



# MILITARY NEWS

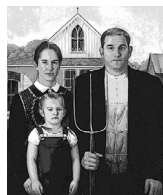
## Keating

Army National Guard Pvt. Thomas M. Keating Jr. has graduated from the Automated Logistical Specialist Advanced Individual Training (AIT) course at the U.S. Army Quartermaster Center and School, Fort Lee, Petersburg, Va.

The course is designed to train soldiers to establish and maintain stock records and other documents such as inventory, materiel control, accounting and support reports, automated and manual accounting records; perform stock record/warehouse functions pertaining to receipt, storage, distribution and issue and maintain equipment records and parts; review and verify bills of lading, contracts, and purchase orders; repair and construct shipping crates for equipment and supplies, and perform prescribed loads and shop stock lists in manual and automated supply applications.

Keating is the son of Tammy Pettice of Winfield.

## Art Adventure I Sam Dalkilic-Miestowski



It is my pleasure to introduce a friend and art collector, **Lawrence Arendt**. I asked him to write a column from the perspective of an art collector. Lawrence Arendt has been a professional writer for 30 years. When he's not enjoying art, he's enjoying baseball.

# Great art can be found anywhere

A recent *New Republic* magazine article about the art world and what money has done to it said, "The people who are buying and selling the most highly priced contemporary art right now . . . believe that any experience that anyone can have with a work of art is equal to any other."

Now there's good news for someone like me. I've collected art. I've written about art. In my travels and visits, I've been in many art galleries located in places called Fifth Avenue and Gold Coast, without being thrown out. But I've learned that good galleries can be found, and good art can be bought, anywhere and at any price — well, anywhere but along the side of a road or in the lobby of an interstate highway motel.

This is why I am always perplexed when people don't put in that extra effort to make their living environment as attractive and personally enriching as possible. Is it really only about the obese television?

Maybe it's the intimidation factor. Most of us would look at a painting and say, "I really like that, but what if no one else likes it?" Once, a woman stood next to me in front of a Thomas Kinkade painting and said, "Isn't that nice?" while I felt physically sick. It is true that you can visit some galleries, see the strangest abstract painting or sculpture, and think "I don't know what the artist will get for this painting, but he should get life." As much as I like art, more than once I've found myself in galleries thinking, "What in the world did this artist have in mind, what happened to it, and why am I looking at this?"

Sometimes I've doubted myself. Is money driving my art sensibilities? After all, it took my buying a

home to actually dive into buying art. I always knew that I wanted and needed more than just four blank walls. And there were many times I was tempted to pay more for a work of art than what I've financed for any car I've owned. But before I consumed too much wine at a downtown Chicago art gallery opening and purchased some outlandish looking work at an equally outlandish price, I came across something very interesting.

It was a church, renovated as an art gallery. Imagine that. In St. John, Indiana. **IMAGINE THAT.** The Steeple Gallery turned out to be a gem. (Journalistic integrity forces me to report here that, yes, I've become friends with Steeple's owner Sam Dalkilic and her family, but that came after discovering the gallery.) And to be fair, there are several other Northwest Indiana galleries similar to the Steeple Gallery. All have a unique combination of work, appealing to a general audience as well as those with more selective or daring tastes.

My first purchases were at Steeple. One was a late 19th century black and white etching — of a drunk being carried out of a bar to a waiting carriage. Its penciled detail of three men on a snow covered street was extraordinary with just the right touch of humor.



My second piece made me proud because of its quality. It set me on a course toward buying other works. "Piper Hall" by local artist Robert Brasher

is a stunner and I knew it the moment I saw it. Reminiscent of Edward Hopper, the painting is of two rooms in a Loyola University building. It conveys at one time an inviting warmth and a sad loneliness. Intricate curves and shadows of the ceiling and earth-tone colors bring warmth against the lonely backdrop of a singular chair and telephone.



These works were expertly accomplished — as good as anything you would find at the highest-browed city gallery. They were expertly presented at a gallery as warm and inviting as you will find. And they were affordable. Yes, I did spend more than a framed, mass-produced print you could otherwise find in a dentist's office; no offense to the tastes of dentists. But each result was a wonderfully original work of art at a cost that was a little bit more than a complete car tune-up at my dealership. And these paintings will last a lot longer than my car.

Sam Dalkilic-Miestowski owns and operates The Steeple Gallery, Ltd. in St. John, Ind. Please email your comments to: [samowner@sbcglobal.net](mailto:samowner@sbcglobal.net).

## HEALTHY NOTES

Brought to you by Saint Anthony

### February is Heart Health Month

#### Heart attack: Fast action is a must

Sometimes, waiting is the right thing to do.

Waiting for your temper to cool down before confronting your boss is often a wise choice. So is waiting for the temperature to drop on a boiling bowl of soup.

But there's one scenario in which waiting is never a good idea: when you're having symptoms of a heart attack.

#### Why waiting is dangerous

The heart is a powerful muscle responsible for pumping life-sustaining blood to the entire body. When something happens to threaten that process, such as a heart attack, the consequences can be deadly.

The heart itself receives blood through a network of vessels called the coronary arteries. A heart attack occurs when one of these arteries becomes blocked—usually by a clot—and most or all of the blood supply to the heart is cut off.

Time is of the essence at that point. The longer you go without medical treatment to open up that blockage and restore blood flow, the greater the risk of permanent damage to your heart or of dying, warns the National Heart, Lung, and Blood Institute (NHLBI).

#### Act fast

It cannot be stressed enough: A heart attack is a medical emergency.

If you or someone you know has any symptoms of a heart attack, you should call 911 immediately. Don't wait for more than a few minutes—five at the most—to call for help. Treatments for a heart attack work best if given within one hour of the start of symptoms. Acting fast may save your life and may help prevent or limit damage to your heart.

According to the American Heart Association (AHA), the following are warning signs of a heart attack:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms or the back, neck, jaw or stomach.
- Shortness of breath. This may occur with or without chest discomfort.
- Other symptoms. These may include nausea, light-headedness or breaking out in a cold sweat.

#### Equal opportunity killer

Many women still mistakenly believe that only men get heart disease or have heart attacks. That's a dangerous misperception. Heart disease is the No. 1 killer of women, and nearly half of all people who die from heart attacks are women.

Unfortunately, despite their risk, women are less likely than men to believe they're having a heart attack and more likely to delay getting medical help.

To locate a physician near you, call the Physician Referral Line at 219.757.6000.