


GLENVIEW COMMUNITY CENTER

If you have news, please e-mail Managing Editor Cathy Backer at cbacker@pioneerlocal.com.



Happy Birthday MOM!
Love, Steve & Marcie

OUT AND ABOUT

On March 4, **Glenview Women of Today** hosted its largest dinner dance silent auction fund-raiser ever at the Five Seasons Club in Northbrook. The theme of this year's party was the 1970s and headlined with "Oh, What a Night." It was attended by nearly 200 party-goers. The event was organized and headed by **Tina Daly** and **Susan Townsend**, both of Glenview.

With assistance from primary sponsors including **Cy Fredrics Jewelers**, **Missy Jerfita** from **GMAC Koenig**, and **Strey Realty, USA Living Environments**, and numerous donations from the community for the silent auction, the **Glenview Women of Today** raised more than \$32,000 to be used for local educational and community causes.

For more information on **Glenview Women of Today**, a chapter of **U.S. Women of Today**, check their Web site at www.glenviewwomenoftoday.org.

Father John J. Dussman Council No. 3731 of the **Knights of Columbus** hosted the regional **Spelling Bee** at **Glenview's Our Lady of Perpetual Help School** on March 11. The regional contest consists of students from six area councils and the top three spellers qualify for the state finals, which are held in the **Champaign area**.

The three top spellers were **Kristen Macur Brouil**, a **Glenview student** representing **St. Catherine Laboure School**; **Nick Isasi**, a **Glenview student** representing **Our Lady of Perpetual Help School**; and **Frank Avino**, an **Arlington Heights student** representing **Our Lady of the Wayside School**.

Other finalists were **Mike Kindelin** of **Glenview**, **Vsamac Villarino** of **Morton Grove**, **Rachel Ruddick** of **Des Plaines**, **Ann Cerniglia** of **Mount Prospect**, **Mathew Hryniwicki** of **Des Plaines**, **Lajo Luka** of **Skokie**, **Ralph Joseph** of **Niles**, **Sandy Chavadyil** of **Skokie** and **Mike Kindelin** of **Glenview**.

The pronouncer was **John Sullivan**, a teacher at **Glenbrook South High School**. The judge was **Pat Sullivan**.

Q & A

This week we talked with Amy Malter, who with partner Meredith Friedman is launching a Deal Me In Marketing, LLC initiative.

Explain your concept.

We have printed a deck of cleverly packaged playing cards. Each deck

will be filled with savings offers from 50 individual North Shore restaurants. One side of the card is an actual playing card, while the other side has been designed to have a gift card feel with the restaurant logo and a one-time use offer good from September to September 2007.

What's the range of restaurants featured?

All of the restaurants featured in the deck are from the North Shore, from **Lake Forest** to **Evanston**. We also have a few from the **Wheeling Corridor**. All the cards offer discounts.

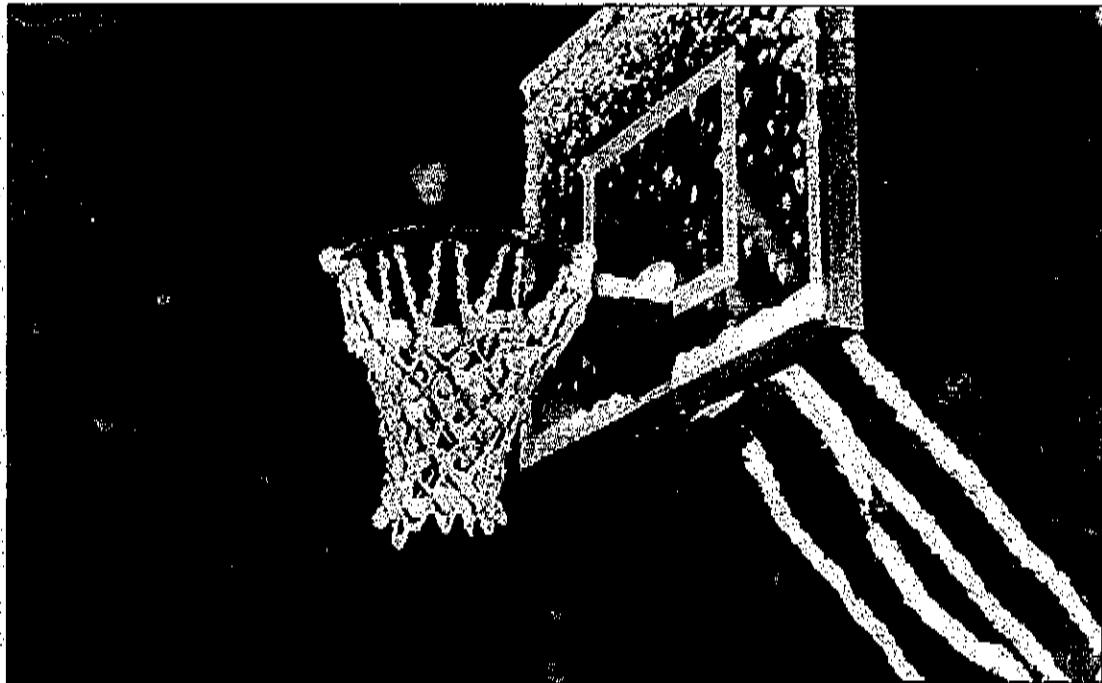
How do you get cards?

For more information on ordering the dining decks of cards visit: www.dealmeindining.com or e-mail at dealmeindining@aol.com.



Amy Malter

THROUGH THE LENS



Thanks to Northbrook's Beth Preis for this March Madness photo of a snow-frosted basketball hoop. Send your scenic photos to newspphotos@pioneerlocal.com

PEOPLE IN THE NEWS

"There is no safe level of trans fats."

nutritionist Bonnie Minick, speaking about school lunches

See story, page 25. People in the news



EVENT OF THE WEEK

Help the **Glenview Public Library** conclude its celebration of its 75th anniversary by attending "A Fireside Chat with **Franklin Delano Roosevelt**" at 7 p.m. Tuesday at 1930 **Glenview Road**. This is the grand finale to

the series "A Look Back at Life in the 1930s."

R. J. Lindsey portrays **Roosevelt** discussing issues of his administration in the 1930s and beyond. At the end of his chat he'll take questions from the audience. To register visit the **Information Desk**, or call (847) 729-7500, extension 112.

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BY THE NUMBERS

Number of millions afflicted with diabetes.
See story, page 13

INSIDE

Senior citizens can download files, manipulate digital images

and troubleshoot with the best of them. Some even build their own computers.

See Currents, page 121.

Off the menu

State clamps down on junk food aimed at students

By **KAREN BERKOWITZ**
STAFF WRITER

Food sensibilities have changed a bit since the days when Uncle

Sam required school cafeteria workers to include a tablespoon of genuine butter in every meal they dished up.

Butter wasn't taking a bad rap back then, and public school students have been a captive market for surplus dairy commodities since the start of the National School Lunch Program.

That tablespoon of butter wasn't such a villain for lifestyle reasons as well, said Thni Fisher, director of food service at Evanston Township High School.

"Our bicycle racks were full and students didn't have Xboxes and all the other fun gadgets that kids have today," Fisher said, "so that tablespoon of butter wasn't such a big problem."

Times change, though. Faced with an alarming rise in childhood obesity and the type of diabetes that typically shows up later in adults, the State Board of Education is clamping down on the sale of foods high in fat and sugar in the elementary schools.

Legislative attempts to ban junk food sales in high schools have met with resistance because many high schools have come to rely on revenue from vending machine sales. At the same time, students can leave campus and buy what they want.

Banned food items

The rules ban cakes, pastries, pies, cookies, snack bars and other dessert items sold in the manufacturer's original packaging unless they meet certain standards for fat and sugar content and total calories.

A classic Oreo cookie couldn't be sold in a prepackaged form, for instance, because 37.5 percent of its calories come from fat (up to 35 percent is allowed) and the cookie is 38 percent sugar by weight



Photo illustration by Geoff Schaefer / Photo Editor

(35 percent is allowed).

No more than 10 percent of a product's calories can come from saturated fat.

The State Board retreated on some of the changes proposed in December after hearing objections and receiving more than 350 e-mails. Whole milk, which would have been banned as too high in fat for school-aged children, is back on the permitted list, provided the serving size totals eight ounces or less.

The original rules also called for a 200-calorie limit on items sold individually, which would have knocked out many dairy-based fruit smoothies. So the state carved out a calorie exception for fruit smoothies, allowing the calorie count to reach 400.

The rules are slated to go into effect at the start of the 2006-07 school year for elementary and middle schools.

Not far enough

Bonnie Minsky, a nutritionist who has advised many North Shore school districts, does not believe the restrictions go far enough or are aimed at the worst offender.

"They are talking about fats and reducing fats, but they're not differentiating between the healthy fats and the awful trans fats," said Minsky. "There is no safe level of trans fats,"

said Minsky, likening the type of fat found in partially hydrogenated oils to pumping clay directly into the arteries. "There is even a safe level for arsenic, according to the (Environmental Protection Agency), but there is no safe level of trans fats."

Last year, Northbrook School District 28 removed soda pop from its vending machines and disposed of its deep-fat fryers.

At the same time, students gained a better understanding of what they'd been putting into their systems through a Healthy Eating class given to incoming sixth-graders.

"It didn't seem punitive, or that you were taking things away," said Carol Wagner, a District 28 parent, nutritionist and guest lecturer in the Healthy Eating course.

In fact, students were grossed out upon learning that a single can of nondiet soda contained 12 teaspoons of sugar, an amount that equates to 81 cups of sugar over the course of a year, if even one can is consumed each day.

The school district also rid its offerings of items containing red dyes and other harmful additives known to cause hyperactivity and headaches in some students.

Karen Berkowitz can be reached at kberkowitz@pioneerlocal.com.

Would your kid's lunch pass this state test?

RICE KRISPIE TREATS | Too much sugar — barely.

POTATO CHIPS | Packaged snack chips are out, if high in fat.

FRESH FRUIT | Fabulous!

PEANUTS | Nuts and nut butters OK, despite high fat content

GOLDFISH CRACKERS | Crackers OK.

OREO COOKIES | Too much fat and sugar — barely.

— Karen Berkowitz

In a nutshell

SNACK FOODS

(In manufacturer's packaging)

- Calories from fat cannot exceed 35 percent.
- Saturated and trans fats can not exceed 10 percent.
- Sugar cannot exceed 35 percent by weight.
- Total calories cannot exceed 250 for grades 6-8, or 200 for grades pre-K-5.

BEVERAGES

- Whole milk (8 oz. or less) back on the list of permitted items.
- Fruit drinks must be 100% juice and 8 ounces or less for kids 5th grade and younger.
- Fruit drinks must be 50% juice and 12 oz ounces or less for grades 6-8.
- Fruit smoothies up to 400 calories permitted.