non-toxic, synthetic rubber, and features little nubs that massage dogs' teeth and gums and cut down on plaque and tartar. There's also a rope for games of tug-of-war. This multi-functional toy is available at PetSmart for \$6 to \$14, depending on the size.

Bed The Upcountry, Inc. Pet Mat, available at The Furry Beastro, costs \$50 to \$60. It's made of polar fleece and cotton and is available in several designs.

Massage Animal massage therapist Pam Kuhn offers massage demonstrations at Chicago's Anti-Cruelty Society, Barker & Meowsky and at Camp Dogwood (a weekend, off-leash camp for dogs). Kuhn teaches pet owners the basic techniques of massage therapy for animals.

Bowl Castlemere Creations' dog bowls from PetSmart cost \$5 to \$24. Your discerning dog will never guess how cheap they are.

How much will you spend to spoil your pooch?

BY KATIE A. VOSS Dogs have long been recognized as man's best friend. Between pet strollers, specially fitted designer sweaters and collars showing off a little bling-bling, to appointments at swanky spa-style grooming shops, it seems they're finally getting paid back for years of loyalty.

Margaret Littman, author of *The Dog Lover's Companion to Chicago* (Avalon Travel Publishing, 2006) estimates that she found 30 percent more dog-friendly places while researching the second edition of her book than she did four years earlier for the first edition.

The American Pet Products Manufacturers Association reports that the U.S. pet industry brought in \$38.5 billion in 2006. Most of that went to the dogs, which live in 43.5 million of the 69.1 million pet-owning households.

Echo rounded up some of the glitziest goods to glam up your pooch's lifestyle.

Collar "A great, safe and attractive collar and lead, with a tag showing your contact information, is something every dog owner should get," says Kym Nelson, owner of The Furry Beastro. "Your dog wears it every day. It is one area where spending a few more dollars is worthwhile—both for the safety and hipness of it!"

Collars can get pretty glam—and pricey. Coach dog collars range from \$42 to \$88. The Furry Beastro offers leather and nylon collars from Urban Hund and Bella Bean for \$30 to \$40.

Bed Your pup deserves to sleep like a king or queen, right? The Furry Beastro carries alpaca wool doggy beds by interior designer Jonathan Adler for about \$195. Bowser Pet Products' plush beds are more affordable at \$53 to \$130.

Bowl The models, shapes and designs of Jonathan Adler's dog bowls are available at The Furry Beastro. Snag a large bowl for about \$75 and a small one for \$50.



PHOTO BY MARY KROECK

OUT AND ABOUT

There's plenty of good stuff out there for pampering your pooch, but it's also important to keep Fido healthy. Regular vet check-ups are essential; daily walks will not only keep your pet fit, but also help crack down on any behavior problems.

"Dogs are used to having jobs and they're used to working and getting exercise," says Littman. "To not have that opportunity can bring on a lot of problems. I think it's really important for pets to have them out and about and to get them socialized."

The best part is, it doesn't cost a dime to stroll around the block, explore some cool dog parks or visit other places where Bowser is welcome.

Chicago has plenty of locations for you and your furry best friend to enjoy. There's the Perfect Pear, a dog-friendly art gallery, and The Furry Beastro and Sam & Willy's, two pet-friendly boutiques.

Check out www.doggeek.com for a list of Chicago dog parks.

REX IN THE CITY

Coat and sweater We all know it gets cold outside during Chicago winters. Bundle your pooch up in the Great Canadian Parka from Ruffhaus, which costs \$175 to \$190, depending on where you buy it. Spring and fall can be a little chilly as well, especially near the lake, so consider a cozy sweater (\$20 to \$100) from the Doggy Style Pet Shop.

Massage "Massages have numerous health benefits for your pet," says Pam Kuhn, a certified animal massage therapist who takes appointments at Barker & Meowsky every Sunday and also does in-home visits (\$50). "It helps improve circulation, increases flexibility, enhances the animal human bond and works as a stress reliever, which is good for animals with separation anxiety or who are afraid of thunderstorms." Massages are great for puppies, too; it gets them used to being touched and helps with bone growth by releasing calcium phosphates into the body, Kuhn says.

Grooming Good hygiene is essential. Depending on the size and breed of the dog, grooming services range from \$25 to \$45 at Bark Chicago, Inc. For some supreme pampering, sign your pup up for a Total Spa and Play Day package at Bark Chicago, Inc. (\$50 to \$65). Expect the dollars to rack up for extra services like fur dyeing, hot oil and de-shedding treatments.

Toy You wouldn't stick just anything in your mouth, so why would you offer less to your pet? Simply Fido's organic plush dog toys are environmentally friendly and made from non-toxic, all-natural fabric (around \$20).

Treats Feeling especially doting? Provide your hungry hound with some homemade treats. *The Ultimate Dog Treat Cook Book: Homemade Goodies for Man's Best Friend* by Liz Palika (Howell House, 2005) offers 50 canine-tested, veterinarian-approved recipes, including Taco Treats, Birthday Blueberry Pupcakes and Salad Bar Bones. Note: A lot of homemade dog treats are tricky to make and call for expensive ingredients.

DOG CALCULATOR

Initial cost

Puppy \$50
Food \$10
Puppy Shots \$150
Miscellaneous Items (collars, tags, bowls, etc.) \$25
Toys \$30
Treats \$20
Grooming Supplies \$20
Licensing \$30
Total \$335

Yearly maintenance

Food \$120
Vet Bills \$250
Miscellaneous \$15
Toys \$130
Licensing \$30
Medications \$70
Short Kennel Stay \$55
Total \$730

Source: <http://www.my-dog.info/getting-a-dog-how-much-does-it-cost-to-own-a-pet.asp>

REX GOES SHOPPING

Bark Chicago, Inc.

Bucktown:
2450 N. Western Ave.
773.486.BARK

West Loop:

1804 W. Lake St.
312.850.BARK
www.barkchicago.com

Barker & Meowsky

1003 W. Armitage Ave.
773.868.0200
www.barkerand-meowsky.com

Doggy Style Pet Shop

2023 W. Division St.
773.235.WOOF
www.doggystyle-petshop.com

The Furry Beastro

1500 N. Wells St.
312.932.WOOF
www.thefurrybeastro.com

Kriser's Pet Supplies

State & 11th streets
312.765.8883
www.kriserspetsupplies.com

The Perfect Pear Gallery

712 N. State St.
312.255.1750
www.perfectpear-gallery.com

Sam & Willy's

3405 N. Paulina Ave.
773.404.0400
www.samandwillys.com

Soggy Paws

North Side:
1148 W. Leland Ave.
773.334.7663

South Side:

1912 S. State St.
312.808.0768
www.soggy-paws.com

BY KATIE A. VOSS

The Humane Society of the United States estimates that six to eight million dogs and cats wind up in animal shelters each year. Only half of those pets are lucky enough to find a home.

How can you—short on cash and strapped for time—make a difference in the life of a down-on-its-luck dog or cat?

Jennifer Schlueter, director of development at Chicago's Tree House Foundation, which takes in close to 600 stray cats each year, and Elizabeth Curran, president of Lakeshore Animal Shelter, Chicago's oldest no-kill shelter, provide some easy ways to brighten up a homeless animal's day.

Donate

Take an inventory of your closet. Bet you see some old sweaters that make you wonder, "Why did I even buy that?" Have any old blankets and towels lying around? And what about that stack of newspapers you were going to recycle? Your local animal shelter would love those things!

"Every single cage, every single kind of surface in the entire shelter is covered every single day with some type of blanket or towel," Schlueter says. "I'm estimating we go through 1,000 towels or blankets a day."

"Lake Shore Animal Shelter receives no government funding and we are 100 percent supported by donations," adds Curran. "We do ask for monetary donations, but appreciate any donations of towels, leashes, collars, laundry detergents, baby gates and dog cookies, too!"

If your picky pooch has been turning up her nose at some of the high-quality food you bought, you can send it to a needy nearby shelter. "Premium dog foods are better for the dogs who often come in malnourished," Curran says. Shelters also need old beds, crates and carriers, grooming tools, half-empty bottles of bleach and disinfectant sprays, old office and medical supplies and even items they can sell to raise money.

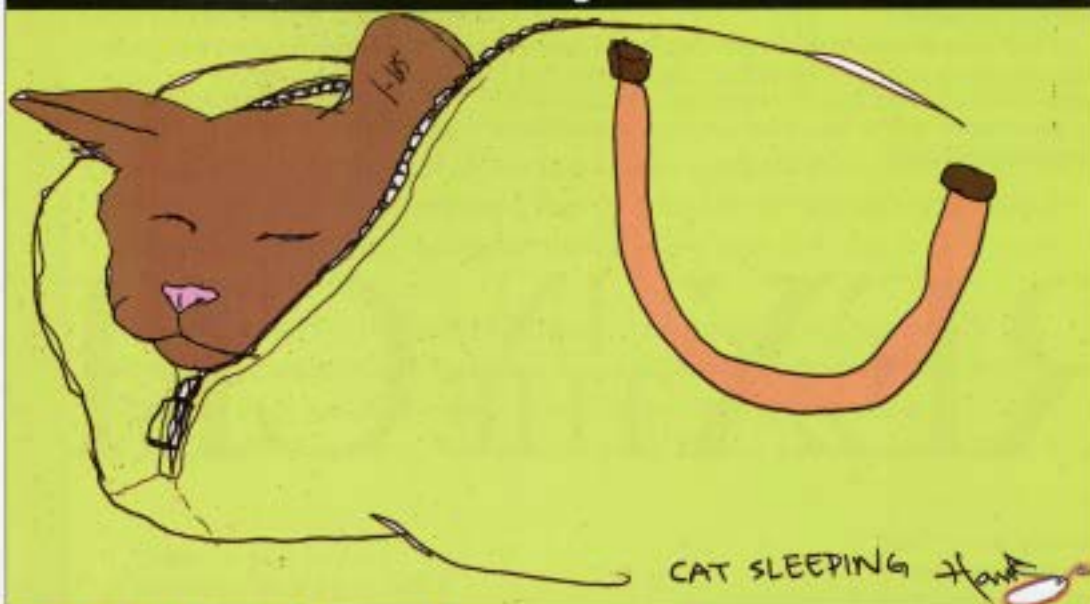
"A really big supporter of ours passed away and her husband didn't know what to do with her diamond ring," Schlueter says. "Finally he said, 'You know, this is just sitting in a drawer and she'd like for you to have it.' So we took it and sold it and made a tribute for her in our newsletter."

Shelters post wish lists on their websites, along with delivery hours and item specifications. Consider placing a donation box at your workplace or school to collect donations from other people, too.

Shop

Tree House and Jewel host Shop 'n' Share days, when a percentage of the cost of your groceries goes

Your small acts can make a big difference



Help for homeless pets

to the shelter. Simply call or log onto a shelter's website to find the dates. Many shelters also raise money by selling coupon books.

Some Internet sites allow you to donate money by shopping. When you sign up at iGive.com, you can shop at more than 600 stores and 26 percent of each purchase goes to a charity of your choice. Greatergood.com donates up to 30 percent of each purchase, but doesn't have as many stores available. Another option is www.dogoodtoolbar.com.

Or take a trip! Tree House receives a portion of the amount spent on every vacation booked through Jill Sussman at Blue Skies Travel (847.697.6733).

Be creative

There are plenty of ways to help out homeless animals while flexing your artistic muscle. Lakeshore Animal Shelter needs photographers to take pictures of animals looking for homes for its website and newsletters. "Our animals are always photographed as a critical part of getting them adopted," Curran says.

Shelters also need artwork to raffle or auction off at fundraisers. "We'd really like animal-related art, but it doesn't always have to be," Schlueter says.

Schlueter hopes to hold a Tree House Foundation pet fashion show later this year, featuring work by Chicago fashion and design students.

Other easy actions

"We're on something called itthinkinc.com,

where you can take surveys and they'll pay us for your time," says Schlueter. That's right; all you have to do is offer your opinion and some cats get some much-needed cash.

Doing some research for homework? Try www.goodsearch.com, the Yahoo!-powered search engine that donates 50 percent of the revenue to charities and schools designated by users.

You can also volunteer, even if you don't have much time to spare. Tree House Animal Foundation requires only six hours a month from volunteers. Shelters often are understaffed while planning their big fundraising events and welcome temporary volunteers. "You don't have to be one of our [full-time] volunteers because I take people in for just events all the time," Schlueter says. "All of that information is on our website. If you just see something that you think, 'Oh that looks like fun,' you can just email us."

Volunteer opportunities aren't all open to everyone. Lakeshore Animal Shelter prefers that volunteers be over 21 and have experience working with dogs and cats. "Animals in shelters can be unpredictable and it really takes a person who can read the animal and understand how to work with them," says Curran.

Volunteering is often hard work, but it's not without its rewards. And sometimes it can be downright fun. "Even if you came in and said 'Okay, I'm going to clean all the litter boxes in this room today and then spend the rest of my time hanging out with the cats,' that's fine," Schlueter says.

When a pet is out of control, what's an owner to do?

Doggie blues

BY BRIANNE COULOM

"Ignore Josie. Don't look at her or pet her," Nancy Huisman says as she opens the door. "If she jumps just turn your back. We are trying something different with her."

Josie, the family's large chocolate lab, seems relaxed. But after I enter and sit on the couch, she attacks. She jumps on my back, sniffing and biting my hair and head, her long limbs enveloping me. "Get down!" Nancy shouts. Finally, Josie plummets to the floor, planting herself at my feet, panting.

How does a dog get this out of control? Some of it, certainly, is nature. But most of it is nurture. "I have heard that 80 percent of behavior is contributed by the environment, rather than the genetic predisposition of the breed," says Jill Goldman, a certified applied animal behaviorist.

The question, then, is how Josie got to this point. What did her owners do wrong? And what can be done to get a wild dog like Josie back under control again? Is it too late for Josie, or any dog for that matter?

In March 2006, the Huismans welcomed a three-and-a-half pound, sweet puppy with crystal blue eyes into their home. The puppy did nothing but sleep, eat, poop and cry for attention. But as she grew, she morphed into a hyperactive, crazy and unpredictable animal. She chewed everything

in sight, bit at everyone's toes and ankles, and flew around the front lawn, eating sticks, leaves, grass, pinecones and anything else she could find.

"We have to give her a piece of junk mail every day to chew up, or she will go for the whole pile or find something else," Nancy says.

There's no question that they spoiled her. She took over the Huismans' easy chair, complete with a pillow and toys. Still, the Huismans tried to discipline her. They enrolled her in an 11-week puppy class.

"She was perfect during class," says Nancy. "But when we would get back home—forget it. She would go back to her normal self."

The reason, says Sherry Luckhaupt, a certified pet dog trainer, has as much to do with the Huismans as it does with Josie. "The owners are the ones who need to be taught, not the dogs," Luckhaupt says. "I can't tell you how many times I've heard people say: 'But she's (or he's) perfect here [at training class]—I just don't get it.'"

Luckhaupt says owners are often inconsistent about the rules they want their dogs to obey and rely too much on telling dogs, "No!" Instead, she



ALANA CRISO

coaches owners to ignore their dogs when they misbehave, unless the behavior is too extreme or too dangerous. Ultimately, she says, dogs are looking for attention.

"The idea is to ignore, redirect and reward," she says. "By ignoring bad behavior and rewarding good behavior, you're being positive and giving the dog attention for the right reasons."

In Josie's case, she proposes using Josie's chair as an incentive for good behavior. The Huismans could tell her to go to her chair and stay there when someone comes to the door. Since she already likes the chair, it will redirect her from pouncing on visitors.

Unfortunately, Josie has trained the Huismans, rather than the other way around. Mark Huisman, their son, describes her visits to his room for her daily naps.

"She puts her two front paws on the top of the bed and then looks back at me, as if she's saying, 'Are you going to help me out or what?' She expects me to lift her back paws onto the bed to help her finish the job." Once on the bed, Josie claims it as her own and even lays her head on the pillow.

Luckhaupt says it's not too late for Josie, but the longer the Huismans let her be in control, the harder it will be to change her. She says that with the right techniques, dogs like Josie can be broken of their worst habits (see sidebar). But it will take some discipline, not only for Josie but for her owners as well.

SHERRY LUCKHAUPT'S STRATEGIES FOR COMMON DOG DILEMMAS

Problem: Biting and chewing.

Solution: "I recommend a rubber toy called a Kong. You fill it with a small amount of peanut butter or dog treats, and you give it to the dog during time-outs. The Kong stimulates the brain and jaws; and it will keep them occupied by making them work to get out the goodies."

Problem: Runaway dog.

Solution: "If you chase your dog if it runs away, you have become part of the game. Ninety-nine percent of the time, if you yell for the dog, tell it, 'Come' in a nice voice and turn your back and walk the other way, the dog

will come back and follow you. If you yell at it and then smack it or act angry, the next time that dog is definitely not going to want to come back to you because it knows what's coming."

Problem: Pulling and being unruly on walks.

Solution: "First of all, your dog should always be walked on the same side (preferably the left), no matter who is walking it. Consistency is the key here. If the dog starts yanking and pulling, stop and go back a couple of steps without getting angry or saying a word. I call these 'penalty steps.' The dog eventually will learn

that when it pulls too much, the walk's going to stop. The key is to not act like a drill sergeant; let the dog sniff and explore occasionally, but stay in control. Choke collars are cruel and are just a quick fix. If you put in the extra time and have patience instead of using force, the dog will be much happier and better behaved on walks."

Sherry Luckhaupt is a certified pet dog trainer who specializes in pet first aid, in-home pet sitting, canine behavior consultation and service dog training. She lives in Homewood with her husband, a cat, two golden retrievers and one German shepherd mix.

Here's what you need to know before you adopt a cat or dog

BY MATTHEW LAMBERT

Amanda Morris laughs as her black Lab, Roush, dashes back and forth between the living room and kitchen. When he pauses, small scars on his back legs and tail are visible.

"I adopted him from the Anti-Cruelty society a few months ago," Morris says. "But I have no idea where the scars came from."

Like thousands of dogs and cats that wind up at animal shelters across Chicago, Roush's past is unknown. These animals end up at the shelters in a variety of ways. Sometimes owners bring their pets in, while others are orphaned when their owners die. Some pets are abandoned on the street, and several are born there.

Chicago, like many American cities, has a pet overpopulation problem. Agencies like Pets Are Worth Saving (PAWS) Chicago, started by Paula Fasseas and the Anti-Cruelty Society, are working to solve this problem through their adoption programs. These agencies have adopted a no-kill policy and hope that through spaying and neutering, they can decrease the overpopulation and euthanasia rates in Chicago.

While adopting a pet can be an enjoyable and satisfying experience, there are several things you should know before beginning the process.

1. Assess your lifestyle.

To determine which pet is best for you, consider the size of your home and your schedule. A large dog isn't well suited to a small apartment. Also consider how much exercise and attention you will be able to provide your pet. Most shelters provide information on a dog or cat's temperament and history, as well as general information on the breed's needs and issues.

2. Complete an application.

If you have found an animal you would like to adopt, fill out an application. You must be at least 18 and have a valid ID with your current address. If you're renting, you will need to provide your

landlord's name and phone number or a copy of the lease.

3. Meet with an adoption counselor.

If your application is approved, you will meet with an adoption counselor. The agency may require all the members of your household to come in. At this point, you will find out more about your pet, and the counselor will work with you to determine if you're a good match and will be able to provide long-term care for the pet.

4. Testing, testing.

Your pet must have a complete veterinary exam and receive inoculations against rabies and other diseases. Dogs are given a heartworm test and cats are given a feline leukemia test. Dogs and cats must be spayed or neutered. "It was just one of the steps we had to take for adoption," Morris says. They also must be licensed.

When all these steps are completed and you've paid your adoption fees (typically about \$100 for cats and \$150 or more for dogs), you're ready to bring your new pet home.

Expect a settling-in period as you get used to living with each other, and be prepared to attend some behavior training classes, if necessary. (See Brianne Coulom's article "Doggie Blues" on page 43.)

The cost of the tests and fees may add up, but it's still a relatively affordable way to get a pet. "Adopting a pet is a lot cheaper than buying one," Morris says. "And it's for a good cause."

It's ruff out there



ADOPTING IN CHICAGO

PAWS Chicago
Cat Adoption Center
2337 N. Clark St.
773.244.7853

Anti-Cruelty Society
169 W. Grand Ave.
312.644.8338

Tree House Animal
Foundation
1212 W. Carmen Ave.
773.784.5488

Animal Welfare League
6224 S. Wabash Ave.
773.667.0688

Red Door Animal Shelter
2410 W. Lunt Ave.
773.764.2242

KATIE A. VOSS

STARTING
AT \$695



**THE
AUTOMATIC
LOFTS**

THE NEW
STANDARD IN
**STUDENT
LIVING**

312 **850.1234**
AUTOMATICLOFTS.COM
410 S MORGAN ST CHICAGO IL

OPENS FALL 2007

**PRIVATE
BEDROOMS**

24-HOUR FITNESS CENTER

HIGH-SPEED WI-FI IN COMMON AREAS

24-HOUR DOORMAN

2 CTA STOPS FROM COLUMBIA

OPEN HOUSE
WEEKDAYS 11-7 PM
WEEKENDS 12-5 PM



DIRECTIONS

Take the CTA blue line west two stops to UIC-Halsted. Get off the train and exit on Morgan St. Building is immediately North of expressway and steps from the station.

Developer License No. 100434 | Amenities subject to change

Intern 101

How to land an internship and get the most out of it.

BY BETHEL SWIFT

"In the first two weeks of my internship, I learned more than my first year at school," says Ryan Buckley-Shaklee, a television major at Columbia College Chicago.

Successful students advocate interning early and often. "Start looking for internships as soon as you can," says Jamie Fleischhauer, a Columbia College graduate who majored in product design and interned with Ford Motor Co. "Almost any industry is going to require a lot of experience and this is the only way you are going to get it," adds Columbia grad Brian Torney.

John Dylong, internship coordinator for several departments at Columbia College, says there are three main reasons for doing an internship while you are in college: learning new skills, testing your existing skills, and determining whether the career you thought you wanted is right for you.

For Columbia graduate Melissa Perez, the experience of interning with Kurtis Productions solidified her passion for the field. "I worked on research for the A&E documentary show 'Cold Case Files.' I looked for cold cases in newspapers—a lot of Lexis Nexis stuff." Internships can also clarify what you *don't* want to do. "I know a lot of people who have come out of an internship and said they were glad they did it, because they know now that they don't want to do that," says Torney. That wasn't his experience, however; his internship with Devils Due Publishing led to a full-time job. "After I left, about three weeks later, I was hired by the company."

So how do you land a great internship?

Up to 12 months in advance: **Save up**

"If you know you want to do an internship that is unpaid, save up some money," says Amanda Garcia, former design intern with Relevant Media Group in Orlando, Fla. "Anything can help."

If your parents are helping pay your bills, discuss your projected needs. Consider the costs of transportation, housing and basic necessities like food. If you are pursuing an out-of-state internship, consider staying with family members or

friends and subletting your place back home. Consider working a part time job as long as it won't keep you from giving your all to the internship. If you use loans to cover your expenses, be prepared for debt. "I was OK with it then, but when I get out [of school] and have to pay, I won't be OK with it," admits Buckley-Shaklee, who supported himself with loans while interning with Towers Productions Inc.

Six to eight months in advance: **Start looking**

Meet with your department's internship coordinator. Also let your family and friends know what type of internship you are seeking. Fleischhauer was able to find a paid internship through a relative who worked for Ford in her hometown of Dearborn, Mich. You never know who might have good connections, and it helps to have someone rooting for you from the inside.

Four to six months in advance: **Apply**

Write a brief cover letter with your application, making it clear that you are familiar with the company and have the kind of skills the internship requires. If you know someone in the company, or even know that someone in the company

graduated from your school, be sure to make the connection.

"I got lucky with finding my internship," says Perez. "My mom's boss knew a person who worked at Kurtis Productions and he told her about me." Once on the job, Perez also found a Columbia graduate who put in a good word for her. "They knew good students come out of Columbia."

Include letters of recommendation or the names and phone numbers of several references.

One to two months ahead: **Interview**

Treat the interview as you would a job interview. "Research the company and find out as much as you can so you can hit the ground running," recommends Torney.

"Go in with an open mind," adds Perez. "Ask questions. When you ask questions, they know you are really interested."

HOW TO WOW THEM

- Arrive early and stay late.
- Find a mentor.
- Don't gossip or slack off.
- Be assertive.
- Be friendly.
- Offer to help with anything.
- Ask for instructions.
- Be professional, not chummy.
- Don't be shy.
- Keep in touch.

Sizzling summer jobs

Seven hot options for working outdoors

BY REBECCA MICHUDA

Don't want to miss out on a killer suntan this summer because you're stuck in a boring office? Here are seven jobs that will have you whistling your way to work. (Note: The hourly rate doesn't include tips or bonuses.)

Just say 'yes'

BY REBECCA MICHUDA

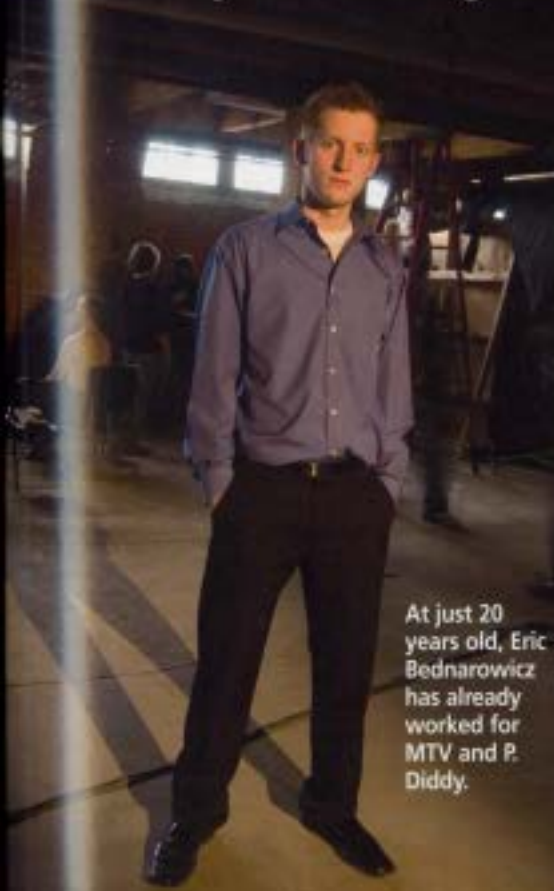
Twenty-year-old Eric Bednarowicz credits craigslist.org for giving him the pleasure of bumping into Busta Rhymes and keeping it real with Queen Latifah.

"Craigslist made my life," he says. It started humbly when he landed a job with Submedia after seeing an advertisement on the popular site. Bednarowicz filmed the motion advertisements on the CTA's Blue Line—a series of frames that appear animated to riders when a train is in motion. "It wasn't really a Martin Scorsese piece or anything like that, but it was OK," he says.

After finding a few other gigs to build his resume, Bednarowicz came upon a small ad for a production assistant. Gotham Casting was producing a television show for Fuse TV called

POSITION	MIN. AGE	GOTTA HAVE	DUTIES	PAY/HOUR	SEASON	THE GOOD	THE BAD	EMPLOYER	CONTACT
PHOTOGRAPHER	18+	Outgoing personality. Camera skills are a plus.	Interacting with and taking photos of fans at Sox and Cubs games.	\$10	April to September	Watching America's favorite pastime	Dealing with intoxicated fans at times	Fan Foto	Jason Davis jdavis@fenwaysports-group.com
CARRIAGE DRIVER	18+	Valid Illinois driver's license, carriage driving certification, no horse allergies.	Driving a horse and carriage, caring for horses and maintaining equipment.	Commission	Peak is June to August; available year-round	Working with horses	Inclement weather	Noble Horse	Danny Sugrue 312.266.7878
TENDER CAPTAIN	18+	Boating experience, Coast Guard and captain's licenses, first aid, CPR and FCC certification.	Taking boat owners to and from their boats in the harbor, basic maintenance of boats, dispatching.	\$13.50	May to October	Being out on the water and getting a nice tan.	Inclement weather	Westrec Marinas	Jerry Metzgers 312.742.8516
TROLLEY TOUR GUIDE	21+	Outgoing personality, good driving record.	Driving and explaining Chicago history and architecture to tourists.	\$10	Memorial Day to Labor Day	Flexible schedule, meeting new people	Giving the same speech over and over	Chicago Trolley and Double Decker Co.	Matt Kohout 773.648.5000
CONCERT VOLUNTEER	18+	Chicago-area resident.	Assisting guests, working in the box office, picking up litter.	None	One weekend in August	Free admission to concerts on work days	August heat	Lollapalooza	www.lollapalooza.com
ARCHITECTURE TOUR GUIDE	18+	Some knowledge of architecture and history, people skills, clean drug test.	Giving tours on the Chicago River, assisting with safe boarding.	\$12	End of March to November	Being on the water and meeting new people	Inclement weather	Wendela Boats	Phyllis Kozlowski 312.205.4043
SEGWAY TOUR GUIDE	20+	Good memory, vivacious personality, maturity.	Training people how to ride a Segway, giving tours of Chicago's lakefront.	\$8	Peak is April to October; available year-round	Riding a Segway	Inclement weather	Segway Experience of Chicago	Kathryne Lake 312.663.0600

When you're willing to do anything, you might get to do everything



At just 20 years old, Eric Bednarowicz has already worked for MTV and P. Diddy.

the "Get Malled Tour." Bednarowicz was hired to visit Chicago-area malls to promote the stores and merchandise.

During the weekend of Lollapalooza in 2006, when Bednarowicz went to pick up his check from the tour, his manager at Gotham Casting invited him to volunteer at the 2006 Video Music Awards in New York. Bednarowicz accepted the offer. "I think the tipping point was that I hadn't been to New York," he says. He bought a cheap plane ticket and arranged to stay with a friend.

The job itself wasn't glamorous. He was in charge of placing non-celebrities in the seats of celebrities who left to accept or present awards. But he got to see the entire show as well as the sound check. "I got to see everybody," he says. "The list is super long: Beyoncé, Cash Money, everyone was there."

Hours after the show, Bednarowicz was on a plane back to Chicago. A day after hanging out with rappers and divas, he was back in class at Columbia. Though he wasn't paid, the trip paid off. "Every job since then [that] I was able to name drop the VMAs on, I got," he says.

During his winter break, he answered another ad on craigslist.org. This time the job was passing out flyers at a Chris Brown concert for \$50 a day. "It was at a time that if I wasn't doing anything,

then I would accept," he says. A few days later, Josh Hertz of MTV's "Making the Band" called to offer him a position as a production assistant for P. Diddy's new reality show. Hertz needed someone to assemble a team to start advertising for "Making the Band 4" in Chicago.

To generate hype around Chicago for the casting call, Bednarowicz distributed flyers at concerts and clubs, advertised on appropriate radio stations and located a venue for the auditions. "I basically had to come up with a game plan for Chicago because there was nobody from MTV in Chicago. I was as high as it went."

Bednarowicz threw himself into the job. In the end, Chicago had the second highest number of male singers/dancers make it to the next round of auditions with P. Diddy in New York. "We did very well. I was very proud," he says.

Still, he hopes to achieve his original goal: film directing. "My ideal would be if I could go to L.A. with a job lined up, probably a mid-level position in a small studio company, something secure," he says. But he's willing to start small, as he did here in Chicago.

Bednarowicz's advice to other students: "Be willing to do whatever it takes on a production. If you can make anyone else's life easier, they will remember you."

Small space?

Expert advice for avoiding five classic decorating mistakes

BY AMIE LANGUS

You've finally scored a place of your own. Whether it's a dorm room or 400-square-foot closet city dwellers call a "studio apartment," you might start to feel like the walls are closing in on you. Echo asked interior designer Libby Langdon of the Home and Garden TV show *Small Space, Big Style*, New York designer Marlon Gobel, and local designer Karyn Musick of Divas N' Decorating for the top five mistakes people make when decorating their small spaces and how to remedy them.

LACK OF COLOR

People tend to be afraid of color, so they leave their walls white or beige. "They somehow think it's going to add square footage, but it's not," says Langdon. "You're just going to be living in a small, boring space." Musick suggests painting walls with light colors. If you decide to use two or more colors, they should complement each other, not contrast. Gobel recommends painting one wall of a small room with a brighter color than the other three. "An accent wall can really add a lot of dimension," he says.

DOMINANT FURNITURE

"Don't try to fit a seven-foot sofa in a small space because then the room will become all about your sofa," says Gobel. The same is true of any large piece of furniture. Langdon recommends having as little furniture as possible. She suggests choosing dual-purpose furnishings, such as a box-shaped bench that doubles as seating and storage. You can find pieces like these at Ikea, Target and Pier 1 Imports.



Libby Langdon



Karyn Musick

BAD LIGHTING

Dark corners make a space feel closed in. Langdon suggests using lamps to illuminate dark corners: a standing lamp in one, a hanging lamp or a table lamp in another. Gobel suggests using dimmers and eliminating harsh, fluorescent lights. "Dimmers are the best solution for any room because they make the space feel a lot more cozy," he says.

TINY ARTWORK

"Instead of doing a bunch of little pieces, why not do one big piece of art?" says Gobel. "Instead of making it feel like the frames are closing in on you, it will bring focus to one wall." Musick notes that large pieces of art help a room look bigger by focusing the eye on one point.

IMPROPERLY HUNG DRAPES

Hang your drapes from the ceiling to the floor, Langdon says. This draws the eye up, creating the illusion of a higher ceiling and making the room look bigger. Langdon suggests using 96-inch drape panels that come with hem tape so you can adjust them to the proper length.

Traffic CONTROL

How to host a party in cramped quarters

BY JOEL PODBERESKI

You just got a new pad of your own. It's nice and cozy. A celebration is in order. You text a few close friends for an informal shindig to show off your new place. There's just one problem: Your place is in danger of becoming a glorified walk-in closet with so many people milling about.

You can still channel your fantastic inner host or hostess and save the night with these creative solutions from local designers.

First, clear the counter tops. They need to be available for food and drinks during the party, so clear off "anything that isn't pertinent to your environment," says Laura Barnett of Laura Barnett Designs in Chicago.

Space can be made in odd places. If you have mail or homework piled up on your counters, hide it in the cabinets your serving dishes and cups just vacated. "Hide your T.V. in your closet and use the space created to set out food or drink," says Maureen Curran, party coordinator and owner of Around the Town Entertainment.

Next, put away anything fragile. "Don't put out anything you're afraid will get broken," Barnett says.

When you set up the room, pull the buffet table away from the wall. "By bringing the table away from the wall, you free up people to move around it, instead of making it an obstacle," Barnett says.

Drab 2fab

The DIY solution for walls you can't paint

BY AMIE LANGUS

One of the most exciting things about getting a new place is deciding how to decorate it. Unfortunately, a lot of apartments and dorms have strict rules about painting the walls. If your landlord won't let you paint, there is a cost-effective way to escape the boredom of four white walls: hang fabric. It's easy and allows a multitude of different looks. Here's how you can turn your pad from drab to fab in five easy steps.

WHAT YOU'LL NEED:

Tape measure
Fabric
Furring strips
Staple gun and staples
Stepladder
3M Picture Hanging Strips or nails and a hammer (beware of holes)

1: MEASURE

Measure your wall or walls from edge to edge. The perimeter of your room determines the length of the furring strips. The height times the width tells you



LAVIDA LOCAL

A guide to five student-friendly neighborhoods

BY FRANCES MOFFETT

Finding off-campus housing can be an overwhelming task. Many questions flood your mind as you sift through the endless amounts of

information from rental agencies, apartment-finding websites and classifieds. Here's a guide to finding the best neighborhood for your personality and pocketbook. (Price ranges are for an average studio to two-bedroom apartment.)



MARY KROECK

Then clear space for your guests by moving chairs and other "floating" furniture against the walls.

When your guests arrive, you need a place for their coats. Anthony Buzzetta, a design assistant for interior designer James E. Ruud, recommends wall hooks in the exterior and interior hallways. If you can't put hooks in the walls, Barnett recommends mobile rolling racks and coat hangers. "You can fold them up for easy storage under your bed when you're not using them," she says.

Kitchens are a common congestion area. "People will stay where the food or the booze is, or where the host or hostess is," Barnett says.

To avoid an "L"-train-car-at-rush-hour situation in your kitchen, mingle where you want your guests to be — typically where there is the most space. Also put the drinks there. "Pre-make your mixed drinks then put them on a tray and set it out on the living room table," Buzzetta says. "Everyone loves food and drink; it's easy to start up conversations where people feel comfortable." Curran suggests serving mixed drinks in a punchbowl, another counter space saver.

Then relax and enjoy hosting the party. Cheers!

HYDE PARK

\$600 to \$1,350

Live here if you are A culture-loving thinker

Most common housing Apartments

Community snapshot

Seven miles south of the Loop, Hyde Park is home to the DuSable Museum of African American History, Court Theatre, the Oriental Institute, the Museum of Science and Industry and, of course, the University of Chicago. Famous former residents include Muhammad Ali, Mayor Harold Washington, and Barack Obama.

ety of art galleries, bars, nightclubs and themed restaurants and has good access to public transportation. Apartmentpeople.com calls this Near North Side neighborhood "Chicago's answer to New York's SoHo."

Most common housing

High-rise condos and lofts

Community snapshot

The second largest business district after Midtown Manhattan, the Loop is the heart of downtown Chicago. Skyscrapers, museums, restaurants, shops and parks—what more could you ask for?

WICKER PARK

\$700 to \$2,400

Live here if you are An artsy yuppie

Most common housing Apartments and lofts

Community snapshot This hip, urban community northwest of the Loop is known for its stylish boutiques and art galleries, as well as music and theater venues.

Neighboring Ukrainian Village, Humboldt Park and Bucktown are getting trendy, too.

WRIGLEYVILLE

\$600 to \$2,500

Live here if you are A true Cubs fan

Most common housing

Multi-unit condos, greystones and low-rise buildings

Community snapshot

This area, surrounding Wrigley Field, features the Wrigley Roof, where fans can purchase cheap tickets and watch a Cubs game from a building with rooftop bleachers. Wrigleyville also has a GLBT and sports culture with plenty of bars and restaurants.

RIVER NORTH

\$1,500 to \$5,500

Live here if you are A sophisticated cosmopolitan

Most common housing

Lofts, townhouses and high-rise condos

Community snapshot This area is home to a wide vari-

THE LOOP

\$1,050 to \$3,000

Live here if you are A city aficionado

ety of art galleries, bars, nightclubs and themed restaurants and has good access to public transportation.

2: BUY FABRIC

Stay away from heavy fabrics like denim or twill. Stick to a pattern that is simple so as not to overwhelm the room. Also, if you plan on adding any pleats or gathers, you may need to double or even triple the amount of fabric you'll need. A light, tulle material is inexpensive and creates a soft effect.

3: BUY FURRING STRIPS

Visit a lumber store to purchase

the furring strips—long, thin pieces of wood that are sold by the foot.

4: ATTACH FABRIC TO THE FURRING STRIPS

If you decided not to add pleats or gathers, simply cut each piece of fabric to the size of each furring strip. If you'd like it pleated or gathered, create the effect using your furring strip as a guide and then cut the fabric accordingly. Take your first piece of fabric and lay it face down on the floor or a large table.

Place the furring strip face down on top of the fabric, about an inch below the top edge. Fold the top inch of fabric over the furring strip and staple it in place.

5: ATTACH FURRING STRIP TO THE WALL

Use 3M picture hanging strips (follow the directions on the package) to attach furring strips to the wall. Depending on the weight of the fabric, you'll need a strip every six to 12 inches.



ART BY AMIE LANGUIS PHOTOS BY STACY SMITH



A SENSORY EXPERIENCE INSIDE AND OUT.

BEAUTIFULLY HAND-CRAFTED CHOCOLATES.
DELECTABLE GELATOS.

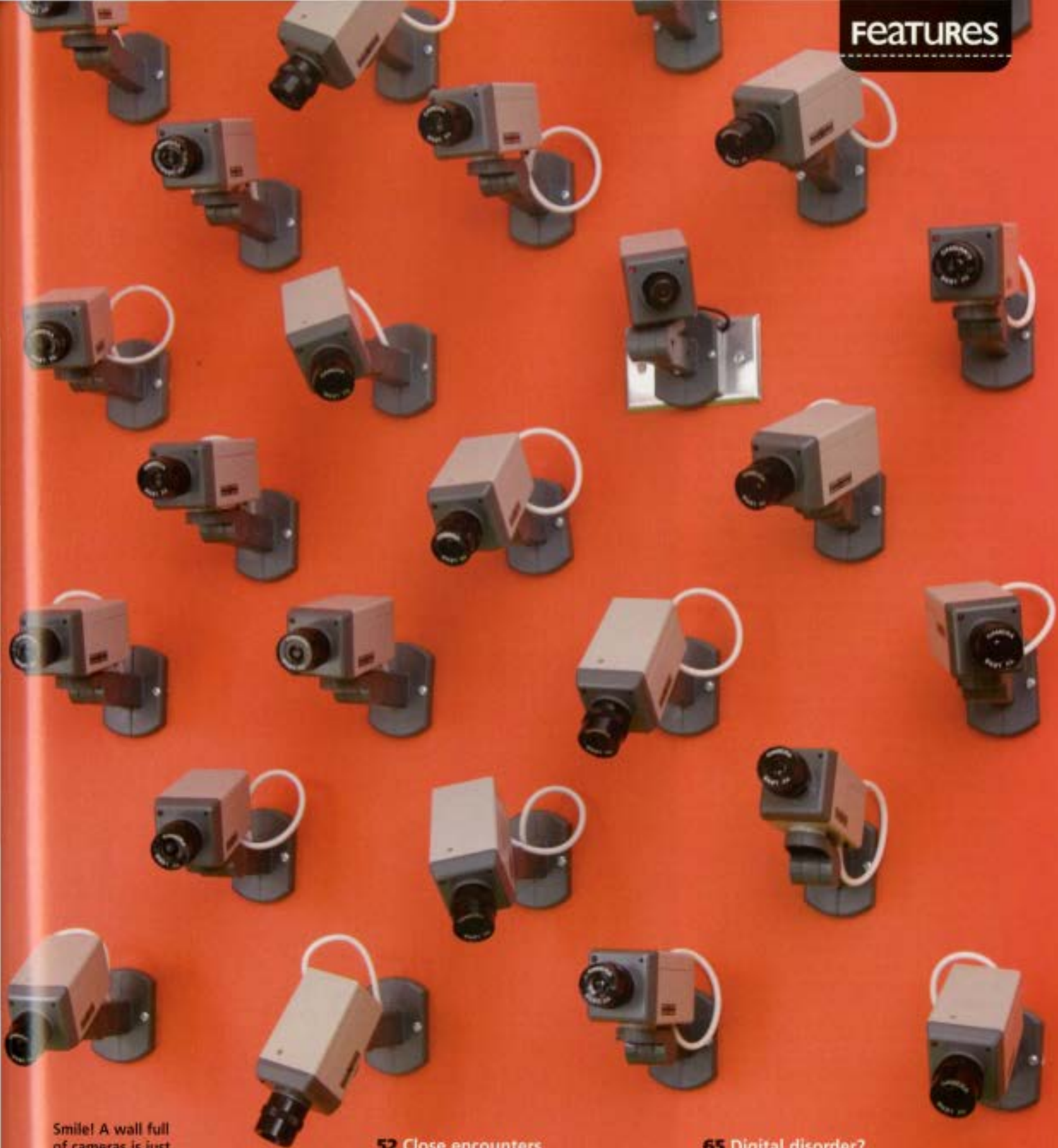


CANADY LE CHOCOLATIER

824 S. WABASH AVENUE,
CHICAGO IL 60605

312.212.1270

WWW.CANADYLECHOCOLATIERCHICAGO.COM



Smile! A wall full of cameras is just one of the odd features of The Boring Store. See page 68.

PHOTO BY STACY SMITH

52 Close encounters
55 Parallel passions
56 The 20-plus-year-old virgin
58 A few good women
62 Handle with care

65 Digital disorder?
67 Watch for it
68 Agents of expression
70 The dry truth
72 Destination unknown

BY KATIE A. VOSS

“This area is filled with activity,” says Michaelynn Cece. We’re standing in the main room of a third floor apartment on Taylor Street. The 1870s, boarded-up building stands empty while renovations are being done. “There are five different hospitals and a morgue right here, right now. Kitty corner from us was a tuberculosis sanitarium. There’s been a lot of mob killings over here. So you always have something around here. Always,” Cece says.

Eight of us are about to receive a crash course in ghost hunting. Cece tells us about some of the strange things that happened here, like the handprint that mysteriously appeared on the wooden door in the back stairwell, spooking the work crews. The neon lights and street lamps shining in the windows create an eerie, orange ambience. An old chandelier hangs above a bureau, a bed and an old weightlifting set. Paint cracks and peels from the walls. We are all wondering, hoping, *wishing* something will happen here tonight.

Cece is co-owner of Chicago Ghost Investigations, which specializes in checking out claims about peculiar occurrences and answering questions about the paranormal and supernatural. For \$55, customers can accompany the investigators on ghostbusting tours of known haunts and even use ghost-detecting gadgets.

Cece wouldn’t strike you as a real life ghost-buster—and not because she lacks a proton pack. She just looks too...normal. Tonight her brown hair is piled into a messy bun. She says she comes from a long line of family members endowed with psychic and telepathic abilities, adding that most of the homes she’s lived in were haunted. Even now, the condominium she shares with her husband has a lot of activity, she says.


Cece is helping my personal quest to experience something that will confirm my belief in ghosts. My mother says I lived in a haunted house when I was an infant. I don’t recall that time, but I relish my mother’s accounts of lights mysteriously turning on and off and slippers moving from floor to floor. Many years later, after my grandfather passed away, odd things began to happen. The contents of cabinets jumbled themselves; doors opened and slammed on their own. My mother, grandmother and aunt all witnessed these unusual occurrences, but I never did.

Never. Talk about disappointment. I have spent my life hoping to be one of those “friends of friends” whose story gives you goose bumps when you hear it at a party. I began to wonder if I wasn’t capable of experiencing the paranormal.

Believers vs. skeptics

“Anyone can experience the paranormal,” Cece says. “It’s just that skeptics refuse to believe anything. A skeptic will look at a picture that has orbs

CLOSE ENCOUNTERS



When you go looking for ghosts, you never know what you'll find

and they'll say, 'Oh that's just a speck of dust.' That's not a speck of dust. I've seen specks of dust and I've seen orbs and that's an orb. They'll just say it's something else so they won't have to admit the truth."

Dr. Michael Shermer, executive director of the Skeptics Society, counters that ghosts are in the heads of the believers—nothing more than a blend of sleep disorders and cultural constructs. "It's in part driven by human need for transcendence and belief in a nonmaterial world where other beings exist," he says.

Shermer uses scientific evidence to debunk claims of the paranormal and seeks to promote critical thinking about unexplained phenomena. "It seems to be true for all cultures everywhere; people make gods and goddesses, poltergeists, guardian angels," he says. "People do have weird experiences, particularly at night, and then the culture tells them how to reconstruct them."

Unfortunately for Shermer, proponents of the paranormal have a larger following. According to a Gallup Poll conducted in September 2006 for researchers at Baylor University, about 75 percent of Americans hold some form of belief in the paranormal: extrasensory perception, ghosts, telepathy, clairvoyance, astrology, communicating with the dead, witches, reincarnation or channeling. Our little group of eight is definitely among them.

"What kind of ghosts do you think are here," one of the women asks.

"I know who the ghosts are," Cece replies confidently.

"So are they, like, people who have died here, or what?" the woman asks.

Cece shrugs. "Some of them, but not all." She explains that there's a vortex in the next room—a place where the energy of ghosts is concentrated. "By communicating with them, you're inviting them, so you create a higher electromagnetic field, which attracts them."

She pulls out some electromagnetic field detectors from her bags. "We're all electric," she says as she passes them out. She has four kinds of detectors. Some shriek when they detect an electric field; others make a static-like noise. Some light up; others register the voltage on a scale.

"We all have our own energy source, within and around. What goes around is called your aura," she says. "What's inside is electric—your heart is electric, your brain is electric." Even after death, Cece says, that energy remains. "So that's why we use these detectors. If there's that electricity there, it will pick it up."

She distributes thermometers and directs us to look for cold spots and hotspots. "Any ten-degree jump below or above the room's normal temperature is going to be something to notice," she says. "If you're just going along the room and—boom!—there's a big difference in the general temperature, you're picking something up."

Tools of the trade

These aren't the only tools of the trade. Lake County Paranormal Investigators, based in Zion, Ill., offers free investigations of purported haunted places. Lead investigators Chris Pumala and Stacy Grieshaber use digital cameras and tape recorders in addition to detectors and thermometers.

Grieshaber shows me a picture of one of their teammates surrounded by ectoplasm—a transparent, bright pink cloud that spreads across the entire photo. It looks like the picture was an unexpected victim of a highlighter explosion. There's also a perfectly round, white, glowing circle in the top left corner of the picture—an orb. It looks like a tiny, hovering moon.

Orbs are most easily described as glowing balls of light that are invisible to the naked eye but detected on photographs and by video cameras. They are sometimes believed to be a more evolved form of spirit.

"That picture was taken with a digital camera," Pumala tells me. "Now, if it was film, I'd realize that that could be a chemical reaction, but digital doesn't do things like that. And of course, there's an orb in there as well. We don't get too excited about capturing orbs, but when we ended up capturing that ectoplasm stuff, that was pretty exciting."

"Why don't you get excited about capturing orbs?" I ask.

"Everyone captures orbs," Grieshaber, waving his hand dismissively. Pumala and Grieshaber aren't alone in their attitude toward orbs. According to www.ghoststudy.com, 50 to 90 percent of orbs are actually dust specks or results of humidity, rain, bright sunlight or other weather conditions.

LCPI specializes in picking up Electronic Voice Phenomena (EVP), or unexpected voices in recording media. They are considered a form of after-death communication. Pumala pops a tape into one of the recorders and presses play. I listen to a squeal that sounds suspiciously like a creaky door swinging open, and some barely audible voices. Then I hear Grieshaber's clear, strong voice asking, "Do you mind the question?" A weak voice responds; it sounds like it is gasping and speaking simultaneously and the words come at an odd pace. I ask Pumala to play it back. This time I catch the first four words: "Do you mind the—"

I turn to the grinning faces of Pumala and Grieshaber. "Is he just repeating you?"

"That's what it sounds like," Pumala says. "It sounded like that to us at first, but listen closely." He hits rewind and plays it again.

And then I hear it. The strange, muffled voice asking, "Do you mind the children?"

My face wrinkles in baffled curiosity. "What does that mean?"

"Well, this was done at our friend Marty's house because there was always just tons of activity there," Grieshaber says. "The place used to be a summer home and he told us that it always felt like

there were little kids running around when he was sleeping." Grieshaber had been asking lots of questions. "After awhile I always ask about minding the question, because that's a normal thing to ask, you know? Do you mind the questions? Do you want me to stop bothering you? And so I said, 'Do you mind the question?' I didn't hear it then, but I heard it played back later."

James Randi chalks up EVP to highly sensitive equipment and overactive imaginations. "Lots of people make assumptions based on EVP," he says. "You can pick up mobile phones, police calls, taxi cab conversations, ham radios on any given frequency—there are dozens of signals. These are amateurs using equipment that is over tuned. They blame things that are quite normal, quite natural in the environment. Any little draft. 'Oh there must be a spirit here!' No, that's a draft. They look at little things as highly significant."

The James Randi Educational Foundation supplies information to the media, students, teachers, authors and reporters about the true nature of the paranormal, pseudoscientific and the supernatural. Or, as he puts it, "Information that should have been thrown out in the Dark Ages but is, unfortunately, still around." The foundation offers a \$1 million prize to anyone who can show, under proper observing conditions, evidence of any paranormal, supernatural or occult power or event. To date, the prize goes unclaimed.

The LCPI investigators say they approach each investigation with a skeptical eye and avoid jumping to conclusions. "When we investigate we'll go and we'll look around beforehand," says Pumala. "We'll check out the vents, we'll check out for loose windows for rattling noises, cracks in the walls, any sort of structural damages or anomalies. We really rule out anything that we can find first."

"Even though Chris and I have seen ghosts, we're still not sure," Grieshaber adds. "To this day, we're still skeptics. Basically, until I shake the hand of somebody who is dead, I'm not going to be for sure."

In fact, a lot of LCPI's investigations turn up nothing. "Some investigations can get pretty tedious," Grieshaber says. "A person will tell you about all this activity and say, 'Oh, I heard this, I heard that, stuff is moving around, plates are getting smashed and my wife is afraid to go into the bathroom!' And you do the investigation and there's nothing."

Pumala suspects that entities sometimes won't make themselves known to strangers. "In some cases it's so depressing to the people because they're like, 'Well, I know this place is haunted,'" he says.

Dousing for spirits

Back on Taylor Street, Cece presents us with the most low-tech apparatus of the night: the dowsing rod. These simple, L-shaped copper rods date back to Roman times, when they were used to locate water, oil and buried treasure. Cece tells us they're

perfect for picking up all energy forms, including the energy form of spirits.

With her arms close to her sides and bent at a 90-degree angle, Cece holds the rods and says, "If there are any spirits here who would like to talk to me, please cross the rods." The rods swing into action and cross. Several members of our group gasp and murmur. Cece bows her head slightly, half closes her eyes and continues to ask questions, softly, calmly. They are all yes or no questions, and the entity is told to cross or uncross the rods dependent on the answer. In any case, movement signifies a yes, while no movement means a clear no.

The conversation is short. Cece thanks the entity for talking with her and asks, "May I please release you? If so, please uncross the rods." The rods uncross, Cece drops her arms to her sides and grins. "Now it's your turn."

I look for the best spot to test out the rods. I'm slightly nervous about communicating with these entities. What if they don't like me? What if no one talks to me? I tell myself that if that's the case, maybe I just don't have Cece's ability to contact the dead.

And yet my attempts at the divination rods prove fruitful. I briefly "talk" to a 40-year-old man who died of natural causes upstairs in the back stairwell. In one of the bedrooms, I meet a woman from the 1800s who also died of natural causes. Her first name began with the letter P. She was born in America and grew up in the area, was unhappily married and had at least five children. During each conversation, a spot on my right cheek gets hot. It's a small spot, less than an inch in diameter, and while it's not unbearable, it creates a burning sensation. Cece tells me such effects are common. Many people experience warm or cold spots on their bodies. In very intense communications, she says, they even may become nauseated.

One of the women, Denean, swears she felt a ghost brush past her. She felt a very cold whoosh of air and then her hands began to tingle. "You know how it feels when you're testing Christmas lights and you get that tiny shock?" she asks. "That's how it felt. That was just too weird. Too weird." She shakes her head. For the rest of the night, she declines communicating with the dead.

After my two successes, I am ready to head out to the back stairwell again. Bianca, another member of our group, and I walk toward the door with the handprint that scared away the most recent work crew. The handprint is there, ominous as ever. "It's a lot colder down here," Bianca observes. "We're by the door," I point out.

Bianca nods. "That's true." But her EMF detector is shrieking. "I think we've got something down here," she says and motions for me to use the rods.

I position myself, draw in a deep breath and ask, "Is there anyone that would like to speak with me? Please cross the rods." The rods catapult into motion, swing rapidly like a crazed pendulum and

overlap each other.

"Whoa," Bianca breathes. "Whoever it is really wants to talk."

Through our queries, we discover that it is a woman. She died of natural causes when she was about 40, was single, had no kids and seemed unhappy.

"Ask her if she's done anything she regrets," Bianca urges me.

I do and tell her to uncross the rods. The rods uncross. Bianca nudges me. "Did she commit a crime? Ask her if she committed a crime." I shake my head fiercely. It's one thing to be communicating with spiritual entities. It's another altogether to be discussing their criminal pasts with them. "I don't know if I want to know that," I squeak. I admit that I only feel comfortable talking to ghosts like Casper. Bianca nudges me again. "Come on. Do it."

"Did you commit any crimes? If so, please cross the rods." The rods remain uncrossed and I breathe a sigh of relief. "Did you hurt someone that you love? Is that what you regret? If so, please cross the rods." The rods cross. "Are you here

to make amends? Please uncross the rods." The rods uncross. I ask more questions, but the rods move slowly. Our ghost seems to be winding down. "May I please release you?" I ask. "If so, please uncross the rods." The rods uncross and our conversation is over.

"It's called ideomotor response," Shermer says of the divination rods' movement. "It's the same thing that explains the Ouija board. You're moving it very subtly and you're not even consciously aware of it."

Randi agrees, noting that it is usually impossible to convince dowsing rod users, or "dowsers," of the true reason behind the rods' activities because the ideomotor effect is such a powerful psychological phenomenon. "The dowser is unknowingly moving the device of choice, exerting a small shaking, tilt or pressure to it, enough to disturb its state of balance," Randi writes in the foundation's newsletter, Swift.

The limits of science

Okay, so maybe I unconsciously made up conversations with three different ghosts. Maybe that burning sensation on my right cheek was psychosomatic. But that doesn't necessarily mean that ghosts weren't there. Maybe, as Pumala and Grieshaber assert, they just weren't willing to reveal themselves to eight strangers.

As if to substantiate that very notion, I captured two orbs while haphazardly snapping pictures. Bianca caught them, too. Two perfect spheres appear in the far right corner of the room in one of her photos, and a few feet further left in one of mine, which I snapped a moment later. A couple frames later, they're floating near the chandelier, which is where another one of Bianca's photos

finds them. Bianca and I ooh and ahh over our digital cameras like two teeny boppers delighting at our snapshots of a pop icon's concert, and promise to email copies to each other. I know Pumala and Grieshaber and the folks at LCPI wouldn't be impressed, but for a novice ghosthunter like me, it was exciting.

Shermer and Randi confidently refute the ideas of orbs and talking to the dead. But what about those weird instances of déjà vu or a premonition-filled dream that ends up coming true? Sure, there are plenty of kooks out there with odd stories and a lot of bored teenagers making up tall tales about haunted forests, but there also have been plenty of perfectly normal people with stories of misplaced objects, sliding chairs, slamming doors and that inexplicable, hair-raising, goose bump-prickling, don't-know-what-it-is-exactly-but-I'm-creeped-out-and-freaked-out feeling.

"We can't explain everything with science," says Shermer. "There's always a residue of the unexplained. But it's okay to say, 'I don't know.' There's the normal and the natural and the things that we haven't explained yet."

My question is, why does everything—explainable or not—have to belong to the physical world?

And that's why Grieshaber says every skeptic should go on an investigation. "You're at a site investigating and doing your thing and something happens that makes your hair kinda stand up on end, or you just get this weird feeling and you can't explain it. And you have to own it up to something besides the physical world. You just have to."

A case of the willies

We're sitting in the main room of the house on Taylor Street recounting our conversations with the entities. There are not enough chairs and I am sitting on the floor in the corner of the room. Cece is reminiscing about the time she and her husband stayed at a haunted bed and breakfast in Galena when I hear it: a soft tapping. It stops for a second. And then tap...tap...tap. Pause. Tap...tap...tap. It sounds like it's coming from the floor right behind me.

I tell myself to remain calm and scan the room. No one is bouncing or jiggling their feet. Everyone is sitting perfectly still. Tap...tap...tap. Then what is that? I'm getting that inexplicable, hair-raising, goose bump-prickling, don't-know-what-it-is-exactly-but-I'm-creeped-out-and-freaked-out feeling.

And then it stops.

Out of all the events that night, from communicating with spiritual entities to capturing orbs on my digital camera, I got the most willies from a mysterious tapping at my back. And it's just those types of peculiar, hair-raising, goose bump-prickling creepy experiences that can't be explained that confirm my belief in ghosts. It's not exactly "friend of a friend" party story material, but it happened to me all the same, and that's all I needed.

Chicago Ghost
Investigators
773.935.6332
www.ghostof
chicago.com



Esterrich



Blouin

COURTESY ROSE BLOUIN



Canepa

MARY KIDDECK



Triglio

STACY SMITH

Parallel passions

Four Columbia professors talk about their extracurricular interests

BY BRIANNE COULOM

I was born to do this," says Spanish teacher Carmelo Esterrich, but he's not talking about teaching. The director of the Cultural Studies program loves teaching, but he also has a passion for folk dance and has traveled all over the world to perform.

Carmelo Esterrich is one of many Columbia faculty members who pursue extracurricular activities that rarely or never emerge in the classroom. He was born in Puerto Rico. When he was in eighth grade, Puerto Rico hosted the Pan-American games and children in junior high school were invited to perform folk dances for the opening ceremonies. Esterrich learned numerous folk and Latin routines and fell in love with dance.

Esterrich came to the United States to study film at Penn State University. During his sophomore year, he joined the Penn State International Dancer's Company. Three years later, he became the group's artistic director.

While pursuing a doctorate in Latin American studies at the University of Wisconsin-Madison, he joined a semi-professional group that performed Eastern European, Polish, Serbian, Croatian, Hungarian and Romanian dances. Later he joined the professional dance group Zivili. In 1997, the group toured in Yugoslavia, where it performed Croatian, Bosnian and Serbian dances at refugee displacement camps.

"For two-and-a-half weeks, we would perform two to three times a day, doing 30- to 45-minute shows," Esterrich says. This turned out to be a challenging experience. "The costumes we wore were very elaborate, and it was very unpleasant because of the intense heat. We would have to wear three layers of socks to prevent blisters because we performed on cement," he recalls.

The audiences were not always welcoming, either. "At first some of the people did not want us there, and no one watched us, but some of the children would come out and dance with us, and then the adults would follow," Esterrich says. "One woman, who had not wanted us there at first, came up to us after we had finished performing and said to me, 'Can you please tell your government that

this was better than food?' That was the moment for me that made the whole trip make sense. It made me feel like we were really doing something good by being there," he says.

Esterrich teaches a class at Columbia on Eastern European Folk Dances every few semesters, along with his other courses.

Rose Blouin developed a connection with nature when she was a child. She spent summers on her grandmother's farm in North Carolina. "It was absolutely rural, with no indoor plumbing or anything," Blouin says. "I would sometimes just stand in the fields by myself and look out at the horizon, and I just came to appreciate nature."

As a teenager she became fascinated by psychic Edgar Cayce and read his books. She studied philosophy, metaphysics, and esoteric wisdom. She also became interested in past lives and led workshops on channeling them.

Blouin also studied Incan shamanism with psychologist and medical anthropologist Alberto Villoldo. "I spent two years walking the medicine wheel, where I focused on soul retrieval and engaging in the medicines of the four directions, and also learning how to read the signs of destiny," she says.

Blouin has taught in Columbia's English Department since 1986, and is the managing editor of the *South Loop Review*. She also teaches transcendental meditation classes and presents at workshops and spiritual retreats for women. "I help them focus on who they are and how to connect with their spiritual centers," Blouin says.

Meditation, she says, is a form of stress relief and relaxation. "It's a way to clear your energy field and tap into your essence and spiritual self," she says. "Most of us only focus on the physical, mental and emotional aspects of our being, and we need to explore other dimensions to have a clear sense of what our souls are."

There are some overlaps between Blouin's two worlds. She teaches journal-writing classes at Columbia, and in her English classes, she focuses on books that explore the theme of magical realism. "The genre captures the whole idea of balancing ordinary reality with magical realism," she says.

TWO MORE TALENTS

If **Jane Canepa**, who teaches Special Events and Marketing, seems quick on her feet, there's a reason. She began tap dancing at age three. Her parents, Alberta and Tony Canepa, and her 10 siblings were a family act in Baraboo, Wis.

It all began when Canepa's father tap danced at the Sauk County Fairgrounds as the "mystery merchant" in 1954. After his identity was revealed, he received many requests to give tap dance lessons to children. A year later, the Canepa School of Dance was established.

"When I learned to tap-dance, I also learned how to teach people to dance," Canepa says. "Those skills that I learned from my parents are the ones I cherish."

After tap dancing professionally for 25 years, Canepa started her own business, The Eventors Inc., an event management and promotion company. "Life is a dance," she says. "Every day is a special event."

Tony Triglio, who teaches literature and poetry, comes from a family of musicians. His father played clarinet, and his grandfather was a jazz musician. At age 10, Triglio learned to play drums, and his beat hasn't stopped. He also learned to play the banjo in 1998 when he moved to Chicago.

Triglio played in the band *Drumming On Glass* during the late 1980s and early 1990s and co-wrote most of the band's songs. After he left the band, Triglio went to graduate school to pursue his love of teaching and writing. In his spare time, Triglio composes electronic music collages. (Check them out at www.starve.org/tony-music.html.)

"There is not one type of music that I do not like," he says. "One moment I could be listening to polka-like pop music. I could be listening to rap, hip-hop, thrash metal, and 70s pop. I really like everything."

—GENEISHA RYLAND

It's rare to meet a virgin above drinking age, let alone one who's 26. Even though the federal government spent \$154 million in 2005 on abstinence-until-marriage sex education, the Centers for Disease Control and Prevention reports that 90 percent of adults between the ages of 20 and 29 have had sexual intercourse. Paula J. Harper, a certified sex therapist in Chicago, says that popular culture and peer pressure do a lot to influence being sexual. "When a person's culture and body are encouraging something, it's very difficult to resist," she says.

Still, there is a small, determined group of people who abstain from sexual intercourse until marriage. And they are not all high school students.

Estera Tabla, a 24-year-old journalism student at Columbia College Chicago, says she values her virginity and wishes more people her age felt the same way. "I would never regret my decision to stay a virgin," she says. "It bothers me because it's such a special thing and to some people, it's nothing. It's almost equal to a kiss now. As I get older, I prize it even more."

Tabla's conviction as an Evangelical born-again Christian both motivates and supports her decision to remain a virgin. But her faith and her virginity cause her friends to watch what they talk about around her. They also cause her to be especially cautious about dating. "I didn't want to get into a relationship with someone if it wasn't going anywhere," Tabla says. "I was always careful; I had my girlfriends so I didn't need a guy to have fun with."

Then she met her fiancé, Ovi Tisler, at a church event. When he asked her out, she refused, suggesting they talk first in order to get to know each other. A month later, she worked up the courage to ask him if he was a virgin. He told her he was. She was relieved to have found someone who shared her belief that virginity was valuable; both remain committed to waiting until after marriage to have sex for the first time. "There's so much baggage you carry when you have sex with other people," she says. "It's hard enough to start a life with another person, and to add that baggage makes it harder."

Fighting temptation is no easy feat. "It's the hardest with him because we love each other," Tabla says. "We would kiss and it would become too passionate. Then we would have to stop. To me, 'pure' doesn't mean just not having sex—it includes even passionate make-out sessions." For this reason, they have chosen to halt all kissing until they say, "I do." "That makes it all the more special when we do kiss [on our wedding day]," she says. "And it was his idea, which shows that he prizes it as much as I do."

For many of today's teens, the kiss on wedding day and the sex that follows will be far from a new experience. According to the CDC, in 2005, 47 percent of high school students had engaged in sexual intercourse. Fourteen percent had

already had four or more partners.

Tabla thinks teenagers are so consumed with sex because our culture downplays its significance and stigmatizes virginity. Jon Binder, 21, a Columbia student majoring in broadcast journalism, agrees with her. He says our society is so obsessed with sex that nobody talks about not having sex.

Though virginity was once seen as a badge of honor for women, men have considered it a curse.

"Whatever is on TV or movies is going to be accepted in society," he says. "[It] shows sex as something you do on the weekend, not something that involves a serious relationship."

When he was a high school senior, Binder decided to remain a virgin until marriage. He and his girlfriend had dated for a year and a half. They talked about sex and came pretty close to having it at one point, but they weren't sure it was a good idea. All their friends, though, seemed to make the opposite choice. "You knew everyone and it was like, 'Who's going to try it next?' Now it's so common. But I don't really feel like I'm missing anything," he says.

When Binder got to college, he focused on his Christian faith, which reinforced his desire to remain a virgin. "It's definitely hard because society doesn't see it as a blessing," he says. "But it all comes down to what your virginity means to you. Most people think they're missing out on something, but I think it's something that they weren't corrupted with, in a sense. If you don't know what you're missing, it doesn't consume your life."

Though virginity was once seen as a badge of honor for women, men have considered it a curse. Danielle M. Young, a research assistant at the Center for Research on Gender and Sexuality, says that historically, "virgin" meant a woman. "Our current society supports, sometimes with a blind eye and sometimes with a cheer, a double standard that, at the least, expects young men to be sexually active while assuming that young women will play 'gatekeeper.'"

Even today, it's easier for a woman to explain her virginity than it is for a man. "Some guys try to be macho," Binder says. "Society makes it seem like if you've had sex, you're a man now. It sometimes gets to me, but I have to redefine what being a guy means to me. Your sex life doesn't define who you are."

Sex therapist Harper sees this as an issue of self-esteem. "Perhaps the best sex training we can provide are programs that help both genders determine who they are and what they value, rather than attempting external validation," she says.

Being a virgin on the dating scene can be rough, though. Warnie, now 33 and a senior program director for mentorship program LINK Unlimited, says she is more cautious about dating now. She remains committed to her virginity until marriage, and recalls how her grandmother told her and her young cousins, "Boys, keep your pencil in your pants, and girls, keep your skirt tails down." When the Princeton grad was a high school sophomore, she and four of her closest friends formed a "five-way chastity belt," pledging to remain virgins until marriage. Warnie is the only one who has fulfilled that pact.

"I believe it was our junior year [when my first friend lost her virginity], and it was with a guy she had been dating for a while and just knew that she would one day marry, which of course did not happen," she says. "I literally fell on the floor in shock and disappointment. But it didn't make me want to keep [my virginity] any less. For me, it was more a promise to myself than to my friends."

Known as the "smart, good girl who wasn't going to give it up," Warnie had male friends in high school, but they knew she wouldn't sleep with them. "The pressure wasn't there to have sex," she says. Her motivations to abstain were manifold: unwanted pregnancies, sexually transmitted diseases, and even guilt and loss of reputation. But above all, she was inspired by religion. "I believe [God] designed us to have sex only in the covenant of marriage," she says. "When you're within the covenant of marriage, it's a beautiful and life-giving thing. Not only are you giving life by having children, but you give a new life to each other by coming as one. It's not there in a non-covenant relationship."

Not all 20-plus-year-old virgins are motivated by their religion. Young says adults may choose to keep their virginity to protect themselves from unwanted pregnancies, sexually-transmitted diseases, complicated relationships, damage to their reputations, or even because they like the "identity" of being a virgin.

Warnie has gotten a range of responses from men she has dated when they learn she is a virgin. "Some have been floored and very respectful when I tell them. And then the others are just like, 'Okay, it's late. Go home,'" she laughs.

However, the older she gets, the less support she receives from society. There is no one speaking up for abstinence among 20- to 30-somethings as there is for teens. Sometimes, she worries that her virginity may become an obstacle. "There have been times when I wonder, 'Am I ever going to get married? Am I ever going to have kids?'" she says.

"But I know that in due time, it is going to happen. And even if it doesn't, I have my niece, my family, my career, and I'm still complete. I know that I'm incredible! I'm intelligent, beautiful and open in terms of a relationship. I think my husband will be a lucky man. And I will be that much more excited for him to open that gift."

BY REBECCA MICHUDA

Emily Slusher stood in her desert tan uniform on a dirt road in Hawijah, Iraq in full gear—helmet, safety vest and combat boots—gripping her video camera tightly as she filmed the soldiers ahead of her and the grenades exploding behind.

Women have participated in every war in U.S. history, but none has been more dangerous for them than the war in Iraq. Just like men, they are serving as medics, Humvee drivers, gunners, journalists and helicopter pilots. And just like men, they are risking their lives every day.

Here are the stories of three female Columbia College Chicago students who served in Iraq.

The soldiers ahead of Slusher took cover behind parked cars every few yards as they chased an insurgent. Slusher ran to keep up and avoid getting lost in the unfamiliar city, all the while filming the chaos.

Slusher, 24, grew up playing soldier. She put on her mother's dog tags and dark green Army jackets and played hide-and-seek with the boys on summer nights. She loved hiding unseen in the grass, waiting to be found. When she graduated Lafayette Senior High School in Lexington, Ky. in 2000, she joined the United States Army.

"I absolutely love the Army. I don't think it's necessarily the Army component itself. I think it's just being a soldier," she says. "Being out there with the boys, roughing it in tents under tornado watches, shooting flares into trees...oh my God! I don't know. It's fun. It's so fun." The excitement explodes out of her large brown eyes and she rubs her hand through her short brown hair as she remembers her year of service in Iraq.

From October 2005 to October 2006, Slusher traveled between Tikrit, Kirkuk and Hawijah, which *Newsweek* named the most dangerous city in the world in 2006. She was a military broadcaster in a 20-person public affairs unit that included broadcasters and news writers. Slusher spent two weeks in each city, going on missions with military officers, sergeants and soldiers of various ranks. Each day, they patrolled the city in dusty Humvees to maintain order, keeping an eye out for danger and suspicious occurrences. But for Slusher, it was to get a story.

Her job offered no protection. "If a fire fight breaks out and someone gets hurt next to you, you're a soldier. You help them," she says.

The 135-pound, five-foot-three Kentucky native weighs 200 pounds in full gear. Like other soldiers, Slusher carried an M4 semi-automatic

"Being out there with the boys, roughing it in tents under tornado watches, shooting flares into trees...oh my God! I don't know. It's fun. It's so fun."

—EMILY SLUSHER

rifle. But soldiers in her unit also were issued a 9-mm. handgun, which public affairs soldiers can quickly retrieve without putting down their cameras if they need to defend themselves.

Before Slusher arrived in Iraq, her unit waited a few weeks in Kuwait. While they were there, a rumor circulated that they might not go to Iraq. "It took me everything in my power not to cry about it because I wanted to be there," she says. "Everyone else was like, 'Yea! We don't have to be shot at. We don't have to be blown up!' And I'm like, 'Aw. We don't have to get shot at. We don't get to be blown up. Let's go! Why are we here?'"

The rumor was false and Slusher's unit left for Iraq. She was one of five women in her small unit, but she had no problem being one of the guys. Slusher says she never experienced the sexual harassment or assault other women in the U.S. military have reported. Instead, her male comrades treated her respectfully. "They would all leave the tent when I wanted to change. We were like a family," she says. "They were great to me, took care of me, let me be the bad guy if I wanted to be. They were my buddies."

During down time, Slusher played soccer against other soldiers on the unit base. Her 20 years on the soccer field paid off; she left all the guys in the dust. A Turkish soldier, impressed by her skill, gave her a pendant of the Turkish flag—a half-moon and star circle hanging on a delicate silver chain—which she hasn't taken off since then.

When Slusher's year of duty ended, she had mixed emotions. "I wanted to stay because I met so many people," she says. "It becomes a family. You know you're safe there, although that sounds

A FEW GOOD WOMEN

Three perspectives from female Columbia students who've served in Iraq

funny." Still, she was happy. "The first thing I did was kiss the ground just to thank God I'm alive and home. And just to thank America, basically, for allowing me to be there and to come home."

Michelle Morrison, 24, joined the Army shortly after high school in Omaha, Neb. for three reasons: to pay for college, to prove to herself she could get through basic training, and to test her religious views as a Quaker. "I'm a pacifist and I wanted to know what war was like. Would I change my mind under pressure?" she says.

Morrison spent most of her year working as a service supply unit soldier in Ashraf, about 60 miles northeast of Baghdad. She was a clerk for the logistics officer in the tactical operations center known to the service as the "Talk," and drove her commander between cities in a Humvee.

Morrison went into basic training with no preparation. "I had never run a mile in my life. It was a huge challenge for me because I didn't work out before I went," she says. Basic training changed that and tested her fear as well. "I was so afraid of my drill sergeants that I would do anything. 'Climb to that tower on a rope!' I'd be like, 'I'm there. I'm gone.' So I think that was really good, it really built my confidence up."

Morrison thinks the female sergeants were toughest on the women in the unit. "I think they wanted us to not use being female as a crutch ever," she says. "And I know it's probably worked for our benefit more than anything else because in the military using it as a crutch is definitely one of the things men hate the most. It's one of

"I'm a pacifist and I wanted to know what war was like. Would I change my mind under pressure?"

—MICHELLE MORRISON

the reasons they say females shouldn't be in the military at all."

When Morrison arrived in Iraq in January 2003, she was surprised by the double standard. "In Iraq there was a lot more chivalry that was



NIKI MILLER



STACY SMITH



STACY SMITH

TOP LEFT Michelle Morrison felt protected from harassment in Iraq because of her boyfriend. "It's like a bodyguard," she says.

TOP RIGHT Emily Slusher fit right in with her male colleagues. "They were my buddies," she says.

LEFT Sonia Mata says the men in her unit accepted her. "I'm sure they felt it, but nobody ever said, 'You can't do this.'"

not really appropriate. 'Oh, you don't have to do this, we'll do this part or we'll take care of this.' It was really awkward because all your training says you do everything they do," she says.

Morrison suffered through the harsh cold and rainy days during the fall months when she had to wear plastic bags over her feet and legs to walk 150 feet through high puddles to the bathroom. Then came the days when the temperatures soared well over 100 degrees. Then the unthinkable happened: Her best friend was raped. And worse yet, nobody believed her.

It was nearly the end of their service in Iraq, when home didn't seem far away. A special inves-

tigation unit unrelated to Morrison's battalion looked into the incident, concluded that the woman's rape allegations were untrue and pressed charges against her. These charges on her permanent government record kept Morrison's friend from joining the police force when she returned home. Now she works as a state trooper instead and gets disability benefits for mental problems caused by the incident.

"What a contradiction," says Morrison. "I think the reason nobody wanted to believe her was because just saying that can happen is like saying you can't trust each other. And when you're in a combat zone, saying you can't trust

someone who is next to you is the worst thing you could ever say.

"It's like if we can push away this one person we can still keep everyone else OK. It's like they had to sacrifice her to keep us."

Morrison felt protected because she had a boyfriend most of her time in Iraq. "I think that was the best decision I made," she says. Everyone else was happy to see us together and there wasn't any competition for my affection. It's like a bodyguard. That's definitely the mentality."

After her service ended, Morrison enrolled in the fiction writing program at Columbia College. But her mind kept returning to Iraq. She had fond memories of flying in the British Sea King helicopter with her sergeant. That, she says, was her favorite part of her tour of duty. And even though her friend's bad experience disturbs her, it hasn't stifled Morrison's enthusiasm for the army.

After she graduated from Columbia in Spring 2007, Morrison began a year of intense Army pilot training in Fort Rucker, Ala. Part of the training consists of a simulation of crashing in enemy territory. The trainee is dropped in the middle of a field, blindfolded and taken prisoner. Fellow soldiers pretend to be enemies and torture the captive.

"All this training is very scary and hard, but that's what gives you confidence to do the stuff you have to do," she says. "I really appreciate that they give you this chance because what if that happens? At least I know I can somewhat survive."

When night fell over the desert in Iraq.

GO TO PAGE 60

Sonia Mata climbed out of her position as the gunner atop a Humvee. She pulled down the back hatch and curled her petite five-foot frame into the small, rectangular space below.

During their first few months in Iraq, Mata, 23, and her military police unit didn't have any base to go back to at the end of the day. It was early in the war, and the Army didn't have tents or other facilities set up, so she slept in the Humvee. She woke up with small red bumps all over her skin. Sand fleas frequently found their way into Mata's sleeping bag, causing her to break out in an itchy rash similar to chicken pox.

Mata, a Columbia alumna with a degree in marketing, followed in her older brother's footsteps when she decided to join the service. She chose the Army over the Marine Corps because he told her Marines were too hard on girls. Mata knew what to expect from basic training from her Junior Reserve Officer Training Corp program at Lane Tech High School. Still, her friends were worried. "My friends were like, 'Why are you doing that? You can't do that. You're a girl; you're small. There is no way you're going to be able to survive it,'" she says.

She was attending Southern Illinois University when her unit was deployed. She packed everything she could in her 1993 black Toyota Celica and returned to Chicago. The next day she was in Wisconsin for mobilization so they could prepare for deployment. "We would watch *Black Hawk Down* religiously. All I knew of war was what I read in a history book and the movies I saw," she says.

When she left on April 14, 2003, she was nervous. "When I was on the plane ride I was like, 'Oh my God, what did I get myself into?' I had no idea what to expect," she says. "I was scared. I freaked out a little bit. I figured it would be crazy."

When they arrived in Iraq, the cities looked empty and stuck in time. "There was a whole lot of desert and a whole lot of sand in my face," Mata recalls. Her jacket was soaked with sweat when she returned to base after each all-day mission. Her olive skin was caked with a white dust-dried sweat.

Mata spent many of her days in a turret atop a Humvee, holding an automatic weapon. The sun beat down on the dark metal. Mata wore gloves to keep it from burning her hands. "It was what it was," she says. "It was a job. I knew that at any moment I could die, basically. But for me it was kind of like, if something is going to happen, it's going to happen. If it's not, it's not."

Mata didn't feel discriminated against in



COURTESY EMILY SLUSHER

Emily Slusher was armed with weapons and camera as a military broadcaster in Iraq.

basic training because she was a girl. "I'm sure they felt it, but no one ever said, 'You can't do this,'" she says.

As her year of deployment drew to an end, the soldiers in Mata's unit could think and talk about only one thing: what were they going to do when they got home. Many conversations during that time began with, "When I get home..."

"My friends were like, 'Why are you doing that? You can't do that. You're a girl; you're small. There's no way you're going to be able to survive it.'"

—SONIA MATA

As they waited in Kuwait—belongings packed in the plane and plans made at home—the disappointing news hit. The unit had to stay for another four months. Mata's heart dropped. How would she tell her mother?

Mata went back to riding in the Humvee and patrolling local cities. The next time they were told to pack, she didn't get her hopes up. "This time we weren't going to believe it until we actually touched American soil again," she says.

Mata got her home-cooked meal and went shopping after returning from Iraq, but things had changed. "I didn't feel like I was going to fit in again," she says. When friends mentioned movies and TV shows that had come out in the past year, Mata could only stare at them blankly. She had missed so much while she was in Iraq. "I was so lost. It was very new to me," she says.

Mata transferred to Columbia College, but she felt awkward among students much younger than she was and with far less experience of the world. When the topic of the war came up, she didn't want to tell her classmates that she served in Iraq because she didn't want to be a lightning rod for their opinions about the war. When her peers bashed the president and his motives for the war, Mata was silent. But when students' opinions offended her, Mata stood up for herself and

voiced her opinion.

"How do you know what's happening there?" they hissed.

"I was there," Mata replied.

Once a student asked how she could live with herself after being a part of that. "You don't even know what I did or anything," she replied. "You don't know what it's like there."

After graduating from Columbia, Mata re-enlisted for one more year. "I felt like I wasn't quite done yet. For better or for worse, I signed that dotted line already," she says. She started her new year of service in May 2007.

As the war in Iraq continues, more women are called into service. Ten percent of the U.S. soldiers in Iraq are women.

Although women are limited to certain jobs in the military and aren't allowed to be a part of infantry units, their participation on or near the front lines has grown. "The recent war has given women the chance to prove they can do anything their male counterparts can do when given the opportunity," Slusher says.

Even though women don't serve in combat roles, they witness violence and suffer the after-effects. Some must also cope with sexual harassment and assault. As a result, many women return from Iraq with Post Traumatic Stress Disorder (PTSD). Research from past wars show that women suffer from PTSD at twice the rate of men.

Slusher is one of the few in her unit who has not suffered from PTSD. "I have yet to have a nightmare or a dream about Iraq," she says. "They fear going back," she says of the others. "They would do anything not to go back, and I'm like, 'Yea, send me back!'"

When the best friend of one of her good friends was killed in Iraq, Slusher's resolve only strengthened. "I thought, this fallen soldier lost his life protecting my freedoms. The least I can do in his absence is help protect the freedoms of the people he loved," says Slusher. "I guess I just love serving my country."

After she graduates, Slusher plans to freelance in a war zone, preferably Iraq, Afghanistan, or the Horn of Africa. "I feel most like myself on the battlefield. It is where I belong."

Morrison and Mata also are looking forward to returning to Iraq, and appreciate the opportunity women have to serve in the Army. "We are as capable and necessary as men," Morrison says. "It would be ridiculous to ignore half the population."

"I think if you really want to be there and you can do your job, then you're more than entitled to be there," Mata adds.

All three women are proud of what they have done and what their service means for women. "If you can fight for your country," Slusher says, "you can do anything."

Chicago Tattoo Company

Established in 1973

Chicago's Oldest and Finest
Tattoo and Piercing Shop

We carry the highest quality gold, white gold, platinum and implant grade stainless steel jewelry. All of our jewelry is APP compliant. We also have 75 different styles of nostril jewelry and much more.

1000s of tattoo designs, custom or classic our work speaks for itself.

Chicago Tattoo Company
1017 W Belmont Ave
Chicago Il 60657
773-528-6969



**How to help
a stranger
in danger**

Handle with care

BY BETHEL SWIFT

Domestic violence

I was maneuvering my parents' Astro Van through heavy traffic on Western Avenue. "Hey," my younger brother said, pointing. "It looked like that man was choking that lady."

"They're probably just play-fighting," I replied, but I circled the block anyway to get another look. A small, muscular man was holding a slightly taller female against the side of a brick building. I pulled up sharply to the curb and called out through the passenger window, "Ma'am are you all right?"

"No, ma'am, I am not all right," she answered with a fearful look in her eyes.

"She's all right, She's all right," the man countered.

"No, I am not," the woman repeated, louder this time.

"Why you gonna go and say that, bitch?" he yelled, shoving her against the wall again and holding up a threatening fist.

I honked my horn and loudly informed the man that I was calling the police. As I dialed 911, the woman staggered toward our van, her assailant following close behind. Just as she reached for the handle, he grabbed her again and slammed her to the ground. Her head narrowly missed the curb. My hands shook as I told the emergency operator what was happening.

As the woman stood up, another van pulled over and the driver jumped out, yelling. The man ran

'Sir, do I need to call the police?"

"Call the fuckin' police, bitch. I don't care!"

The man screaming expletives at me was holding a young woman pinned against a wall. Now that he was distracted, she wrestled free of his grasp.

"Ma'am, get in the van!" I commanded. She limped toward me with her attacker close behind. As they drew near my van, I realized that she was no longer the only one in danger.

It has been two years since my first encounter with domestic violence. Since then I have witnessed several other incidents and learned better ways of handling them. The choices I've made were safer for me, but they left me wondering what I could have or should have done differently.

What, I wondered, should a good Samaritan do?

toward a car and the woman climbed into our van. I peeled out after his vehicle, trying to get a license plate number for the police.

Was this the best way to handle the situation? Lacey Harris, a Chicago police officer with the 15th District, says rolling down my window and confronting the man was not wise. "What if he had a gun?" Harris asks. "It's hard sometimes to think logically in these situations when emotions are involved, but there are safe ways of doing good."

Harris says honking the horn to attract attention was a good approach. "Just letting that individual know that someone is aware of what's going on [helps]," he says. Then, Harris recommends calling 911 immediately. "Let him [the aggressor] know you are calling, but from a safe distance." Give the emergency operator a good description of the attacker and the victim, the location and a detailed description of what you saw happening. "I tell people: 'Tell me exactly what you know,'" says Harris. "People think, 'I'm not going to tell them everything, I'll just leave out these small pieces.' Well, those small pieces often solve the case."

Harris doesn't recommend chasing an aggressor on foot or in a car: "Don't follow the car, but try to give as much of a description of it as you can," he

says. "I hate to sound like an old third-grade teacher or something, but safety first. You can't help anyone if your safety is challenged."

Child neglect

It was getting dark as I hurried toward the Brown Line 'L' stop. As I approached, I saw a child sitting on a mail deposit box. I realized I'd seen the same little boy sitting there on my way to work several hours earlier. As I got closer, I recognized his mother, too. They had both visited the bookstore where I work one week earlier. The mother, who struggled with drug addiction, had thanked me for calling a shelter and helping her "get her life back on track."

Now she was standing with a group of other adults about 10 feet away from her eight-year-old son, smoking a cigarette, a glazed look in her eyes. She didn't recognize me until I touched her arm and asked how life at the shelter was working out. She mechanically took another puff from her cigarette and dryly informed me that she'd been forced to leave the shelter.

Her son hopped down from his perch and stood next to his mother. His round face was all smiles, even as his mother told me they had been kicked

out of the shelter because her son had started a fight at school. I knew she was lying, but I didn't know what I could do about it.

Unpleasant options ran through my head: Call DCFS and report her? It seemed cold-hearted to make a call that could result in a child being separated from his mother. Call the police? I wasn't sure what to report. I didn't know what to do, so sadly, I did nothing. Later that day, I couldn't help wondering if the boy had anything to eat, and I chastised myself for not at least buying him a sandwich.

Robert Hugh Farley, a consultant on crimes against children and former commander of the Cook County Sheriff's Child Abuse Unit, says this type of situation is particularly difficult to report. "Under the law, you have to show immediate danger," Farley says. Neglect can be hard to prove with a parent nearby, even if the situation looks grim. But if the parent or caretaker leaves the child, even for a moment, you have a much easier case, says Farley. "You see a kid left alone in a car because mom went for a couple of hours on a gambling boat. Now, the average Joe doesn't know what the parent is doing, but they can call," he says.

Farley notes that good Samaritans in this type of situation shouldn't hesitate to act. "What everybody's afraid of is lawsuits," says Farley, but adds: "That [parent] can't sue, even if they just ran into the 7-Eleven for a few minutes."

Michael Smith, associate professor at The Chicago School of Professional Psychology, agrees. "They think, if I call the police and I'm wrong, I'm going to be embarrassed and maybe get in trouble. If they are right, they think they may get involved in more legal proceedings and have to testify or something," Farley says that concern is mostly unfounded. "If you make a call, you automatically have immunity from any type of civil or criminal suit as long as [the report] is made in good faith."

So what should I have done in this situation? Harris suggests reporting iffy incidents like this one to Chicago's help line, 311, and letting the Chicago Department of Human Services determine the severity of the situation. "If something doesn't seem right, usually it's not right," he says.

Farley agrees, but stresses the importance of noting everything that appears wrong. If the child is dressed inappropriately for the weather or appears unkempt, include this information when you call. In the case I witnessed, Farley says report-

ing it might have been easier than I thought. "Call police and say, 'Shouldn't this child be in school? She [his mother] is with a bunch of trashed-out guys and I am concerned for the child's safety.'"

And what about saying something to the mother? "My personal belief is that it is valuable for the child to hear [someone say to the parent], 'No, what you're doing is not good,'" says Kerri Bradley-Rönne, associate professor at the Chicago School of Professional Psychology.

Child abuse

A drunken woman staggered toward me as I walked down Chicago Avenue. She was dragging a very small boy, probably about two years old, by his arm. The little boy was sobbing as she yanked him, yelling, "Come on!" As I watched, she abruptly darted into traffic and crossed all four lanes without looking for oncoming cars. Once again, I considered calling the police, but feared I couldn't give enough information to be useful.

"With a parent inebriated or high on drugs—that's a life-threatening situation," Farley says. Again, I should have called and reported the incident to the police, along with a good description and location.

"In most of these types of cases, you can call police and make an anonymous report," says Bradley-Rönne. "I think more people might call if they were aware of that." Farley recommends calling both the police department and the Department of Children and Family Services.

If I were to address the parent directly, Farley suggests saying something like, "Do you really

need to do that? You are putting your child in danger."

"A lot of times that is all you have to do for them to snap out of it," he says. "If they say, 'It's none of your business,' you can say, 'Well, I'll call the police and see if it is their business.'"

If, however, a confrontation would put you or the child at greater risk, or if the abuse is not overt, Harris suggests hanging back and watching "to see if the parent jerks or hits the child."

While I debated calling the police in this situation, I wondered if it would be a good idea to follow the woman to give the police a more accurate location. "If you could, that would help," says Harris, provided it wasn't dangerous to do so.

"They very well could turn that aggression on you," warns Bradley-Rönne.

Lessons learned

So, why was it so easy for me to get involved with a violent confrontation between two adults, but not to intercede on behalf of a helpless child? "The first rationalization is that somebody else will call," says Smith.

"In a lot of these situations, things happen very fast," Bradley-Rönne adds. "Oftentimes it is over before you can think how to react."

Sometimes we're afraid to intrude. "I think—and this is something we have a long historical sociological explanation for—we really value the parent rule of the home. We are socialized to think that is not our business," Smith says.

And sometimes we fear we can't do any good. "There is some research showing that people are

more likely to help if they know they have some knowledge to allow them to help effectively," says Bradley-Rönne.

The solution to all of these inhibitions is to understand what good Samaritans are able and allowed to do. You can make a difference by keeping a woman from being beaten or a child from being neglected. And you can do it without endangering yourself, physically or legally. (See "Your Legal Limits" sidebar, at left.)

But there will be times when you don't act, too. In these cases, you may struggle with feelings of guilt.

"Recognize that these bad feelings signify something good about yourself," says Bradley-Rönne. "It is also important to realize that, yeah, maybe I could have done something, and then to learn for next time."

YOUR LEGAL PROTECTION

Civil immunity and liability laws vary around the country, but all states have good Samaritan laws.

"While the standards for applying such laws vary among the jurisdictions, generally speaking they are designed to shield those who volunteer to offer assistance to others in emergency situations from being found liable for wrongdoing," says Hideki Yamada, an attorney in Hennepin County, Minnesota. However, great care must be taken in order to properly understand the coverage of the good Samaritan law in different jurisdictions, as well as the standards that must be met in order for the good Samaritan law to kick in.

In Illinois, civilians aren't required to help strangers who are injured or at risk of injury. But once a person voluntarily assists someone, he or she becomes liable for any injuries caused by failure to act carefully and responsibly as a good Samaritan.

NUMBERS TO KNOW

DOMESTIC VIOLENCE:
National Domestic Violence
Hotline
24-Hour Crisis Line: 800.799.SAFE

**Illinois Coalition Against
Domestic Violence**
217.789.2830

Between Friends
HOTLINE: 800.603.HELP
773.274.5232

Life Span
24-Hour Crisis Line: 847.824.4454
847.824.0382

CHILD NEGLECT & ABUSE:
Illinois Department of Children
and Family Services
800.25.ABUSE or 800.252.2873

Missing Child help line
866.503.0184

**Illinois Department
of Human Services**
800.843.6154

Oh, and by the way, we have a pretty cool selection of college supplies, greeting cards, and gifts for all occasions. Yeah, a bunch of neat stuff.

Our textbooks are
less expensive.

Really.

And we buy back
textbooks every day.

No, really.

Come and see.



BOOKS IN
THE **CITY**

SOUTH LOOP

University Center Building | 545 South State Street
www.booksinthecity.com | (312) 291-1111 | info@booksinthecity.com



PHOTOILLUSTRATION BY MARY KROECK

Dig!tal disorder?

A new diagnosis for the wi-fi generation

BY MARY KROECK

Hello. My name is Mary and I'm not addicted to technology. But I'm afraid some of my friends are.

We recently went bowling. While most of us were chatting, Lori, 21, whom I've known since before preschool, was on her Sidekick instant messaging. She wasn't just IMing one person; she was IMing two at once: a friend in Georgia and her boyfriend in Tennessee. She hadn't hung out with me in weeks; now she was here, but her Sidekick kept her miles away.

Another friend of mine was so infatuated with iPods, he bought each new one as soon as it was released. At one point he owned three iPods and used all of them.

Thinking about these people I wondered, "Can technology really be this addictive? Are my friends really addicts?" Answering these questions became my mission. And, as with any great quest, I started with the experts.

"Almost anything that provides an immediate gratification can be addictive," says James Hansell, PhD, a psychoanalyst and faculty member at the University of Michigan. "The Internet makes so many things accessible that it can facilitate [addictive] behavior."

The Diagnostic Statistical Manual of Mental Disorders (also known as the DSM4), the official manual for psychological disorders, does not yet recognize technology addiction as a mental disorder. But Hansell is not the only one who believes technology can be clinically addictive. In a June 2006 press release, Mark I. Levy, MD, a psychoanalyst in San Francisco, Calif., called technology

addiction "a new psychological phenomenon." Levy defined a technology addict as "someone who is compulsively tied to electronic gadgets, whether it's a cell phone, the Internet, or a video game." As with other addictions, he wrote, "individuals experiencing technology addiction attempt to rationalize their behavior." Forms of rationalization include excusing excessive use of the gadget by claiming it's an essential tool for survival, and believing that the tool doesn't interfere with school or work performance or disrupt the person's life.

"If an individual becomes anxious upon being denied the opportunity to use his electronic gadget, that is a suggestive sign of addiction," wrote Levy. "If the urgency grows and relief is obtained from his anxiety by the use of the technology tool, chances are the individual is experiencing a form of addiction."

Lori may be a prime example of excessive use of technology, but according to these standards, she may not be a "technology addict." Yes, she is surrounded by electronic gadgets, but she doesn't consider them essential for survival. On the other hand, they clearly do disrupt her social life.

Prudence Gourguechon, M.D., president elect of the American Psychoanalytic Association, would probably agree with my diagnosis. She believes that people who excessively use technology do so to avoid whatever real problem they're facing.

"There are people who use [technology] too much," Gourguechon says. "They use it as avoidance to cope with depression or other psychological issues." But, she says, "A computer isn't an addictive substance." Gourguechon rejects the theory of technology addiction. "I wouldn't say there is such a thing as technology addiction so much as there is

a use of it as an avoidance of other issues."

Since the experts didn't agree, I conducted my own completely unscientific, 10-question survey on SurveyMonkey. I sent an e-mail inviting 40 college-age friends to complete the survey, explaining that I was doing research on technology addictions and wanted to know their opinions on the subject. For the purposes of this survey, addiction was defined as:

- ▶ continued use of a technological device despite harmful consequences,
- ▶ a compulsion to use or buy a technological device,
- ▶ loss of control over the amount of time used with the device,
- ▶ spending too much on the device, or
- ▶ loss of ability to communicate in person because of technology.

I asked them to pass the message along to everyone in their address books.

Surprisingly, only 34 people completed the survey. As technologically oriented as my friends and their friends are, they couldn't be bothered to complete a 10-question online survey. Of these 34 respondents, 74 percent believed technology—mainly laptops, cell phones, Sidekicks and Blackberries—are a necessary part of daily life. Sixty-one percent believed they or someone they knew could be considered a technology addict. When asked if technology has affected their communication with others, most people said it had. "I met the love of my life through technology," one wrote. "Plus email makes everything easier."

"Absolutely," another wrote. "People don't lose touch these days unless they want to. Sometimes this is a good thing—networking for example, as well as old friends—but also I think it can be a bit of a chore to 'escape' some days."

But the most interesting finding was this: Everyone who completed the survey believed that technology can be addictive.

Perhaps the experts haven't quite figured out if technology can be an "addiction." But it's clear that the notion is gaining hold in the general public.

For Lori, it doesn't matter that the experts can't agree. She knew all along why she uses technology so much. "I just live in the suburbs and get bored easily," she says. And my friend with the three iPods? Maybe he just really likes gadgets.

In the end, I'm not sure how useful it is to use labels like "addiction" when we talk about technology. It would be like saying the people our age in the 1950s were addicted to LPs and transistor radios. It's easy to look back and see that those technologies were just a part of their way of life, as the Internet has become a part of ours.

As for me, I'm not addicted to technology, but I've come to accept that it's here to stay. Call it 21st century Darwinism: If you don't know how to use technology, you become a dinosaur. So although I'm hesitant to do so, now that I've graduated I am joining Myspace.

TREK BICYCLES MICHIGAN AVE

\$50 BIKE BUCKS



We invite you to come and see the Windy City's newest and greenest bike shop.

What makes a bike shop green, you wonder? Lights that turn themselves off when they're not needed. Three feet of topsoil on the roof for insulation. Paints and adhesives that don't put harmful gasses in the air.

Come see us and while you're here, receive \$50 off a total purchase of \$500 with this coupon. Learn of eco-friendly design and help us promote cycling as a fun safe and sustainable forms of transportation.

A Trek Concept Store represents the best in cycling: the best products and the best service in a sustainable environment.

Trek Bicycles on Michigan Avenue
1118 S. Michigan Ave

312.588.1050

www.windycitytrek.com



GARY FISHER

Lemond
RACING CYCLES

MIRRA CO
BIKE COMPANY



WATCH FOR IT

BY KATIE A. VOSS

Every 16 minutes, someone in the U.S. commits suicide. In 2004—the most recent year for which national statistics are available—32,439 people took their own lives. Of those, 3,316 were between the ages of 15 and 24, making suicide the third major cause of death among high school and college students.

The World Health Organization, the International Association for Suicide Prevention and the World Federation for Mental Health will hold the fourth annual World Suicide Prevention Day on September 10, 2007. Throughout the world, local events, including conferences, meetings, concerts and activities will enhance suicide awareness and promote effective prevention programs.

Echo contacted Dr. Morton Silverman, senior advisor to the National Suicide Prevention Technical Resource Center, clinical associate professor of psychiatry at the University of Chicago, and former chairman of the International Association for Suicide Prevention; and Stanley Lewy, business manager for Thresholds, a program that provides support, education, job training and placement, as well as housing for people who are mentally ill. Lewy has a personal connection to this topic; he lost his 25-year-old son, David, to suicide nearly six years ago. Lewy has served as president of the American Foundation for Suicide Prevention's midwest chapter and is a former chairman of the Illinois Suicide Prevention Coalition. Silverman and Lewy spoke about what's being done and what's yet to be done to lower the suicide rate.

How has the issue of suicide changed in recent years?

Silverman: Twenty years ago no one talked about depression or anxiety disorders or eating disorders. There was a lot of stigma associated with those disorders. But now those illnesses are household words. I think a similar process is unfolding for suicide. People seem more willing to talk about it, think about it, and we're willing to look into information about preventing it.

FOR MORE INFO

The following organizations work on suicide research, education, policies and prevention.
Illinois Suicide Prevention Coalition
www.isp.net
American Foundation for Suicide Prevention
www.afsp.org
American Association of Suicidology
www.suicidology.org
Suicide Prevention Advocacy Network
www.spanusa.org



Suicide prevention begins with awareness

PHOTOILLUSTRATION BY KATIE A. VOSS AND STACY SMITH

What still needs to be done?

Silverman: We need more awareness of risks for suicide, more attention to the possibility that someone might be suicidal, and more time taken for referral and prevention for the at-risk.

Lewy: We have to get people talking about depression, because depression is the underlying source of the majority of suicides, probably somewhere in the 70 to 90 percent range. But people don't talk about depression; they don't get help for it. They've been taught to be ashamed. We haven't even scratched the surface at peeling away the stigma.

Why do you think there's a need to target youth?

Lewy: We can't change people at my age. This is an ingrained thing and it's been ingrained in society for thousands of years. The Catholic Church, at one point in time, wouldn't bury somebody who had committed suicide. It's a very deep-seated stigma. We need to change that stigma and the way to change it most quickly is to change it in the minds of youth.

What progress would you like to see in suicide prevention?

Lewy: Well, I'll tell you a couple things that are on my personal plate. Number one, the City of Chicago is not effectively served by the National Suicide Hotline. Today if you call 1.800.273.TALK or 1.800.SUICIDE, you will be connected to the University of Illinois at Chicago from 6 p.m. to 10:30 p.m. Any other time, you will be connected to McHenry, Kane or Will Counties or New York. I'm working to try and get that running full time, 24/7 at Chicago in Cook County.

Secondly, I'm trying to get a

face-to-face intervention to tie into that, so when somebody is terribly low and needs help, we can send somebody out there rather than the police and they can then work with them on a positive basis. Get them the help they need immediately, but also set up a plan for doing it, hooking them into the community services appropriately.

And after that, I hope to build a safe house, where somebody who is suicidal can come and check themselves in and check themselves out as they please. This is a place for people who are in total crisis, who are afraid if they go to the hospital they will be locked up, they won't be able to leave, because there's a lot of fear of that. But here they'll feel they can go somewhere for help without becoming trapped.

Are medical and mental health professionals well educated about suicide risk factors?

Lewy: Today, suicide prevention is not taught in medical schools, in schools of social work, to people in theology, to all gatekeepers. And so we have a great educational journey to bring professionals up to the speed that they have to be at as well as to deal with educating the populace. We have a tremendous job in front of us.

Silverman: We need to train primary care physicians in recognition of suicide—particularly in adolescents and the upper elderly. There's a lot of effort underway to train primary care doctors in just thinking about the possibility that someone

might be suicidal. We need them to listen for it, to ask questions. People might not bring it up for fear they might be considered crazy. But if a doctor opens up that dialogue, it makes it seem like it's not such a terrible thought to have. I think that would help in terms of prevention.

CAMPUS RESOURCES

CCC Campus Suicide Prevention Program
Contact project director Shannon Lengerich at slengerich@colum.edu
CCC Counseling Services
Located at 731 S. Plymouth Court, Main Level
312.344.8700

A day of clandestine creativity at 826CHI

BY MEAGAN PIERCE

It's 10:30 a.m. and the authors of "The Mysterious Adventures of Grunt and Diddle Dawdle Widdle Waddle" are almost done writing. Twenty-two squirmy third-grade students from Edgebrook Elementary School in Chicago look at the board full of questions: "What's behind the doors? Do the dwarves find the wolves? Do they split up? Do they make it home? Do they get back together? If so, how?"

The children sit on the carpet, shooting their tiny hands in the air, begging to answer these questions. It's all part of the process of getting published at Admiral Moody Publications, a fictional imprint of 826CHI, a nonprofit writing and tutoring center.

Several teachers and volunteers are on hand to assist the young authors with spelling, word choices and plot development. But children beware, because Admiral Moody, the grumpy publisher, demanded 22 original short stories and he wanted them 10 minutes ago.

The students file off to the tables and pick up oversized pencils. They are nervous; they want to impress Admiral Moody. It won't be easy. Rumor has it he rarely publishes stories. He is tough and he doesn't like to be disturbed. He is demanding and his office is behind locked doors. They can see the chains and harsh warning signs: "Keep out!" and "No trespassing!"

The writing continues in silence. Now and again, a student calls over one of the volunteers to read what she has written. Most of the children are thrilled to share their stories.

Mary Clancy, a teaching assistant principal at Edgebrook, is impressed. "It's a great way to start writing as a group," she says. "The students' ideas are so well received here. [You can see] self-esteem rising on their faces, and see how good they feel."

As time ticks away, pencils are moving faster and Admiral Moody is getting – well, moodier. His deep, agitated voice blares over a walkie-talkie from behind the curtains. He needs those stories, or else! The volunteers reassure the students that their stories are coming along well, and collect the completed ones to deliver to Admiral Moody.

Now the time has come to wait. The children look scared and excited. The suspense builds; the children nervously share silly jokes.

Admiral Moody begins calling students to the curtain, one by one. His voice booms through the curtains, approving of the work his authors have done. "There's nothing better than teamwork, and your story contained teamwork. Approved!" he says of one. "I did not expect dwarves to use screwdrivers to take the doors off to get home. Your story has been approved!" he says of another.

Then he sticks the bound stories through the curtain. Each time, the children cheer on their classmate, chanting their name in unison. The students' faces glow with pride and relief.

To everyone's surprise, all 22 stories are approved. "This has never happened before," Michelle, a lead

volunteer, tells them with surprise in her voice. "All your stories are getting approved." The young crowd claps and cheers. At the end, each child goes home with a bound short story, including a Polaroid photo of him or herself (holding a mustache on a stick) next to an author's biography.

"It takes the help of volunteers," Kait Steele, Program Coordinator for 826, says of field trips like this. "Everyone else makes it possible through all their hard work." The success of these field trips has made it difficult for schools to schedule visits to 826CHI. Registration opened in September; by October, the schedule was full.

It is now a little past noon. The chairs are empty. The staff gets a break before after-school tutoring begins. The undercover secret agent supply store, known as The Boring Store, opens, selling voice decoders, cameras and other spy essentials to an unsuspecting public.

At 3 p.m., the room slowly fills up with students (ages six to 18) coming by for free drop-in tutoring and homework help. They quietly work one-on-one with volunteer tutors until 5:30 p.m.

When evening arrives, one of the evening workshops begins. Run entirely by volunteers, these workshops may involve writing books, plays, songs or other creative works.

The staff has left for the night, but 826CHI is still buzzing with activity. Tonight the children are writing, producing and performing "The Most Dangerous Story Ever Told." Props soar through the air and scripts circulate as 10 rowdy fourth, fifth and sixth graders take the stage. "You have two minutes to come up with a character, and every aspect must be described: physical traits, interests, background and so on," says Steve Simoncic, the workshop's creator and teacher. The children scribble on pieces of paper, imagining characters and a plot, a perfect world, obstacles and goals for their play. They put their ideas in a hat.

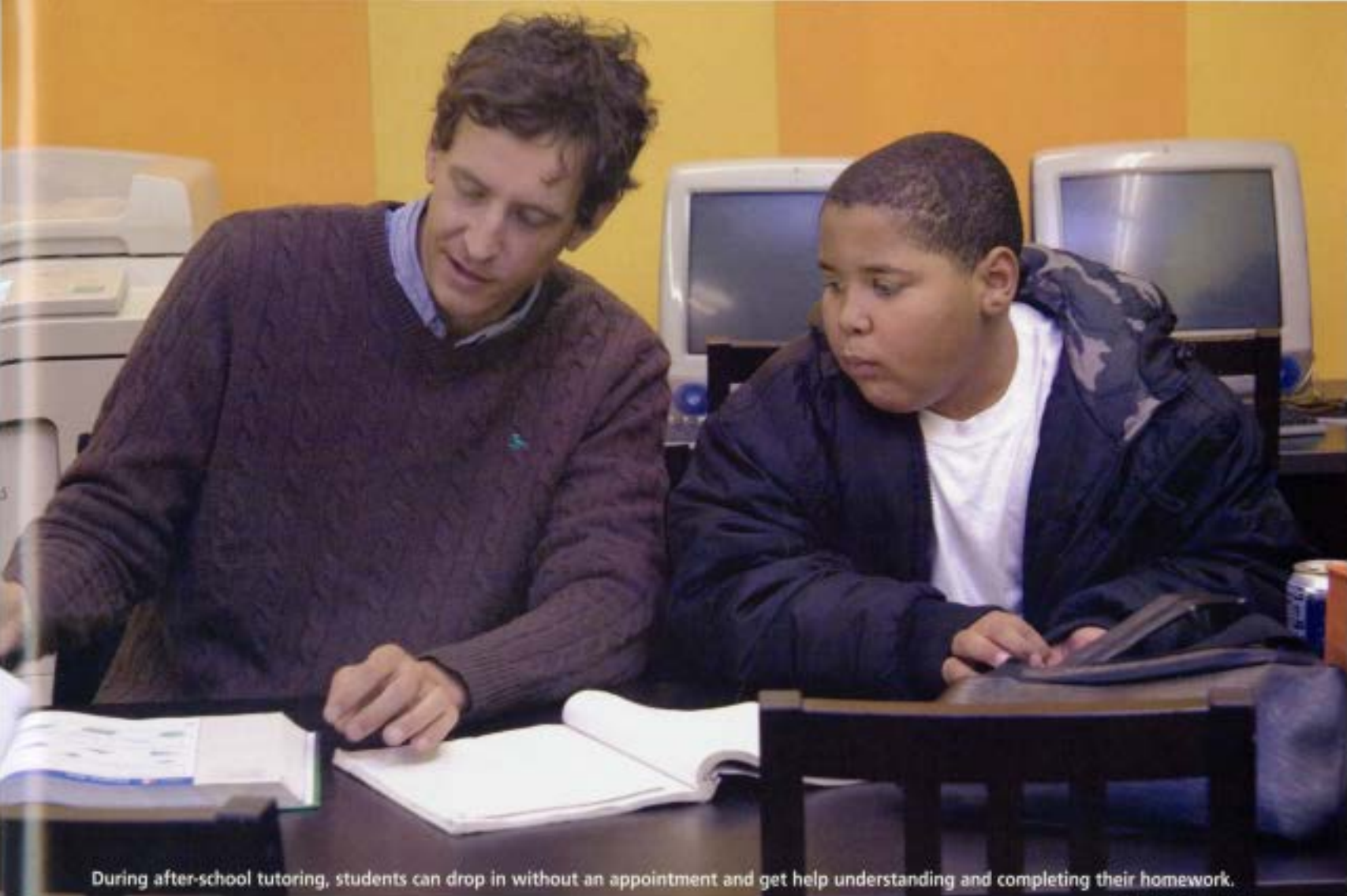
As the brainstorming session comes to an end, curiosity consumes everyone. The students head to the same stretch of carpet where the squirming third-graders sat earlier in the day. It's time to draw the characters, set-



LEFT During drop-in tutoring, students get help on everything from science and math to reading and writing.

ABOVE In the Boring Store, kids can sit on a stool and hold up a mustache to have their author photos taken.

Agents of expression



During after-school tutoring, students can drop in without an appointment and get help understanding and completing their homework.

PHOTOS BY STACY SMITH

tings, goals and obstacles from the hat.

"Pick me!" "I want to choose!" Anxious arms fly toward the ceiling. One by one, characters are pulled from the hat and laughter erupts as the hilarious details are read: Bob, the town drunk; Paris Hilton (the details go without saying among these kids); Meatwad, the beloved wad of ground beef from Aqua Teen Hunger Force; and Dave, who sleeps in the basement and grows up too fast. Some live in Candyland, near Antarctica, and participate in extreme elephant hunting. The others live in Sox vs. Cubs vs. Rams land, with cool and funny people (the Sox fans), losers (Cubs fans – except Simončić, who is wearing a Cubs hat) and Bob, the town drunk, who is the only soul to root for the Rams.

The goals range from the ambitious to the absurd. "I want to make myself laugh so hard I die," one child wrote. "I want to be a pro football player and

have kids look up to me as a role model," wrote another. "I want to jump off a mountain, land on my face, and feel no pain – just get up and walk away," offered a third. But the obstacle that gets in the way is a particular Oompa Loompa lady named Ms. Jones, who gets kicked out of Oompa Loompa Land for eating too much chocolate. She disciplines the children too harshly and steals all of their candy.

The group divides into two teams: the scribes and the producers. While five students work on writing the play, the other five choose the music and costumes and make the set. "I Walk The Line" by Johnny Cash blares and everyone starts dancing. There is certainly no fun being had in this place.

Crayons and markers fly in the students' hands as they create pictures of elephants living in Candyland. Students who had come in with short dark hair suddenly have long, curly blonde hair, sunglasses, fuchsia tights, hats, leis, berets, and

suspenders on.

Only a few minutes remain before their parents arrive. After a brief printer mishap, the play is ready to be performed. Simončić calls for a huddle, the music is set, and the audience gathers. "The Most Dangerous Story Ever Told" is about to be revealed.

AC/DC's "Back in Black" plays, cueing Dave and Meatwad onstage. The parents beam as their kids do their best to embellish the scene. Paris Hilton, played by a 10-year-old boy, causes the room to erupt in laughter. The scene and mood quickly change. Dave and Meatwad ring Hilton's doorbell and run away, using a jump off the mountain as a quick escape. Bob, the crazy town drunk, dressed in an assortment of everything found in the prop box, stumbles around picking his nose and shouting "Go Rams." Suddenly, Nintendo's Mario and Luigi, played by two 10-year-old girls, come on stage to save the day. But Dave and Meatwad have stolen Hilton's infamous Chihuahua. Mario and Luigi steal the dog back, returning him to his owner.

When the play, which didn't make much sense, comes to an end, the parents clap and cheer and the actors take a bow. Everyone leaves satisfied and, at last, the lights go off.

TUTORS WANTED

Visit www.826chi.org for a list of volunteer opportunities. Volunteers are always needed for writing programs, such as drop-in tutoring, workshops, in-school visits and field trips.

Drop-in Tutoring
Monday – Thursday
3 – 5:30 pm

The Boring Store
Weekdays
12 – 6 pm

General inquiries
info@826.org

826CHI
1331 N.
Milwaukee Ave.
773.772.8108
www.826chi.org

My friends and I are at our hometown watering hole in Oswego, Ill., tossing out cards. I throw down a four. "Social!" I yell, and we all take another swig. We clink our glasses and raise them to our lips. I feel a little foolish taking an exaggerated gulp of my water.

We grew up together in a small, rural town. Some of us started drinking at the tender age of 15 and haven't stopped since. There's always an excuse to drink: Monday night karaoke, Tuesday night dollar drafts, Wednesday is hump day, Thursday night is just "Thirsty Thursday" and then, of course, you must drink on weekends.

But after suffering through a hangover for the fifth day in a row, I decided to change my life. I resolved to stay sober for the entire month of January, figuring I'd feel healthier. But I had no idea that I would discover so much in one month.

THE DAY AFTER NEW YEAR'S EVE I was slinking around my house in my brown terry cloth pajama pants and XL White Sox t-shirt with a splitting headache and a guilty conscience for asking my parents to pick me up at 2 a.m. I wasn't sure if I'd be able to stay sober a whole week, let alone a whole month. I reminded myself that I can be spontaneous and irresponsible, but when I really want something I'm ambitious and determined. So, the question remained: How bad did I really want this?

The next night I planned to hang out with some of my friends. I was expecting a quiet night watching some cheesy B movies, so I was surprised to arrive at Lisa's house and find her, Luke, David and Kelsey sitting around the table, beers in hand, playing a drinking game. "That's cool, I can hang," I thought to myself as I sat next to David with my glass of water. I was enjoying their company, but everyone else started to get antsy. Suddenly, Luke stood up, ran his fingers through his spiky blond hair and began pacing back and forth. "We're running out of beer," he said, noting that the liquor store was about to close. "So, what?" I thought. "We're all having a good time. Just sit down and chill."

Lisa brought out a bottle of red wine. As I watched her pour it into the glasses, my mouth began to water. It was only day two and already I was craving booze. I'm not an alcoholic, so why is this so hard?

"There are certain cues that happen before [you] drink," says Cheryl Noll, a certified alcohol and drug counselor at Western Lake Counseling in Fox Lake, Ill. "There are triggers that set [you] off." The triggers can include stress, the end of a work day, a sense of accomplishment or a desire to celebrate. The fact that drinking is a socially acceptable behavior doesn't help either, Noll says. We are surrounded by images of people enjoying drinking: on TV, on billboards and in print. "It's deep in

our subconscious," Noll says.

The next night, Lisa, David and I went to our local karaoke bar. Only the drunkest of the drunks was singing. Nobody could talk over the caterwauling; they just stared into space and sipped their drinks. I started to feel self-conscious and couldn't help thinking a drink would loosen me up.

I begged Lisa to take me home. She suggested I have a drink. Eventually she gave in. On the way home I started thinking about why I had such a horrible night. Then it hit me. Bars are not inherently fun places. Unless there is something special going on—a good conversation, a card game or a band—bars are just places where people go to drink together.

Still, I wound up at the bar again the next night. It was Bebe's 21st birthday, and a bunch of people I hadn't seen in a while were there. Grant came up and handed me a shot.

"Thanks, but I'm not drinking," I yelled over the music.

"What?"

"I don't want it."

"Get the hell out of here. Just take the shot."

"No, I'm not drinking."

I hung out on the outskirts of the group and talked to Aaron, one of my best friends. Even he didn't understand why I was doing this. "It's not like you're an alcoholic," he said. "Just have one drink."

I was sick of explaining myself. Why weren't any of my friends supporting me? Why didn't anyone understand why I was doing this?

"Because you are, in a sense, holding a mirror up to their own life," says Arlene Englander, a licensed clinical social worker in Chicago. She uses the example of divorcees. When a couple separates, sometimes their married friends no longer associate with them. They may look at the failed marriage and become fearful that theirs will fail too. My friends, she says, were most likely thinking something like, "If you're not drinking with me, you must not understand me or you must be judging me."

A few days later, I was at home by myself watching a movie. It was day seven of my sobriety and I was pretty proud of myself. The past seven days had been a difficult test, but I had passed. "Maybe I really can do this," I thought to myself.

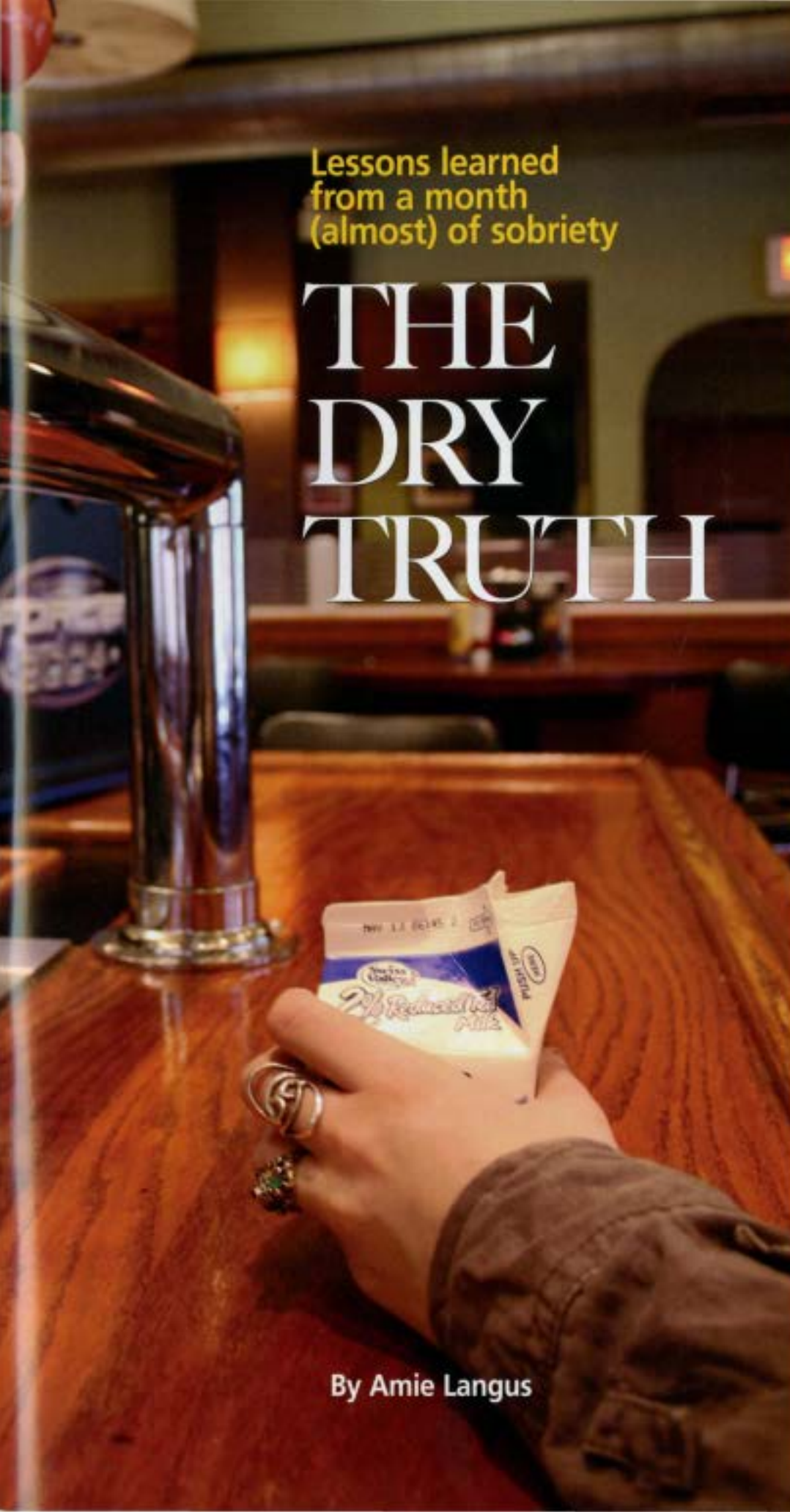
I found myself wondering why people—including me—think it's OK to drink so much, and why it's so hard to figure out how much is too much. What's acceptable and what is not? I think that's what a lot of us 20-somethings are trying to figure out.

"There's this perception that everyone else drinks," Noll says. Socializing, commercials and role models contribute to our confusion about drinking. Drinking is definitely everywhere in my social scene. The bars near my home are packed nearly every day of the week.

But statistics from the Centers for Disease

PHOTOILLUSTRATION BY MARY KROECK





Lessons learned
from a month
(almost) of sobriety

THE DRY TRUTH

By Amie Langus

Control and Prevention suggest these perceptions are wrong. According to their National Center for Health Statistics, only about 61 percent of adults 18 and over drink alcohol. That means nearly four out of 10 adults in the U.S. do not drink. And the percentage of adults who binge drink is even lower. The CDC found that only 32 percent of adults drink more than five drinks in one sitting.

After 19 days without a drink, I found myself at the bar again with my usual crew and several of my best friends. We were sitting around a table, laughing and talking. Suddenly I started to feel strange. I wanted a sip of Janie's rum and coke.

To this day I can't put my finger on what made me decide to have a drink, but I did. If there was a trigger, as Noll suggests, then I guess it was the idea that I wanted to be a part of the amazing time everyone was having. "We have a culture that says a party isn't a party without alcohol," says Englander. I suppose that I wanted to be part of the party, and I certainly didn't want my friends to think I was judging them. Fully aware that I had a 10-hour shift at work the next day, I decided to stay out and drink all night.

The next day I was barely able to drag myself out of bed. The light streaming in my window pierced through my eyes right into the back of my skull. My head was throbbing and my thoughts were spinning. "What happened last night?" I wondered. "What made me drink?" I walked around depressed most of the day, wondering why I threw all of my hard work away. My thought processes were slower and I felt sluggish. The feelings of depression and confusion lasted into the next day. I'm not sure if it was my own guilt that made me feel so horrible, or if the alcohol was still affecting me.

"Psychologically I think [alcohol] effects you longer," says Noll. My hangover might have been gone, but the effects of the alcohol could still be with me. The immediate effect of drinking is a giddy, energetic feeling, but after a certain point you become slower, uncoordinated and sometimes depressed. Then, of course, the hangover hits the next day and you feel like death.

Although I didn't stay on the wagon a full 30 days, I was able to see drinking from a new perspective and realize that alcohol is a powerful drug. "Anything that is an addiction, whether it's coffee, sugar, heroin or alcohol, is used to push down feelings," says Englander. "When you're awake you have to deal with the emotions coming out."

Still, it's hard to quit. Subconscious cues tell us to drink every day: our friends, billboards, commercials and even our parents. Sure we have the power to change, but change is scary. If this journey has taught me anything, it's that drinking is a worse problem than I thought it was—for me personally, and society as a whole.

(Names have been changed to protect the privacy of my friends.)

You can't predict where the **Stalker's Tour of Chicago** will take you

It's the middle of the morning and my redheaded girlfriend is still snoring. Last night we made plans for a very busy day. Our plan is to steal someone else's plan. In fact, we are going to steal someone else's entire day.

Other Chicagoans are up and about, deciding what to do with the last day of the weekend. Soon they will head to who-knows-where to do who-knows-what. We will be following, at a slight distance. But right now my head is splitting from last night's mild overdose of alcohol. So while these unsuspecting tour guides map out their day, I jam in a set of earplugs and get one more hour of sleep. The Stalker's Tour of Chicago will begin shortly.

Living in the same place for nearly a decade, I've settled into a routine. I go to the same places and do the same things with the same people, day in and day out. But today all that is going to change. Today I'll go someplace new and do something different with people I've never met before.

There are 30 people on the sun-drenched Belmont "L" platform, waiting for a southbound train. It's just before noon and a cold breeze is rustling the hair and pant legs of everyone with hair and pant legs. Several couples are chaperoning out-of-towners. Following them would be pointless for two reasons: first, I have already been to Navy Pier; second, sitting in Bennigan's for three hours while they complain that their Diet Cokes are flat and chit-chat about how metropolitan Derby, Kan. is becoming sounds like a waste of my time. I need excitement. I need adventure. I need to pick a couple fast because the red line is careening into the station.

A pair of sideburns and a periwinkle headband appear in my peripheral vision. The train doors slide open and they disappear inside. The redhead and I jump aboard after them as the doors begin to close. Taking seats across the car from our new tour guides, we pretend to read the books we brought just for this occasion.

Mr. Sideburns is in his late 20s and dresses like a casual version of Johnny Cash. Black sneakers, black pants, black shirt, black jacket. And just in case there's any confusion about what his favorite color is, he sports a pair of black-rimmed glasses. His only association with the color spectrum is the 20-something wearer of the periwinkle headband. She exudes average-ness. Her average-length ponytail rests on the back of her average

Destination



BY MARC OVIES

unknown

red-colored jacket which spills down onto her average blue jeans which in turn hover above a pair of average white running shoes.

Looking up from the book I'm not reading at the Jackson stop, I notice Mr. Sideburns and Ms. Average moving toward the door. The redhead and I jump up in time to exit the train and follow them to State Street, where they take up residence at a CTA shelter and wait 15 minutes to catch a people-pregnant bus. We take this time to walk three blocks ahead and wait at a different shelter on the same route. This is my attempt to give them some space. While on the train I had accidentally made eye contact with Mr. Sideburns and I'm nervous. As their bus approaches, a handwritten sign taped to its windshield becomes legible. The first destination on the Stalker's Tour will be the Chicago Auto Show.

How can an industry that relies heavily on extending credit to most of its customers not accept credit cards for one of its biggest promotional events? It's ridiculous. While I run to the second level of the McCormick Convention Center to find the nearest ATM, the redhead watches as Mr. Sideburns and Ms. Average disappear among the thousands of people who planned ahead and brought cash. Since we've lost our guides and neither of us has any real interest in cars, we take this opportunity to have a quick fight.

"Why didn't you keep an eye on them?"

"I couldn't follow them without you. I didn't have a ticket either."

"You just stood here reading your book while I was running around like a mad man trying to get us some money. You could at least act like a stalker and pretend to care."

"You're being an asshole. There was nothing I could do."

"Fuck! We should just go home. The stalking is over."

"I need a bathroom."

"Damn it! I just wanted a good stalking."

"We need to find a bathroom."

"Okay, we'll find a bathroom."

Accepting the fact that Mr. Sideburns and Ms. Headband are really gone and having relieved ourselves in a pair of the filthiest bathrooms we've ever seen, the redhead and I start to enjoy the ridiculousness that is the Chicago Auto Show. A middle-aged man exhibiting miraculously absorbent and over-sized yellow sponges dazzles us by soaking up a liter of Diet Coke from a piece of carpeting. A pageant's worth of stick-thin ladies run the tops of their right hands over the hoods of

cars while their left hands, curled into fists, sit gently on their hips. Smiles stretch painfully across their faces. Best of all, though, dozens of couples are fighting just like we had, and just like they will again when they get stuck on the Dan Ryan leaving Chicago. Everything is very authentic.

It's time to continue stalking, but following auto show people would surely lead to standing in a parking lot while our guides drove away to the suburbs. So we jump on a bus and head for the Jackson blue line stop to find some locals who will stay within city limits.

A pair of brightly colored ski hats with multi-colored tassels gets our attention. They are talking and laughing loudly. Having lived in this city for a long time now, I am a master at spotting suburbanites. It is something every city dweller must learn because only by doing this can we avoid them. These two are definitely Chicagoans. They board the train. Hoping not to be spotted, the redhead and I get on the car behind them.

While she takes a seat and begins to read her book, for real this time, I press my nose to the window that faces the car in front of us. Not only do I feel like a stalker, now I look like one. My hands are cupped to the side of my face to reduce glare and my eyes dart back and forth in an attempt to locate Mr. and Mrs. Ski Team. They appear as distant blobs with tassels through the dirty windows. At the Western stop, we continue the stalking on foot.

These people are slow. Real slow. Mr. and Mrs. Ski Team obviously are not used to walking. Not once, or twice, but three times we have to pause and pretend to read in order to let them put some distance between us. We haven't even left the "L" station yet. It's at moments like these when the urge to speak to the stalked is nearly overwhelming. But you can't. Stalking is a patience game. With luck that patience is rewarded with the discovery of a new dive bar or a new hole-in-the-wall chicken shack whose secret recipe would make Colonel Sanders' corpse cry. So I keep quiet and cross my fingers hoping for some excitement. Exiting the station, Mr. and Mrs. Ski Team turn a corner and climb into a beige sedan. A Wisconsin license plate mocks me as they drive away.

The afternoon sun is bright and the wind has calmed down. The few trees in the neighborhood are pushing leaf buds out of their limbs and the air is fragrant with car exhaust. I am possibly the worst stalker in the city. The redhead and I cover several blocks in Bucktown without a guide. No one is walking around. No one. We gaze down cross streets hoping to spot people going somewhere, anywhere. We are shit out of luck.

Approaching the intersection of Armitage and Hoyne, the reason for neighborhood's lack of people becomes clear. At the junction of these two streets, all the people we are looking for sit perched on barstools. If we can't follow them, we'll drink with them.

Inside the Map Room Pub, we order a couple pints of Dogfish Head and discuss whether or not to cut our stalking losses. We don't discuss for long, though, because the graying ponytailed hippie sitting to our right has already decided what we are going to do. We are going to listen as he talks to us for a while about whatever pops into his brain.

Mr. Hippie's name is Dave.

He's a 50-something ship-builder who lives in Ukrainian Village. He is of Portuguese decent. He smokes a lot of pot. He recently bought tea-stained lace curtains for his apartment to help him fit into the neighborhood. He highly recommends the movie *Videodrome*, starring James Woods. He also recommends the local Cuban restaurant, Cafe LaGuardia. Dave once severed two fingers on his left hand (which rest limply on the bar like a pair of bratwurst) in a carpentry accident.

He doesn't understand indoor smoking etiquette. He likes the beer I'm drinking but he prefers the beer that he's drinking. And it might be time to give love another try.

After two hours, the redhead and I are filled with the knowledge of how to build a sailboat for rich clients from the ground up. We've learned about the woodworking architecture of several bars in a five block radius, and have drunk enough alcohol for another mild overdose. So we say goodbye to our new friend and our last stop on the Stalker's Tour.

The redhead and I would like to thank Mr. Sideburns, Ms. Headband, Mr. and Mrs. Ski Team, and especially Dave for helping us break our routine by showing us some new places and allowing us to do something different with people we've never met before.

1 Match our hometown rivals, the Cubs and the White Sox, with their World Series Championship wins:

- A. 1906
- B. 1907
- C. 1908
- D. 1917
- E. 2005

15 The Bears won the Super Bowl in what year?

14 True or false? Between their six championship wins in the 1990s, the Bulls had two disappointing seasons.

13 How many times have the Chicago Wolves won the Calder Cup?

- A. 1
- B. 2
- C. 3
- D. 4
- E. 5

12 How many times have the Chicago Blackhawks won the Stanley Cup?

- A. 1
- B. 2
- C. 3
- D. 4
- E. 5

2 Why was the name "Chicago Shamrox" chosen for Chicago's National Lacrosse League team?

- A. Chicago's Irish heritage
- B. It won an Internet voting contest
- C. Mayor Daley recommended the name
- D. It was chosen out of a hat
- E. A leprechaun suggested it

3 Which two teams were featured in the Saturday Night Live "Bill Swerski's Super Fans" skit in the 1990s?

4 Jennie Finch, Olympic medalist and Chicago Bandits fast pitch softball player, named her son after what three-letter baseball term?

5 Which one of the following names was not suggested for Chicago's WNBA team, Chicago Sky?

- A. Bullettes
- B. Deep Dishers
- C. Chicago Red Hots
- D. Chicago Breeze
- E. Heifers

6 In 2005, which Pro Football Hall of Fame inductee and former Bears coach became an owner of Chicago's arena football team, Chicago Rush?

7 What are the names of two Bulls halftime entertainment teams that are as different as Beauty and the Beast?

8 Match these teams with the years they played their inaugural games:

- 1. Chicago Bandits (fast pitch softball)
- 2. Chicago Rush (arena football)

3. Chicago Shamrox (national league outdoor lacrosse)

4. Chicago Storm (major league indoor soccer)

5. Chicago Sky (WNBA) & Chicago Machine (major league outdoor lacrosse)

- A. 2001
- B. 2004
- C. 2005
- D. 2006
- E. 2007

10 The Chicago Fire announced its team name on the 126th anniversary of what Chicago event?

9 Richard Klein, the Bulls' first owner, chose the team's name because:

- A. It was just one syllable
- B. It was part of a remark made by his son
- C. It honored the Chicago stockyards
- D. It suggested strength and power
- E. All of the above

Sports savvy?



ILLUSTRATION BY ALANA ORSO

WITH GREAT HOPE FOR an inspiring year of Chicago sports, here's a quiz full of local trivia about Chicago's professional sports teams. Get into the game and test your sports knowledge! Give yourself one point for every correct answer. The quiz is worth a total of 25 points.

—BETHEL SWIFT

CALCULATE YOUR CHICAGO SPORTS FAN POINTS

21-25 points Start doing the Super Bowl Shuffle. You are like the Bulls in the golden age of Jordan, the Bears in that glorious 1985 season...heck, the White Sox owe you a parade!

16-20 points So what if you didn't win the big game? You got to the playoffs!

11-15 points You are all over the larger Chicago Sports scene, but you need to brush up on the lesser-known teams.

6-10 points Google can be your best friend! Now that you know the answers, improve your fan status by quizzing your friends.

0-5 points You are just the type to somehow win the NBA Playoffs Bracket and make all your friends and coworkers (who invested hundreds of dollars and their time studying statistics, praying and dreaming of winning the pot) seriously contemplate your murder.

- 7) Luvabulls and Mastadors
 8) 1-C, 2-A, 3-E, 4-B, 5-D
 9) E. All of the above
 10) The Great Chicago Fire
 11) True
 12) C - 3
 13) A - 1
 14) True: 93/94 and 94/95 seasons
 15) 1998

- Answers
 1) Cubs: 1907 and 1908;
 White Sox: 1906, 1917 and 2005
 2) B. Won out in an Internet voting contest
 3) "Da Bears" and "Da Bulls"
 4) Ace
 5) D. Chicago Breeze
 6) Mike Ditka



Use your head.

Paying for college
doesn't have to be
hazardous
to your
wealth.

HOME APPRECIATION 101

It's hard to imagine getting ahead in the world without a college education. But with tuition, books, and housing expenses, you can end up feeling pretty far behind.

As long time real estate leaders in Columbia College's neighborhood (the South Loop), MyCityHome Group has seen a lot of students and their families make smart decisions by investing in real estate. This has not only eased expenses, but actually built wealth over the course of their college experience.

When comparing home appreciation to out-of-pocket housing costs, clients have ended up as much as **\$100,000 or more ahead**. Now that's using your head.

We'd love to share with you how it can be done. Call us and we'll give you the scoop on the current market, trends, and appreciation rates in the South Loop.

See . . . you're already getting smarter!

MyCityHome.com
(312) 363-6262



IF YOU CAN'T FIND IT HERE, CHANCES ARE YOU DON'T NEED IT.

VISIT CALUMET'S CHICAGO RETAIL CENTER
TODAY FOR ALL THE PHOTOGRAPHIC TOOLS
YOU NEED TO DO THE JOB RIGHT.

When you need the most respected names in the industry for cameras, digital equipment, video gear, lighting products, darkroom tools, film, digital supplies and much more, you go to Calumet. We carry it all and our experienced and knowledgeable sales staff is here to answer your questions. We also provide you with hands-on demos of the newest of the new products on today's photo market. It's relaxed. It's personal. It's one-on-one service that you won't find anywhere else.

Want to take on a bigger job than your own equipment can handle? Want to get to know that new digital camera you've been dying to play with? With Calumet's affordable Rental Program, you can do all this and more.



1111 N. Cherry Ave. • Chicago, IL 60622
312.440.4920 • FREE PARKING
M-F 8:30 - 5:30 / SAT 9 - 5:30 / SUN Closed
www.calumetphoto.com



CALUMET
PHOTOGRAPHIC
IT'S WHERE THE PROS GO