

# $\left(\frac{\text{education}}{\text{SUPPLEMENT}}\right)^2$

a **PIONEER PRESS** *special section*

*October 9, 2008*



## Funding Knowledge:

Financial options for  
private school education



## CHRISTIAN HERITAGE ACADEMY

**Wisdom &  
Knowledge ...**  
we're committed to both.

**TOUR  
DAYS**

**NEW!**

**CHA Upper School**

beginning with 9th grade  
Fall 2009

contact CHA Admissions  
for information

**Arlington Heights Campus**  
**PRESCHOOL**

Oct. 30, 8:45-10:00 AM

**Northfield Campus**  
**PRESCHOOL-8TH Gr.**

Oct. 16, 9-11:00 AM  
Nov. 18, 9-11:00 AM



CHRISTIAN HERITAGE ACADEMY  
Northfield • Arlington Heights

847 446-5252 [www.christianheritage.org](http://www.christianheritage.org)

## The students' perspective:

# Should I stay or should I go?

## The great college debate: to commute or to live on campus

By Brett Marlow  
Special to *Pioneer Press*

**A**s students enter their senior year of high school, they begin planning for college, filling out applications and waiting to see where they might be accepted. Those planning to attend college in downtown Chicago have another decision to make on top of it all — should they live on campus or commute from home?

For some students and parents, the decision is easy. For others, factors such as finances, time and distance are taken into deeper consideration.

give-and-take relationship. They may sacrifice some aspects of college life, but it's worth it to save money.

After attending college in Scotland, 25-year-old Anders Milton, who lives in Lake Bluff, moved back to the states to attend the University of Illinois-Chicago as a political science major. Although his original plan was to eventually live downtown and go to school, Milton says commuting wasn't so bad.

"The original plan was to start off as a commuter and once had figured everything out [and] gotten situated, I would find a place downtown to live," Milton says. "Once I actual-

Columbia College Chicago, senior Mandy Treccia commutes daily from Naperville. Treccia, who previously only came into Chicago three days per week, now has a job that requires her to be in the city five days. Although Treccia says she now has to pay the \$126 monthly Metra pass to accommodate her work schedule, she says it's still cheaper than living in the city.

She says one downfall is that parking at her Metra station is limited. Therefore, her parents drive her there and pick her up, which requires a lot of scheduling. While she is in the city, Treccia says that not having the luxuries the students

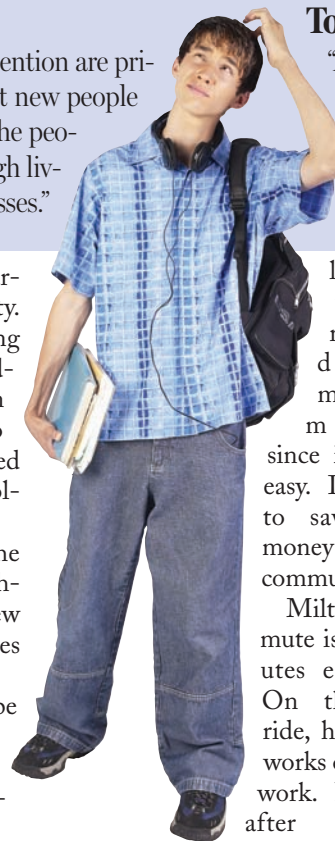
### To live on campus:

"The only frustrations I would mention are primarily it is more difficult to meet new people on campus because so many of the people get to know each other through living together and not through classes."

### To commute:

"As long as you make an effort to get to know people, you can have just as much fun and probably save some money by doing so."

— Anders Milton, 25, Lake Bluff resident,  
University of Illinois-Chicago student, commuter



Amanda Coughlin is an 18-year-old freshman at DePaul University. Coughlin says when deciding whether to commute the one-and-a-half hour trip to her hometown of south suburban Matteson or to live on campus, her mom wanted her to have what she didn't at college: the dorm life experience.

Coughlin just moved into the dorms in the Lincoln Park neighborhood of Chicago only a few weeks ago, but she says she loves every minute of it.

"I wanted to be in the city; to be in the suburbs your whole life gets boring," Coughlin says. "[The city] is a change of pace and somewhere new and more exciting."

Since being at college, Coughlin says she's met many people, especially through her roommates at the dorms.

"You spend so much time commuting; it's hard to get involved. I've made friends just because of my dorm mates," Coughlin says. "You're kind of forced into meeting people, and for people like me, I'm kind of quiet and shy. It's such an easier way to get involved in the school experience instead of just going to class and going home."

For others who do commute, it's a

ly started though, I really didn't mind commuting since it was so easy. I decided to save some money and keep commuting."

Milton's commute is 45 minutes each way. On the train ride, he says he works on homework. For him, after already experiencing college in atypical fashion, missing dorm life is no big deal. He does admit it's hard planning around the Metra train schedules and meeting new people.

"The only frustrations I would mention are primarily it is more difficult to meet new people on campus because so many of the people get to know each other through living together and not through classes," Milton says. "It requires more effort."

After attending the College of DuPage before transferring to

who live in the dorms or live in the city have — that nearby convenience — can also be frustrating.

"It would be nice to run home and take a nap in the middle of the day," Treccia says.

With only one more semester to go at Columbia, Treccia says she'll continue to commute back-and-forth.

Hinsdale resident Konrad Biegaj, a senior at Columbia, made the decision to commute early on to save money in the long run.

Biegaj says he plans to leave Chicago after graduation. He didn't want to rack up student loans to pay for rent and utilities. Additionally, he has a great relationship with his parents.

"Some people don't, and need to get out," Biegaj says. "I'm not one of those people."

Katrina Alfara, a senior at Columbia who transferred from the University of Illinois-Chicago, did the same as Treccia until the commute became too difficult. At first, she drove from her home in Downers Grove to the University of Illinois-Chicago. After transferring to Columbia, she had a two-hour commute: driving to the Metra sta-

**COMMUTE** continued on page 7

**OLPH**  
OUR LADY OF PERPETUAL HELP

*Providing a premier  
private elementary  
education in the finest  
Catholic tradition.*

**Our Lady of  
Perpetual Help School**

1123 Church Street  
Glenview, IL 60025  
Ph: 847-724-6990  
FAX: 847-724-7025

[www.olph-il.org](http://www.olph-il.org)



**COMMUTE** *continued from page 6*

tion, taking the train and then taking a CTA bus to school.

Last semester, she decided to get an apartment in Lincoln Park. Since, she says, she only wishes that she had done it sooner. Now, Alfaro no longer needs to wait an hour-and-a-half between Metra trains if she misses one.

Kaila Sanabria, a sophomore at Columbia, says she would tell anyone coming to college to live in the dorms for at least a year.

"[The dorms] is where I met all my friends and my roommate now," Sanabria says. "It would be hard to move into the city and not know anyone and be on your own because you don't meet anyone, you don't know where you're going."

Sanabria now shares a place in the Pilsen neighborhood of Chicago, but she took a lot away from her dorm experience.

"It was nice to have a place that was structured and [to be around] people who knew the city and could show you around," she says.

For now, Sanabria enjoys that she no longer is required to hang up decorations with sticky tack.

"It's the simple things; having your own place and feeling independent," she says.

For commuters, it's just the same.

"As long as you make an effort to get to know people, you can have just as much fun and probably save some money by doing so," Milton says. • PP

**HEALTH** *continued from page 5*

than 20 percent of children evaluated are appropriate for some kind of interceptive orthodontic care. However, by visiting an orthodontist, those 20 percent may avoid needing braces or having teeth pulled later.

**EARLY IDENTIFICATION**

Regular visits to physicians can alert parents of developing issues that may require treatment. Pediatricians can identify allergies or asthma, diabetes, weight gain and autism, all of which can be managed with prescribed care.

Kristine Lonsway, board member of The Autism Society of Illinois and mother to two children affected by the spectrum disorder, knows the importance of regular check-ups.

"It is absolutely important for well-visits," Lonsway says. "It is highly recommended for lots of reasons: to catch health issues, disorders and disabilities."

Autism and its forms, including Asperger's, have symptoms that can be identified by a physician when a

child is young. This early identification can give parents the opportunity to get involved in their child's development in a proactive way.

"There is a huge window of opportunity to almost rewire the brain and intervene," Lonsway says. "A child who may require special ed

The American Association of Orthodontists recommends a child's first visit to an orthodontist should be at the age of 7.

and special services for a lifetime may not warrant that if you get it (autism) early enough."

The red flags for autism include little to no response to the child's name, lack of eye contact, problems imitating and interacting actively and a general absence of engagement. Bring any concerns to your pediatrician immediately.

"Parents fear the label, but there are so many reasons to get the diagnosis," Lonsway says. "It insures that you're going to have more appropriate treatment to address it."

**Check-ups:** Pediatricians check for anemia and offer referrals to eye doctors, allergists and other specialists. They may identify sleep apnea, which can cause ADHD and poor performance in school as well as vitamin deficiencies. Check-ups are critical in identifying these issues.

If you suspect your child may be displaying symptoms, contact the Child and Family Connections Office in your county or ASI at (866) 691-1270. If your child is over the age of three, contact the school district in your area and request an evaluation.

Regular doctor visits can catch and rectify growth and weight issues as well. BMI, or body mass index, charts accurately measure a child's weight versus height and can notify doctors to potential growth issues.

"The BMI chart can be a very important early warning sign," says Stephen Duck, pediatric endocrinologist with ENH Hospitals. "Age, gender and ethnicity-specific, the BMI charts discourage obesity, Type II diabetes and high cholesterol."

By identifying a child on the threshold of being overweight, pediatricians can empower parents to actively change their child's nutrition and avoid potential health issues.

Your child's health is a precious thing. By taking precautions and scheduling regular visits to health professionals, you can protect it. • PP

# I GOT IT AT NLU

“The NLU faculty inspired me to pick a cause and put my heart into it. They've made me realize I can start changing the world by changing myself. I view things differently now. I've always known that laws and policies have local, national and global implications. But now I realize that they are only made powerful by the people behind them. Public Policy has become my passion. I want to be a person who charts new paths for others. I want to be someone who leaves her mark.”

**Learn more about NLU  
College of Arts and Sciences  
graduate and doctoral programs  
at [www.nl.edu/graduate](http://www.nl.edu/graduate)**

**National-Louis  
University** [www.nl.edu](http://www.nl.edu)



**Marisa Buscaglia**  
M.A. in Public Policy student  
M.A. in Adult Education

## Get Smart

### National-Louis University

National-Louis University has been a force for change in American education since its founding in 1886. It is nationally renowned today not only for its programs in teacher preparation and leadership, but also as one of the first universities to address the unique needs of adult learners. NLU is home to the acclaimed National College of Education, the College of Arts and Sciences and the College of Management and Business. Learn more at [www.nl.edu](http://www.nl.edu).