

Gold Card Club

Newsletter

Community Education
TOWNSHIP HIGH SCHOOL DISTRICT 214

Fall 2016

Community Education welcomes new director

The new school year brings a new chapter to District 214 Community Education as it welcomes its new director, Patrick Mogge.

He takes over the Community Education leadership reins from Mike Field who retired at the end of June.

Community Education now joins the broader Community Engagement and Outreach team, also under Mogge, at District 214.

“I am excited for the possibilities that our combined departments will be able to offer our community members, students and staff,” says Mogge.

As a newly expanded department, it will work to share the successes and stories of District 214 through effective and innovative two-way communication and public engagement initiatives, provide students with additional opportunities and resources through the Education Foundation and support lifelong learning through Community Education.

“I am a firm believer that Community Education is vital to the fabric of our communities,” says Mogge. “We serve thousands of residents each year through innovative programming and partnerships and aim to engage all learners and improve the quality of life



Patrick Mogge

for individuals and families in our region.”

Longtime Adult Education and Family Literacy Program Manager Rhonda Serafin expressed her excitement over the expanded department. “Under Pat, the merger of Community Education and Community Engagement and Outreach departments has breathed new life and excitement into Community Education,” says Serafin. “We look forward to the many resources that CEO has to enhance the Community Education programs.”

Mogge believes in Community Education as an educational philosophy that extends learning beyond the restrictions of age

and the traditional school day, recognizing its student body as potentially everyone who lives or works in the area.

“We are committed to working with individuals, local agencies, businesses and organizations of all types interested in becoming active partners in addressing community-wide issues,” says Mogge.

Mogge has over 15 years experience in managing public sector initiatives. He led collaborative teams in raising and managing million-dollar budgets. Prior to becoming the director of the combined departments, Mogge was the director of School and Community Relations at School District U-46.

His versatile resume includes board member of a local credit union, Boys and Girls Clubs of Elgin and the Small Business Advocacy Council, co-vice president of membership of the Illinois Chapter of the National School Public Relations Association, managing partner of a consulting firm, suburban and downstate director of Stand for Children and political campaign manager.

“It is my honor to serve District 214 and the communities it serves,” says Mogge. “I look forward to helping people discover their future and full potential to improve the quality of their lives.”

INSIDE



P. 2 Your School Connection



P. 3 To Your Health



P. 4 Travel With CET

Your School Connection

The following events are scheduled at our schools in October, November and December 2016. Your Gold Card is your ticket for free admission. Be sure to bring your Gold Card with you to the performances so you can show it at the ticket office. Please call our office at 847-718-7700 to reserve your seats for all events. Events that show an asterisk (*) have limited seating.

All reservations must be made at least one week in advance of the performance.



Buffalo Grove High School 1100 W. Dundee Road, Buffalo Grove, IL

Wednesday, October 19	Fall Choral Concert	7:00 PM
Tuesday, November 1	District 21/214 Orchestra Festival	7:00 PM
Friday, December 2	Winter Children's Show with Orchestra	7:00 PM
Monday, December 12	Winter Choral Concert	7:00 PM
Tuesday, December 13	Winter Band Concert	7:30 PM
Wednesday, December 14	Senior Art Show	7:00 PM



Elk Grove High School 500 W. Elk Grove Blvd., Elk Grove Village, IL

Wednesday, October 26	Choral Showcase	7:00 PM
Friday, October 28	Band Fall Showcase	7:00 PM
Thursday, November 10	Orchestra Concert (Junior High Night)	7:00 PM
Thursday-Saturday, December 8-10	Winter Musical, Seussical	7:00 PM
Tuesday, December 13	Choir Concert for a Cause	TBA
Thursday, December 15	Band, Orchestra, Choir Holiday Concert	7:00 PM
Friday, December 16	Band, Orchestra, Choir, Orchestis Holiday Assembly	7:00 PM



John Hersey High School 1900 E. Thomas St., Arlington Heights, IL ***Limited Seating**

Wednesday, October 19	Fallapalooza Choir Concert	7:00 PM
*Thursday, November 9	District One-Act Plays	7:00 PM
*Friday-Saturday, November 10-11	JHHS One-Act Plays	7:00 PM
*Sunday, December 4	Band Holiday Concert	1:00 & 3:00 PM
*Monday, December 12	Choir Holiday Concert	7:00 PM
*Wednesday, December 14	Orchestra Holiday Concert	7:00 PM



Prospect High School 801 W. Kensington Road, Mt. Prospect, IL

Wednesday, October 26	Fall Play, Trail to Oregon <i>(New musical written by a PHS alum)</i>	4:00 PM
Tuesday, November 1	Fall Choir Concert	7:00 PM
Sunday, November 6	Band-O-Rama	3:00 PM
Thursday, November 10	Fall Orchestra Concert	7:00 PM
Sunday, December 4	Winter Holiday Concert	3:00 PM
Wednesday, December 7	Winter Play (TBA)	4:00 PM
Thursday, December 15	Jazz Concert	7:00 PM



Rolling Meadows High School 2901 W. Central Road, Rolling Meadows, IL

Wednesday, October 19	Ten-Minute Play Festival	6:00 PM
Saturday, October 22	Ten-Minute Play Festival	2:00 PM
Sunday, October 23	Fall Music Concert	3:00 PM
Wednesday, October 26	Band-O-Rama Concert	7:30 PM
Tuesday, November 15	V-Show Preview Performance	4:00-6:00 PM
Sunday, December 4	Winter Guitar Recital	3:00 PM
Thursday, December 8	Holiday Band Recital	7:30 PM
Tuesday, December 13	Holiday Choral/Orchestra Concerts	7:30 PM
Thursday, December 15	Holiday Dance Concert	7:30 PM



Wheeling High School 900 S. Elmhurst Road, Wheeling, IL ***Limited Seating**

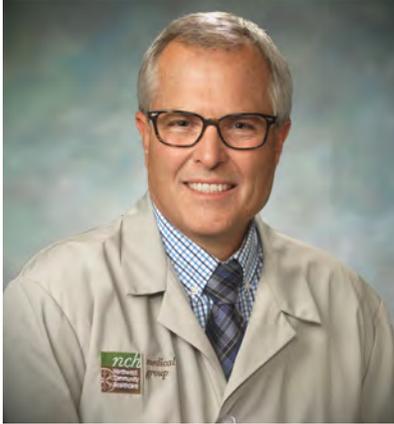
Thursday-Saturday, November 17-19	Fall Musical, In the Heights	7:30 PM
Friday-Saturday, December 2-3	Orchesis/Dance Show	7:00 PM
*Sunday, December 11	Holiday Hoopla-Choir/Orchestra	1:00 PM

DISTRICT EVENT

Sunday, November 6	District 214 Honors Orchestra Concert at Rolling Meadows High School	3:00 PM
--------------------	--	---------

To Your Health

4 things to know about varicose veins



Dr. John Edwards

Varicose veins are a relatively common condition, and for many people they are a family trait. Women are at least twice as likely as men to develop them. In the U.S. alone, varicose veins affect about 23 percent of all Americans, according to the American Heart Association.

Here is some info about those enlarged veins that may ease your mind.

Symptoms

The primary symptom of varicose veins is highly visible, misshapen veins, usually on the legs. You may also have pain, swelling, heaviness, and aches in the legs. In some cases, you can have swelling, discoloration, or ulcers around your ankles, too.

“Varicose veins are a product of an underlying condition called venous insufficiency,” says John Edwards, M.D., board-certified vascular surgeon at NCH. “Venous insufficiency means the flow of blood through the veins is inadequate and valves are closing insufficiently.

“If the venous insufficiency is significant, your legs will feel heavy, achy or tired,” Dr. Edwards says. “By the end of the day, some people are dragging themselves around because of the discomfort.”

Causes

Varicose veins are caused by weakened valves and veins in your legs. Veins have one-way valves that prevent blood from flowing backwards. When these valves fail, blood begins to collect in the vein rather than continuing toward your heart.

Varicose veins can be caused by heredity, pregnancy, prolonged standing and age. As you age, veins can lose elasticity, causing them to stretch. The valves in your veins may become weak, causing blood that should be moving toward your heart to flow backward.

“Some functions, such as standing on your feet for nine to 12 hours per day can contribute to varicose veins,” Dr. Edwards says. “The fact we walk upright is very damaging to our veins over the years.”

Preventing varicose veins

If you think you might be suffering from varicose veins, there are a few easy things you can do, Dr. Edwards says.

“Try breaking up the day by walking and avoiding a situation where you are standing still,” he says. “If you can walk around a bit, it will help.”

Dr. Edwards also recommends compression stocking therapy to minimize the effects of varicose veins. The stockings can be found at local pharmacies and come in different colors, unlike the stockings of the past.

“These aren’t your big, ugly grandma stockings,” Dr. Edwards says. “You can’t give a person their valves back with these stockings, but you can prevent blood from pooling in the veins by wearing these. People with varicose veins will find relieve from that aching feeling and heavy sensation in the legs.



When should you see a doctor

If you already have varicose veins, Dr. Edwards suggests you elevate your legs whenever you’re resting or sleeping. Call your doctor if you have varicose veins and:

- Develop a skin ulcer – a shallow wound that occurs when the leg veins don’t return the blood back to the heart.
- Feel like your skin is hot, itchy and swollen
- Your leg has a tender lump. This could be a clot or inflammation in a vein just under the skin, which is usually not dangerous but may need treatment.

Treating varicose vein is painless and relatively easy, compared to treatment options in the past, Dr. Edwards says. Patients often have outpatient surgery.

“There are some minimally invasive outpatient procedures that can eliminate the problem,” Dr. Edwards says. “It is a half-hour procedure and there is very little down time for patients.”



This article was submitted by Northwest Community Healthcare. (This article is not intended to provide medical advice, but rather to serve as a summary of actual issues and should not be utilized as a substitute for consultation with your personal physician.)

Travel with CET



For Judy Garland stardom came naturally
... life took work

End of the
RAINBOW



2016-17 Day Trips with Lunch

Call soon--these trips sell out fast!

- Nov 3 Terracotta Warriors-Field Museum
- Nov 10 Hardy's Reindeer Ranch Rantoul
- Nov 29 Illuminations & White Fence Farm
- Dec 5 Christkindlmarket, Navy Pier & Lawry's

2016-17 Theatre/Opera Trips (With Lunch)

- Nov 17 *End of the Rainbow* at Porchlight Theatre
- Dec 17 Joffrey Ballet's *The Nutcracker* at Auditorium Theatre
- Jan 12 *The Magic Flute* at Lyric Opera
- Feb 17 *Carmen* at Lyric Opera
- May 4 *My Fair Lady* at Lyric Opera

Coming: *Hamilton*--Information available this fall for a 2017 date. No advance bookings accepted. Make sure you are on our Theatre List to receive first notice when we obtain tickets.

2016-17 Motorcoach Tours

- Nov 10-14 Branson
- Nov 29-Dec 1 Frankenmuth
- May 5-11 Greenbrier Resort, W VA
- May TBA Cubs vs Cincinnati
- Jun 19-23 Marceline, Hannibal & Kansas City
- Jul 5-7 Hollywood in Iowa
- Aug 7-10 Mini Mystery Trip
- Aug 28-Sep 1 Lake Erie Bass Sea Islands
- Oct TBA Michigan's Upper Peninsula
- Oct 24-26 French Lick & West Baden Hotel
- Nov TBA Spring Green & Fireside
- Nov 6-11 Smoky Mountain Christmas

2016-17 Extended Tours

- Oct 16-23 Pennsylvania Autumn
- Oct 24-28 Sedona
- Nov 3-13 Morocco
- Dec 1-4 New York City Holiday
- Dec 5-9 San Antonio Christmas
- Jan 9-16 Canadian Rockies in Winter
- Feb 3-9 Key West & Miami
- Feb 15-25 Hawaiian Islands Cruise
- Mar 9-15 Flyaway Mystery Tour
- Mar 21-28 Savannah & Charleston
- Mar 27-Apr 2 Heart of Texas
- Apr 3-18 Japan and S Korea
- Apr 6-11 Washington, D.C.
- Apr 23-30 New Orleans/Natchez/Lafayette
- Apr 25-May 3 VA & Chesapeake Bay
- May 15-22 Santa Fe/Taos
- May 20-31 England's Treasures
- Jun 17-25 Southwest National Parks
- Jul 24-Aug 3 Nova Scotia
- Aug 5-17 South Africa
- Sep 1-12 Danube River Cruise
- Sep 12-24 Balkan Discovery River Cruise
- Sep 11-16 Cape Cod
- Sep 18-30 Ireland
- Sep 23-Oct 6 European Charm-5 Countries
- Oct 2-7 South Dakota
- Oct 28-Nov 8 Italy
- Oct TBA New England Fall
- Oct 11-22 Portugal in Depth
- Nov TBA Disneyland for Adults
- Nov 16-24 Cuba
- Dec TBA Boston Pops & Norman Rockwell
- Dec TBA New Years' Mediterranean Cruise

Call to make sure you are on the CET mailing list to receive up-to-date news via our CET newsletter *Travelin'*

CET Phone: 847-718-7709

Email: cetravel@d214.org

Website: www.ce214.org

Forest View Educational Center, Room A105
2121 S. Goebbert Road, Arlington Heights, IL 60005

CE News

Comm. Ed classes to help you keep busy this fall

Just because the temperature has dipped does not mean you have to stay indoors or be less active.

District 214 Community Education has several classes that will keep your fall schedule busy or even busier. You can choose from a wide variety of offerings that cater to your interest or hobby.

For starters, how about some culinary experiences to tickle your palate?

The Joy of Goat Milk Cheeses is offered for two sessions

on Thursdays, November 3 and 10, from 7:00-9:30 p.m., for \$75. Classes will be at John Hersey H.S.



If you are a wine lover, enjoy one session of **Zin, Repent Repeat!** This new class



is scheduled on Monday, Nov. 14 from 6:30 - 8:00 p.m. Cost is \$35. If Zinfandel is not your

choice of wine, how about **Stop the Madness - Merlot is awesome!** This one-session class is on Monday, Dec. 5, from 6:30-8:00 p.m. Cost is \$35. Both classes will be at Tuscan Market & Wine Shop in Arlington Heights.

Standing Guard: Protect What You've Worked For is another new class that you might be interested in. Taught by a lawyer, he will provide you with an overview of the top mistakes to avoid regarding will and

trust formation, account registration, beneficiary designation and tax implication. It's one session on Tuesday, October 25, 7:00-9:00 p.m. at Prospect High School. Cost is \$29.

Are electronic gadgets your thing? Explore the world of computers, tablets and smart phones, and choose from these three classes: **Getting the Most Out of Your Samsung Tablet, iPad and iPhone or Android Devices Application Explorations.**

These are offered in two sessions for the GC Club rate of \$39. All



classes are on Tuesdays starting with the Samsung tablet class on Oct. 25 and Nov. 1, the iPad and iPhone class, on Nov. 8 and 15, and the Android devices class on Nov. 22 and 29. All classes are from 7:00-9:30 p.m. at Forest View.

Choices, choices...right? Have you always been curious about immigration



in this country? **A Guide to Overseas Genealogy** will show you the history of immigrant travel into the U.S. and how to find genealogical records in most European countries. The class is one session on Monday, Oct. 24, from 7:00-9:00 p.m. at Prospect H.S. for \$16.

To register for classes, please call Community Education at 847-718-7700 or visit ce.d214.org.

Volunteer and make a difference

Thirty years of literacy grants have had an effect on thousands of low-literate individuals, but the need continues.

The District 214 Community Education Read to Learn Adult Literacy/Volunteer program offers free literacy tutoring to eligible adult learners at 11 sites in the northwest suburbs of Chicago. Each semester, trained volunteer tutors implement individualized lessons plans to English speaking adult students in a one-to-one instructional setting.

For more information, contact the Read to Learn office at (847) 718-7724, fill out the Contact Us page, or find us on Facebook.

Out of Control

By *Carol Goeringer
(TVM Love you Best)

*The child who hid under his bed
Now has to deal with reality instead
A fear he would keep deep inside
Afraid two worlds might collide*

*Mayhem, teenage angst and pressure to conform
He no longer trusts the system, even cops need to reform
Bad Days, nights with Bad Dreams
Nothing is ever as it seems*

*Keeping thoughts locked in a vault
Thinking no one will find out your fault
But like the Pharaoh Tombs, built to hide secrets forever
Bad deeds are uncovered by The Truly Clever*

*Even religion hides its wrongs, pretending they're right
Now everyone has a reason to fight
To stop the evil climate in the street
For like a Frankenstein, its heart is starting to beat*

*You cannot control what is in a man's heart
Although it is a good place to start
And what's in his head
History Controls -- after he's Dead*

*Ms. Goeringer is a resident of Mount Prospect



Community Education
TOWNSHIP HIGH SCHOOL DISTRICT 214

The Gold Card Club newsletter is published three times each school year by District 214 Community Education.

Our office is located at 2121 S. Goebbert Road, Arlington Heights, IL 60005.

Phone: 847-718-7799

Website: www.ce214.org

Patrick Mogge, Director

Nelia Bernabe, Editor

“Like” us on Facebook at District 214 Community Education and follow us on Twitter at twitter.com/CommEdD214.

Retirement communities' intergenerational events create memories

If you think age-restricted retirement communities don't go out of their way to welcome young people then you haven't met Bob and Jeanne Haller.

The couple live at the Moorings of Arlington Heights, a life plan retirement community in the northwest suburb. With 10 grandchildren and 11 great grandchildren, the Hallers, over the years, have had four generations attend the community's annual Halloween party.

The party draws about 70 costumed kids and 100 adults — some of them dress up, too. The kids enjoy a magic show and trick-or-treat down a long hallway with residents handing out candy. After the party, the Hallers spread a tablecloth on the lobby floor for their grandkids, serving pizza, coke and cookies.

The Halloween party at the Moorings has become a kind of Haller family tradition. But as Bob notes, "It's not just our family. A lot of residents bring their families."

Retirement communities want younger people to visit - they bring in a lively dose of excitement and the interaction brings benefits to both the young and old alike.

Intergenerational programs also bring together diverse groups and networks and help dispel inaccurate and negative stereotypes.

Many retirement communities have playgrounds and swimming pools where younger generations are welcome. Some rules may apply, however, usually specifying when younger people can use the amenities.

Besides providing places to play, communities like The Moorings of Arlington Heights also host planned events for younger people. Some hold a summer camp for residents and their grandkids to enjoy together. Some of the 80 activities include swimming, games and crafting.

Westminster Place in Evanston, a sister Presbyterian Homes community, has taken the first bold steps forward with its intergenerational Music Together class taught by activities specialist and organization founder Jill Greenman.

A classical singer who has been teaching Music Together for the past 15 years, Greenman launched the program at Westminster Place a couple of years ago,

where it has been a hit with residents and young visitors alike.

"Bringing the young people in is just so joyful for the residents; they don't necessarily see kids a lot," Greenman says. "Music is a universal love—and it becomes very comfortable for younger children to interact with older people, enabling a more positive view toward older adults. You can take these music classes at other places but you don't get the kind of connection you see between older residents and younger people. That's what makes it so meaningful."

The need for such connections will only get more pressing as time goes on. According to statistics cited by the Parent Giving website, the senior population is projected to increase 56% over a two-decade period ending in 2020. Yet seniors in an intergenerational setting aren't the only ones who benefit. Over time, relationships will develop, grow and create beautiful memories for both young and old alike.

**Submitted by Presbyterian Homes, The Moorings of Arlington Heights*

Cultural & Performing Arts

Northwest Suburban Community Concert Association and District 214 Community Education present

3 p.m. Performances at
Forest View Educational Center
2121 S. Goebbert Road, Arlington Heights, IL



James Garrett
Tribute to John Denver
Sunday, September 25, 2016 \$20

Guy Lombardo's Royal Canadians
Under the direction of Al Pierson
Sunday, October 23, 2016 \$25



Chicago Harp Quartet
Lead harpists for the Lyric Opera and CSO
Sunday, March 26, 2017 \$20

Alfonso Ponticelli and Swing Gitan
1930s-style Gypsy Jazz
Sunday, April 23, 2017 \$20



Martha Carés
La Vie en Rose Tribute to Édith Piaf
Sunday, May 21, 2017 \$20

Ask about the 5-concert series subscription for \$85

For tickets, call CE Box Office at 847-718-7702

www.nsocommunityconcerts.org www.oe214.org

2016-17 Season



2016 - 2017 CONCERT SERIES

FALL CONCERT

Sunday, October 23, 2016 at 7pm
Forest View Educational Center

HOLIDAY CONCERT

Sunday, December 11, 2016 at 3pm
Forest View Educational Center

WINTER CONCERT

Sunday, February 26, 2017 at 3pm
Forest View Educational Center

SPRING CONCERT

Sunday, April 30, 2017 at 3pm
Forest View Educational Center

For more information, please visit www.arlingtonheightsband.org. To reserve tickets, please call 847-718-7702 Monday - Friday 9:00 am - 4:00 pm or email ahcbbtickets@gmail.com. The dates of our concerts may change.

Check Out Our Great Holiday Raffle Gifts

ARLINGTONES

And District 214 Community Education Presents Our Holiday Show

Men's Barbershop Chorus
Directed by Roger Turek

Christmas at the North Pole

"A Magical Adventure to Visit Santa at the North Pole"

SUNDAY DECEMBER 2016

Forest View Education Center
2121 S. Goebbert Rd. Arlington Hts



Admission \$20 • Gold Club \$15
Kids 12 and Under \$7

To Order Tickets Call 847.718.7702
Monday thru Friday, 8am - 4pm
www.arlingtones.net



art by Norm Nansiel

District 214 Community Education presents

THE
THEATER
LAB'S

THE YEAR OF SHAKESPEARE

Macbeth



William Shakespeare

Performances:
7:30 pm
November 4 - 6
November 11 - 13

Tickets:
\$17 for adults
\$12 for
students &
seniors.

Featuring
live music &
original score
by
Sebastian
Pernal

**WHERE: Forest View Education Center
2121 S. Goebbert Road, Arlington Heights**

Call (847) 718-7702 for Tickets!



Community Education
TOWNSHIP HIGH SCHOOL DISTRICT 214

Township High School District 214
Community Education
2121 S. Goebbert Road
Arlington Heights, IL 60005
Phone: 847-718-7700
www.ce214.org



Building Learning Communities