

Student Health Edition



Prospectus looking for new talent ■ Pay for classes, publish your work

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Health Topics:
Tattoos, Birth
Control, Campus
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By AARON GEIGER
Prospectus Editor

As an editor, I can tell you one solid fact: working for the Prospectus, as a student, is one of the best deals at Parkland College.

Yet the Prospectus is an organization that is largely overlooked. Time and again, students have declared in passing that they didn't try to work for the newspaper because they thought the staff was already accounted for. The same students have also mentioned that they didn't "have enough talent," or that they didn't even know how to start contributing to the paper.

Here's some frequently asked questions to help you gain some valuable insight to the Prospectus, and how you can start as early as next week!

WHAT KIND OF JOBS ARE THERE FOR STUDENTS AT THE PROSPECTUS, AND WHAT DO YOU HAVE TO DO TO QUALIFY?

There are several ways in which students can contribute to the news-

paper. All students are required to contribute to the paper every week, and attend a weekly meeting. Here is a list of positions, and the requirements needed to fulfill the expectations of the paper.

(1) **Writer** - Writers need to have a working knowledge of writing skills, and should be willing to learn basic editing. If you have completed English Composition I, you should be on par to start a working relationship with the editor. The prospectus has had international students in the past as writers, as well as students with disabilities. All writers are required to take one assignment a week, make appointments with sources, write a 600-1000 word story, and work closely with the editor and photography staff to produce quality, accurate stories that are free of plagiarism and are of original thought.

(2) **Photographer** - All photography is performed through a digital camera, and the Prospectus has one semi-professional camera for the exclusive use of photography staff. Photogs—as we like to call them—may seem like they have it easy, but in reality they are required to make many appointments, and have to find new, innovative methods of conveying the story to the audience. Sometimes they only reason people read a story is because of the picture! Photogs must take dozens of pictures for every one the editor will

use; they must download the pictures on a workstation computer, and should help proof the quality with the editor, and possibly the production and design manager.

(3) **Production Assistant** - Our production manager, Travis, works very closely with the editor to produce the visual structure, layout, and design of the entire paper. Each week he works with Adobe InDesign, Illustrator, Photoshop, and other programs to make the paper look sharp and innovative. All of the content must fit, and he's the person to make it happen. If you are currently taking classes in design, or if you have a talent in that field, the Prospectus would love to offer you an internship to learn from a professional. It's a great springboard into a professional, well-paying job.

(4) **Web Intern** - The Prospectus is online, and it is created with a hybrid of code. The web intern needs to be able to work with XHTML/HTML and PHP, and preferably other languages. Weekly content is turned over to the intern, who translates the news into a legible web page. It's a very important job, and the past interns have transferred to well-deserved salaried positions.

(5) **Editor/Assistant Editor** - Each year one editor makes an annual com-

Prospectus

The *Prospectus* is a student publication, and is published weekly during the Fall and Spring semesters, intermittently in summer. To contact the Parkland *Prospectus*:

Phone: 217-351-2216, fax: 217-373-3835, e-mail: prospectus@parkland.edu, U.S. mail: Parkland College, Room X-155, 2400 W. Bradley Ave., Champaign, IL 61821.

URL: <http://virtual.parkland.edu/prospectus>

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• Advertising is accepted which is non-discriminatory and not in violation of any laws. The *Prospectus* reserves the right to refuse any advertising. Publication of advertising constitutes final acceptance.

• Advertisers must verify ads for accuracy.

• The *Prospectus* deadline for all advertising is 5 p.m. of the Wednesday immediately before the upcoming edition.

Letters and Editorial Policy

• Views expressed are opinions of staff and contributors and not necessarily that of the *Prospectus* or Parkland College.

• The *Prospectus* welcomes letters to the editor. We accept submissions from the Parkland community and the public. The editor will also consider original works of fiction and short writings if space is available.

• The rules of correspondence: all submissions must be signed with a phone number and address. The *Prospectus* staff must verify the identity of letter writers. Correspondence may be edited to accommodate the space requirements of the paper. The deadline for all submissions is 12 p.m. of the Thursday immediately before the upcoming issue.

Front Page photo credits: Top left—Karyn Johner/*Prospectus* Top right—Military file photo



Staff

Editor: Aaron Geiger
Photographer: Karyn Johner
Writer: Cameron Brown
Cartoonist: Judy Seyb
Advisor: John Eby
Publication Manager: Aaron Geiger
Production Manager: Travis Shoemaker

CHUCK SHEPHERD'S NEWS OF THE WEIRD

By CHUCK SHEPHERD

Lead Story

Australian Jeffrey Lee is the last surviving member of the clan that controls the Koon-garra uranium deposit near Kakadu National Park (east of Darwin), and federal law requires his permission for the French energy company Areva to extract the estimated 14,000 tons, perhaps worth the equivalent of \$4.2 billion (U.S.), but Lee vouches never to sell because "if you disturb that land, bad things will happen." "This is my country," he told the *Sydney Morning Herald* in July. "I'm not interested in money. I've got a job. ... I can go fishing and hunting. That's all that matters to me."

The Continuing Crisis

Widower Charlie Bonn Kemp, 77, of Vero Beach, Fla., took especially hard the loss of his wife, Lee, in 2006 because she was unquestionably the love of his life even though the couple stopped having sex even before they got married in 1978, according to a June St. Petersburg Times profile. Lee had been Charlie's gay lover for 26 years, until revealing in 1978 that he could no longer resist the urge to become a woman, and especially a housewife. Such was their attachment that, following Lee's full sex change, she and Charlie decided to take advantage of Lee's new status and legally marry and continue their devotion, even though Charlie remained sexually attracted only to men.

Kenya, in addition to the usual problems of a developing African nation (poverty, tribal fric-

tions), has recently endured the rise in power of the Mungiki, which is a secret society that is (according to a June New York Times dispatch) "part Sicilian Mafia, part Chicago street gang, with a little of the occult sprinkled in." Police say the members aim to destabilize the country in the midst of the current political campaign by devil-worshipping acts of violence (skinning heads, drinking human blood from jerrycans). A district commissioner in Nairobi said the Mungiki had threatened her with genital mutilation. The gang originated in the 1990s much as organized crime in the U.S. did, by taking over such urban enterprises as bus transit and garbage collection.

Latest in Brain Science: (1) French neurologists writing recently in the journal *The Lancet* described their surprise in finding, via brain scans, that a normally functioning 44-year-old man had a brain "more than 50 percent to 75 percent" smaller than average, consisting of little more than a thin sheet of brain material surrounding a large fluid buildup. (The man is employed as a French government bureaucrat.) (2) Researchers at the University of Calgary said in July that female mice in their study were not only sexually aroused by whiffs of male mouse pheromones but that the scent apparently made the females' brains grow larger.

Northbrook, Ill., husband Arthur Friedman persuaded his wife that after 10 years' marriage, they should become mate-swapping swingers, which he thought would enhance their relationship. His wife, reluctant at first, began to partici-

pate and eventually fell in love with another swinging husband, an event that precipitated the Friedmans' breakup, reported the *Chicago Sun-Times*. Friedman, with an inadequate appreciation of irony, sued the husband under Illinois' alienation-of-affection law, and in June, a jury actually found in his favor, for \$4,802.87. However, the soon-to-be-divorced Mrs. Friedman said she felt humiliated by the implication that she had been "worth" just \$480 a year.

Lithuania's Ombudsman for Children, visiting Ireland in June to investigate complaints of mistreatment of her countrymen, told reporters that many of the estimated 30,000 Lithuanian children in Irish Republic schools felt unsafe and that violence was common. In one Irish town, she said, "Lithuanian children are beaten only because they are more beautiful than Irish ones," and in general, she said, Lithuanians are disliked because we dress well instead of looking the part of poor immigrants.

Fine Points of the Law

(1) The New Zealand Herald reported in June that a prostitute may be eligible for worker's compensation based on her having been injured when the car in which she was riding plunged down a hillside. Because the driver was a john who was taking her to a site he had chosen for their encounter, the Prostitutes Collective trade union said hers were "workplace" injuries. (2) Former Brooklyn Center, Minn., car-washer Douglas Williams, 56, was fired last year when, in response to the sales manager's requiring him to clean up litter, he refused, colorfully, by telling

the manager to perform an anatomically impossible act. However, the state court of appeals ruled in June that Williams was nonetheless owed unemployment benefits.

Oops!

•A toddler broke from his mother's supervision in May at the Rhime Buddhist Center in Kansas City, Mo., and accidentally trampled the meticulously created colored-sand picture that eight monks had to that point spent two days creating, but the monks impressively responded with patience. "No problem," said one, from India's Geshe Lobsang Sumdup monastery. We have three days more (before the show closes). So we will have to work harder."

•Inattentive Drivers: Trucker Merv Bontrager accidentally crashed his 18-wheeler in Minot, N.D., in April when he looked away briefly to check the floor for the doughnuts he had tossed aside for later eating. And Kristopher Lind accidentally crashed his car in Vancouver, British Columbia, in March when he tried to open the tightly packaged sex toy he had bought earlier that day. And Andrew Workman accidentally smashed his car into another in Shepley, England, after he lost control when a bee flew through the window and stung him in the crotch (according to the findings of an inquest in April).

•In June, a 17-year-old boy survived but was seriously injured when he fell about 75 feet onto some rocks at California's Mount Diablo State Park. He had climbed over a handrail in order to fake a fall so that his

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TALENT

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mitment to the *Prospectus*, and the job is not easy! Responsibilities include, but are not limited to, designating assignments, working with marketing/advertising, production, the printing press, distribution, editing original work, selecting photography/logos, and meeting solid deadlines. The assistant editor aids the editor, and must take the reigns when the editor is unavailable (sickness, family emergency, exams, projects, etc). The editor must have a strong working knowledge of

editing skills, writing ethics, design, and the different facilities of Parkland College. It is highly recommended that a second-year or non-traditional student assume this role. The editors work closely with the advisor, John Eby.

(6) Distribution - The paper must hit the stands the instant we get it back from the press. Although we are a weekly paper, we serve the public. We also must meet the demands of our paid advertisers, who expect that we meet deadlines! Our distributor is responsible for hitting the newsstands around campus (over a dozen), and the selected spots that we have downtown,

and at the University of Illinois. Additional spots are to be added at the discrimination of the editor and distributor.

WHAT KIND OF EQUIPMENT DOES THE PROSPECTUS USE?

We have two man workstations, which feature state-of-the-art Apple products. Our design workstation features a 23" cinema display, and the research workstation is a 21" iMac. We have a fax machine, telephones, a laser printer, copy machine, and full array of office supplies. We even sport a refrigerator and microwave to help you ease

your hunger pangs while working on assignments between classes (but you must provide the food).

WILL I GET PAID?

Each year the *Prospectus* offers a few different ways to compensate staff members. For students who are registered as full-time, there are opportunities to work on scholarship. Staff on scholarship are held to a high level of accountability! The *Prospectus* is authorized to pay for up to 12 hours of Parkland classes, depend-

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Health Library: To tattoo or not to tattoo?

MyStudentHealthZone.com
(MCT)

It seems like everyone has a tattoo these days. Maybe you've thought about getting one. But before you head down to the nearest tattoo shop, here are some things you need to know.

SO WHAT EXACTLY IS A TATTOO?

A tattoo is a puncture wound, made deep in your skin, that's filled with ink. It's made by penetrating your skin with a needle and injecting ink into the area, usually creating some sort of design. What makes tattoos so long-lasting is they're so deep—the ink isn't injected into the epidermis (the top layer of skin that you continue to produce and shed throughout your lifetime). Instead, the ink is injected into the dermis, which is the second, deeper layer of skin. Dermis cells are very stable, so the tattoo is practically permanent.

Most tattoo shops use a tattoo machine, a handheld electric instrument that uses a tube and needle system. On one end is a sterilized needle, which is attached to tubes that contain ink. A foot switch is used to turn on the machine, which moves the needle in and out while driving the ink about a quarter of an inch into your skin.

DOES IT HURT?

Getting a tattoo can hurt, but the level of pain can vary. Because getting a tattoo involves being stuck multiple times with a needle, it can feel like getting a bunch of shots or being stung by a hornet multiple times. Some people describe it as "tingling." It all depends on your pain threshold, how good the person wielding the tattoo machine is, and where exactly on your body you're getting the tattoo. Also, keep in mind that you'll probably bleed a little. Getting a tattoo can take several hours, depending on the size and design chosen.

IF YOU'RE THINKING ABOUT IT

If you're thinking about getting a tattoo, there is one very important thing you have to keep in mind—getting it done safely. Although it might look a whole lot cooler than a big scab,

a new tattoo is also a wound and is at risk for infections and disease.

First, make sure you're up to date with your immunizations (especially hepatitis and tetanus shots) and plan where you'll get medical care if your tattoo becomes infected (signs of infection include excessive redness or tenderness around the tattoo, prolonged bleeding, pus,

- Make sure the tattoo studio has an autoclave (a device that uses steam, pressure, and heat for sterilization). You should be allowed to watch as equipment is sterilized.

- Check that the tattoo artist is a licensed practitioner. If so, the tattoo artist should be able to provide you with references.

- Be sure that the tattoo studio follows the Occupational

your body will be cleaned and disinfected.

- The tattoo artist will put on clean, fresh gloves (and possibly a surgical mask).

- The tattoo artist will explain the sterilization procedure to you and open up the single-use, sterilized equipment (such as needles, etc.).

- Using the tattoo machine (with a sterile, single-use needle attached), the tattoo artist will begin drawing an outline of the tattoo under your skin.

- The outline will be cleaned with antiseptic soap and water.

- Sterile, thicker needles will be installed on the tattoo machine, and the tattoo artist will start shading the design. After cleaning the area again, color will be injected.

- Any blood will be removed by a sterile, disposable cloth or towel.

- When finished, the area, now sporting a finished tattoo, will be cleaned once again and a bandage will be applied.

TAKING CARE OF A TATTOO

The last step in getting a tattoo is very important—taking care of the tattoo until it fully heals. Follow all of the instructions the studio gives you for caring for your tattoo.

To make sure your tattoo heals properly:

- Keep a bandage on the area for up to 24 hours.

- Avoid touching the tattooed area and don't pick at any scabs that may form.

- Wash the tattoo with an antibacterial soap (don't use alcohol or peroxide—they'll dry out the tattoo). Use a soft towel to dry the tattoo—just pat it dry and be sure not to rub it.

- If you don't have an allergy to antibiotic ointment, rub some into the tattoo. Don't use petroleum jelly—it may cause the tattoo to fade.

- Put an ice pack on the tattooed area if you see any redness or swelling.

- Try not to get the tattoo wet until it fully heals. Stay away from pools, hot tubs, or long, hot baths.

- Keep your tattoo away from the sun until it's fully healed, then wear a sunscreen with a minimum SPF of 30 to protect it from fading.

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Getting ink done

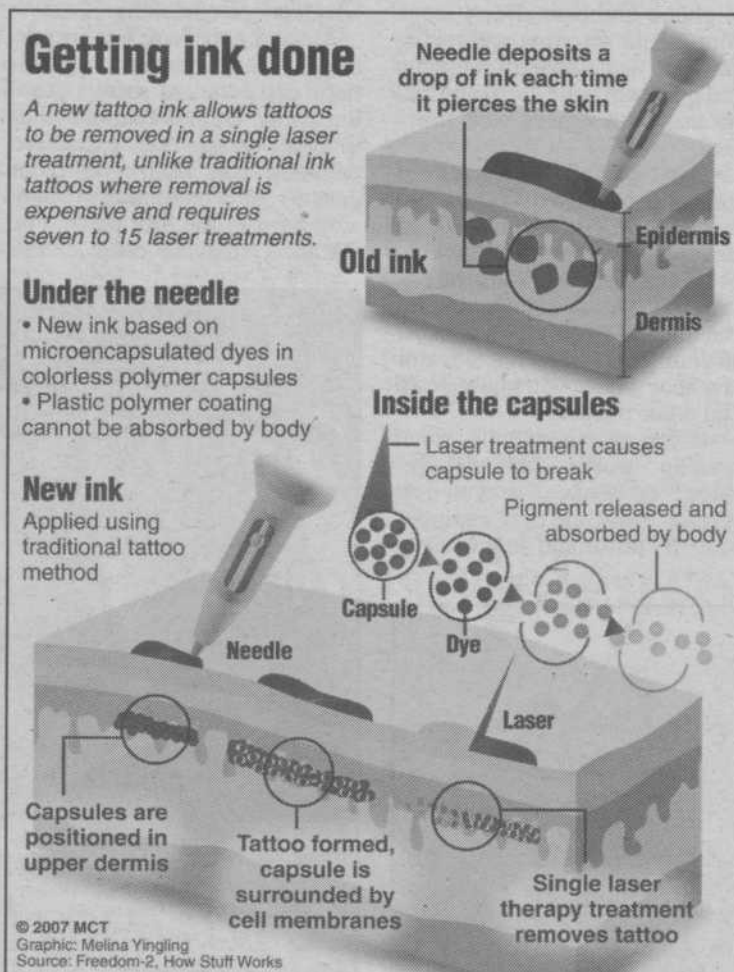
A new tattoo ink allows tattoos to be removed in a single laser treatment, unlike traditional ink tattoos where removal is expensive and requires seven to 15 laser treatments.

Under the needle

- New ink based on microencapsulated dyes in colorless polymer capsules
- Plastic polymer coating cannot be absorbed by body

New ink

Applied using traditional tattoo method



or changes in your skin color around the tattoo).

Make sure the tattoo studio is clean and safe, and that all equipment used is disposable (in the case of needles, gloves, masks, etc.) and sterilized (everything else). Some states, cities, and communities set up standards for tattoo studios, but others don't. You can call your state, county, or local health department to find out about the laws in your community, ask for recommendations on licensed tattoo shops, or check for any complaints about a particular studio.

Professional studios usually take pride in their cleanliness. Here are some things to check for:

Safety and Health Administration's Universal Precautions, regulations that outline procedures to be followed when dealing with bodily fluids (in this case, blood).

If the studio looks unclean, if anything looks out of the ordinary, or if you feel in any way uncomfortable, find a better place to get your tattoo.

WHAT'S THE PROCEDURE LIKE?

Here's what you can expect from a normal tattooing procedure:

- The tattoo artist will first wash his or her hands with a germicidal soap.

- The to-be-tattooed area on

WEIRD

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pals could capture the plunge on video to put on his MySpace Web page.

Feuds

(1) Hiroshi Nishizaki, 46, was arrested in Osaka, Japan, in May and accused of causing damage of the equivalent of about \$5,500 by pouring urine on a neighbor's house on 169 occasions, because it was blocking Nishizaki's view. (2) Wheaton, Ill., lawyer Donald Ramsell sued Geneva, Ill., lawyer Douglas Warlick in June, demanding that Warlick continue to sell him "his" two of the four season tickets to Chicago Bears games they had split since 1985 but which Ramsell suspected Warlick might keep for himself this year. Warlick complained to the Chicago Tribune in June that Ramsell had never contacted him, but just filed his lawsuit out of the blue. Said Ramsell, "The courthouse is where you go when you have a dispute."

Yikes!

(1) In June, Pfc. Duncan Schneider finished training with his Oregon Army National Guard unit, immediately married his longtime girlfriend, and prepared for deployment to Iraq; the marriage means that Schneider's unit's first sergeant is now his mother-in-law. (2) Officials at the Masters games in Milan, Italy, in July announced in advance that, since the invited athletes ranged in age from 35 on up to the 90s, the javelin competition would be moved to a site far away from most of the other events.

Thinning the Herd

(1) A burglar was killed trying to sneak into the Maranatha Used Clothing store in Miami on May 31; police said the man had crawled between the blades of a large, idle ventilation fan but that before getting all the way through, he accidentally tripped the "on" switch. (2) In Forst, Germany, in May, as a 43-year-old man and a 12-year-old boy vied in a spitting-for-distance contest from a second-story balcony, the grown-up, trying for extra momentum, thrust himself forcefully up to the railing, launched his saliva, and accidentally fell to his death.

(Visit Chuck Shepherd daily at <http://NewsoftheWeird.blogspot.com> or www.NewsoftheWeird.com)

Health Library: Personal Safety

MyStudentHealthZone.com
(MCT)

Staying safe at college doesn't mean abandoning your normal life. It means being smart—being aware of risky behaviors and situations and how to avoid them. Ultimately, you're responsible for your own safety and should take steps to protect yourself.

TIPS FOR STAYING SAFE AT SCHOOL

All colleges and universities that participate in federal student aid programs are legally required to make campus crime statistics available to students and staff. You can get this information from:

- Your college
- The U.S. Department of Education, which collects statistics from more than 6,000 schools
- The FBI's Uniform Crime Reporting program, which includes data for about 400 schools

•An organization called Security on Campus, which publishes a "Campus Safety" brochure

Be sure to check out the safety of the surrounding community. "On-campus" crime statistics often only cover classrooms, dorms, and common areas—not off-campus housing, clubs, fraternity/sorority houses, or downtown areas.

Safe Campuses Now and Security on Campus offer the following tips:

•Understand your surroundings. Determine the safest routes to your classes, the dining hall, and anywhere else you go regularly. Look for open, well-lit, and well-traveled areas. Carry a cell phone if possible, and make sure it's programmed with the telephone number for campus security.

•Never walk alone, especially at night. Travel in a group. At night, call a cab or take a campus bus or shuttle. If you study late or work a late shift alone, check in periodically with a friend. And call a campus security escort to see you home safely.

•Make sure your roommate, friends, and parents know your daily schedule and telephone number. If you go on a date or

to the student union for a late snack, let someone know where you're going and when you expect to return.

If you live off campus, apply these same safety standards to student apartment complexes or other living arrangements.

Living in a dormitory, residence hall, or apartment carries additional safety considerations:

•Do the locks work on the doors and windows? Does your door have a deadbolt lock? What about a peephole? If you have a choice, choose a card-access system for your door, which provides more security than standard locks and keys.

•Keep your door locked—whether you're home or away—and don't give anyone your key. Even if a roommate asks you to leave a door unlocked, don't. If you live on the first or second floor, lock your windows and close your blinds, too. And report any propped-open exit

doors to your security desk.

•Check whether your dorm has a central entrance monitored throughout the day and night. Showing your ID at the front desk may seem like a hassle, but it protects you and everyone else in the dorm. Don't let anyone else use your ID card to gain entrance to a dorm or classroom building.

•Know your neighbors. If you notice any suspicious or illegal behavior, don't be afraid to report it.

•Be cautious when it comes to phone numbers. Don't leave your name on your answering machine or voice-mail message and program your dorm and cell phones with emergency numbers.

•Don't get on an elevator if someone on board makes you feel uneasy. When you enter an elevator, stand next to the controls. And if you're riding the elevator with a person who makes you uncomfortable, don't get off on your floor—take the elevator to a floor where you know you'll find other people.

•If you ever need help, shout specific words like "Help," "Fire," or "Police." If you just scream, someone may misinterpret the noise and just assume

there's a wild party down the hall.

SAFETY IN SPECIAL SITUATIONS

Being in control means you are constantly aware of your surroundings and the people around you. It means making careful decisions about intimate relationships and stopping if a partner says "no." Being in control also rules out excessive drinking, doing drugs, driving if you've been drinking, and getting into a car driven by anyone who has been drinking.

Alcohol and drug use in particular have serious implications for personal safety. Staying away from situations that involve drugs and excessive drinking can keep you from getting into potentially risky situations in the first place. For instance, steering clear of the

drinking and drug scene may help you avoid harmful scenarios such as binge drinking or date rape. (Some students who have been sexually assaulted had their drinks spiked with "date rape drugs" that altered their awareness and ability to defend themselves.)

To feel more in control if you do ever face a dangerous situation, you may want to learn how to defend yourself. Many campuses offer self-defense classes that teach you how to deal with an attacker. These classes may also give you tips on how to feel safer on campus. When you have the knowledge and tools to protect yourself, you will be able to feel confident and secure at school. After all, the goal is to be safe, not scared.

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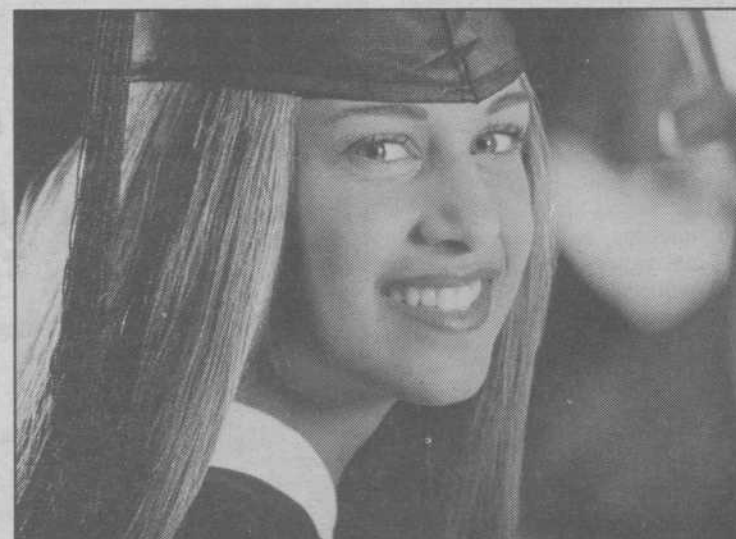
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Health Library: Birth control

MyStudentHealthZone.com
(MCT)

With the freedom many students gain by leaving home, decisions about sex often begin to take a larger role. But with this decision comes responsibility. In addition to preventing unwanted pregnancies, people must protect themselves from sexually transmitted diseases (STDs).

For those who choose to have sex, there are many effective birth control methods to choose from:

•**Abstinence:** The most effective method of birth control, abstinence means no sexual intercourse. Abstinence is the only absolute way to avoid pregnancy or STDs.

•**Birth Control Pill:** This is a daily pill prescribed by a doctor that contains the hormones estrogen and progesterone, which prevent pregnancy. The birth control pill does not protect against sexually transmit-

ted diseases (STDs).

•**Cervical Cap:** A cervical cap is a small, thimble-shaped cup made of rubber that fits over the cervix (the area between the vagina and the uterus). The cervical cap keeps sperm from entering the uterus by forming a seal. For added protection, spermicide is put into the cap before inserting the cap snugly over the cervix. The cap is inserted before having sex and can be left in place for up to 48 hours. The cervical cap does not protect against STDs.

•**Condom:** A condom is a thin latex sheath worn on the penis. The condom works by keeping semen from entering the vagina. It is placed on a guy's penis when it becomes erect. When properly used, latex and plastic condoms are effective against most STDs. Condoms are available without a prescription and are sold in drugstores, supermarkets, and even vending machines.

•**Depo-Provera:** Depo-Provera,

or the birth control shot, is a long-acting form of the hormone progesterone given by injection to protect against pregnancy for 3 months. It must be given every 3 months by a doctor, and the injection is given in the arm or the buttocks. The shot primarily works by preventing ovulation (the release of an egg during the monthly cycle). It does not protect against STDs.

•**Diaphragm:** A diaphragm is a dome-shaped bowl made of thin, flexible rubber that sits over the cervix (a doctor must initially fit a patient with a diaphragm). It keeps sperm from entering the uterus by blocking the cervix. For added protection, spermicide is put into the bowl of the diaphragm and along its edges before inserting the diaphragm. The diaphragm is inserted up to 6 hours before having sex. After sex, it must be left in for at least 6 hours, but no longer than 24 hours. The diaphragm does not protect against STDs.

•**Emergency Contraception**

(Morning-After Pill): Emergency contraception is a way to prevent pregnancy after unprotected sex. Often called the morning-after pill, emergency contraceptive pills (ECPs) can be taken any time up to 72 hours after having unprotected sex. ECPs are prescribed by a doctor. Emergency contraception does not protect against STDs and is not recommended as a regular birth control method.

•**IUD:** The intrauterine device (IUD) is a piece of plastic placed inside the uterus by a doctor. The most common type of IUD is T-shaped and covered with copper wire. Some IUDs are coated with the hormone progesterone. The copper-coated IUD primarily prevents pregnancy by not allowing the sperm to fertilize the egg. The IUD does not protect against STDs.

•**Rhythm Method:** The rhythm method is a way to prevent pregnancy by not having sex around the time of ovulation. Couples who want to have a baby can also use this method to have sex during the time that they are most likely to get pregnant. It is sometimes called nat-

ural family planning, periodic abstinence, or fertility awareness. The rhythm method does not protect against STDs and is not a reliable way to prevent pregnancy.

•**Spermicide:** Spermicides contain nonoxynol-9, which kills sperm before they are able to swim into the uterus. Spermicides come in several different forms: cream, gel, foam, film, and suppositories. They are most effective when used with another method of birth control such as a condom or diaphragm. Spermicides are available without a prescription and are found in drugstores and some supermarkets.

•**Withdrawal:** Withdrawal is when a man removes his penis from the vagina just before he ejaculates (also called *coitus interruptus*, or pulling out). Withdrawal is an attempt to keep sperm from entering the vagina by having the man ejaculate outside the vagina. Withdrawal is not a reliable way to prevent pregnancy.

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Health Library: Campus violence

MyStudentHealthZone.com
(MCT)

College campuses are usually serene places, and most students worry about little more than locking up their bikes outside classrooms and their dorm rooms at night.

Yet after the devastating massacre at Virginia Tech, where one student killed more than 30 other students and instructors before taking his own life, it's natural for students — no matter where they go to school — to worry about whether this type of incident could happen to them.

School violence of this magnitude is rare. But when a tragedy like this happens, it's normal to feel sad and anxious, and to want to make sense of the situation.

HOW SAFE ARE CAMPUSES?

It's actually safer to be on a campus than in a car. More young adults die in car accidents than in shootings (and that's all shootings, not just the ones that happen in schools). So the vast majority of students

will never experience on-campus violence.

However, in recent year many colleges have begun to re-evaluate their safety needs and procedures in response to the concerns of families and communities. Many already have installed metal detectors.

WHY DOES IT HAPPEN?

School violence isn't easy to understand. There is no single reason why students become violent. Some are copying behavior they grew up with, or saw on the streets, or in video games, movies or TV. Sometimes, people who turn violent are victims of teasing who've hit a limit and feel like they would do anything to make it stop. They may feel isolated and rejected by their peers, or have undergone a breakup with a romantic partner. These are only a few of the reasons why someone may become violent.

There's one thing experts do agree on, though: Having access to guns or other weapons makes it easier for some people to lash out against the things or people they don't like.

WHAT CAN I DO?

Someone on the verge of violence usually displays warning signs, which can include:

- Playing with weapons of any kind,
- Bragging about acts of violence he or she would like to commit,
- Showing an obsession with violent movies or playing violent games,
- Bullying or threatening other people,
- Cruelty to pets or other animals.

If you start feeling unsafe, contact campus security or, if you live on campus, your RA. It can be difficult to report violence and many college students might feel that, as adults, they can handle all problems themselves.

But many colleges have systems in place that allow students to report the possibility of violence anonymously. Maybe yours has (or could set up) an anonymous hotline for people to share concerns without worrying that their report would become public knowledge.

If you've witnessed or experienced violence of any kind, not

talking about it can make feelings build up inside and cause problems, such as posttraumatic stress disorder (PTSD). PTSD can develop in someone who has lived through a traumatic event, such as a serious car accident, physical or sexual abuse, or a shooting.

You don't have to be hurt to experience PTSD — for some people, simply watching a tra-

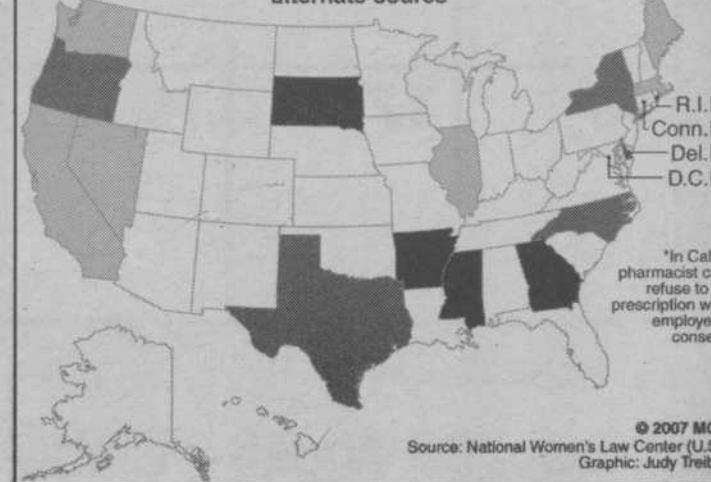
umatic event or being threatened with great physical harm is enough to trigger it. Campus counselors or community mental health resources can help — they're familiar with the issues violence can cause and can help you put things in perspective.

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State laws on filling prescriptions

Some pharmacists and drugstores have objected to filling prescriptions for birth control. How state laws vary:

- Pharmacist must dispense prescription*
- Pharmacist can refuse but can't interfere; should refer patient to alternate source
- Pharmacist can refuse to dispense

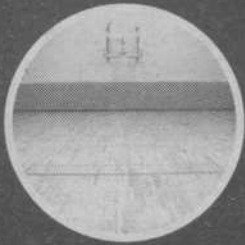


© 2007 MCT
Source: National Women's Law Center (U.S.)
Graphic: Judy Treible

AUG / SEP 2007



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		21	22 Annual Art and Design Faculty Exhibition (8/20-9/20) Parkland Art Gallery	23 William Wallace was executed in London in 1305	24	
26	27 Welcome Week: Brain Food: apples and granola bars giveaway 11:30 - 1:30 College Center	28 Welcome Week: Junk Food: salty/sweet snack pack 11:30 - 1:30 College Center Antique Tractor Parade begins at Parkland	29 Welcome Week: Recruitment Day 10:30 - 1:30 Flag Lounge and College Center Lunch (11:15am - 12pm) Beach Party	30 Welcome Week: Popcorn/Slushies 11:30 - 1:30 College Center High Noon with the Artist: Denise Seif, Jewelry	31 Welcome Week: Comfort Food: cookies and milk 11:30am - 1:30pm College Center	1
2 Japan surrenders to the United States (V-J Day)	3	4	5 Mother Theresa, Nobel Peace Prize winner, dies in Calcutta in 1997, age 87	6 High Noon with the Artist: Craig McMonigal, Photography Art Gallery	7 1979: ESPN makes its debut on television	8
9	10	11	12	13 High Noon with the Artist: Heidi Kellner, Graphic Design Art Gallery	14	15 1989: Pulitzer Prize-winning author Robert Penn Warren, the first poet laureate of the United States, dies
16	17	18	19	20	21	22



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Health Library: Binge drinking

MyStudentHealthZone.com
(MCT)

Binge drinking refers to the heavy consumption of alcohol over a short period of time. The generally accepted definition of binge drinking is the consumption of five or more drinks in a row by men—or four or more drinks in a row by women—at least once in a 2-week period. Heavy binge drinking includes three or more such episodes in 2 weeks.

WHO ENGAGES IN BINGE DRINKING AND WHY?

College students are more likely than other people the same age to binge drink. There are several reasons why some students binge drink. Being away from home and parental supervision for the first time, some students might think drinking is an expression of newfound freedom—even a sign of adulthood. Some students also use alcohol in an attempt to relieve stress and help them adjust to their new life.

Students may drink to fit in, too. On some college campuses, fraternities, sororities, and athletes set the social culture—and drinking is often encouraged. To feel accepted by these groups, students may become part of the drinking culture.

Also, liquor stores, bars, and alcohol distributors make drinking seem attractive and fun.

Although they claim to be advertising only to people of legal drinking age, sellers of alcohol aim much of their advertising and promotional campaigns at students of all ages, particularly in college towns.

WHAT ARE THE RISKS OF BINGE DRINKING?

Besides hangovers and not enough sleep, binge drinking can lead to missed classes, difficulty concentrating, memory lapses, mood changes, and other problems that affect your day-to-day life. Longer-lasting risks include:

- **Alcohol Poisoning.** This is the most immediate and life-threatening consequence of binge drinking. Alcohol poisoning happens when so much alcohol is consumed that the body's involuntary reflexes (like breathing and the gag reflex) are affected. If the gag reflex isn't working, a person who throws up risks choking to death on the vomit. Signs of alcohol poisoning can include extreme confusion or the inability to be awakened. Other symptoms include vomiting, seizures, slow or irregular breathing, low body temperature, and bluish or pale skin.

If you suspect someone has alcohol poisoning, seek help immediately by dialing 911. A person who has alcohol poisoning is in danger of dying or sustaining permanent brain damage.

- **Impaired Judgment.** Binge drinking impairs judgment, and drinkers are more likely to become drunk drivers and injure themselves or others (more than half of all fatal motor vehicle accidents of adults between 18 and 24 involve alcohol).

Risky sexual behavior can also have a lasting impact on students' lives. They may contract AIDS or another sexually transmitted disease from an unplanned and unprotected sexual encounter. Binge drinkers are also more likely than other people to be involved in aggressive behavior, including date rape and sexual assault.

- **Injury.** People whose judgment is impaired by alcohol are more liable to participate in minor vandalism or get hurt because they do things they wouldn't do when sober.

- **Personal Problems.** Binge drinkers are more likely to drop out. Drinking disrupts sleep patterns, which in turn makes it harder to stay awake and concentrate during the day. Binge drinkers may also be at higher risk for depression and other mental health issues. And,

excessive weight gain can be a bigger problem among those who drink heavily.

- **Alcoholism.** This is a lifetime problem with serious health consequences, including an increased risk of liver disease, high blood pressure, heart disease, and certain types of cancer.

People with symptoms of alcoholism may:

- Have a strong craving for alcohol,
- Be unable to stop drinking once they begin,
- Become nauseated, shaky, sweaty, or anxious if they go without drinking,
- Need to drink larger and larger amounts of alcohol to feel good.

Most colleges offer counseling services for students who have drinking problems. Counseling can provide students with insight into why they are drinking and help them find better ways to cope with the academic and social stresses of college life. Support groups may also help students who are trying to stop drinking.

Don't be concerned that word of your drinking will be shared with parents, professors, or college administrators. Services you receive at the campus counseling center are covered under medical privacy laws, and your records may not be released without your written consent.

IF YOU THINK YOU
HAVE A PROBLEM

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Drunk driving death rates

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Black fraternity tries to set an example in word, deeds

■ The call to ban the “N-word”

By **JEFF KUNERTH**
The Orlando Sentinel (MCT)

ORLANDO, Fla.—The head of the nation’s oldest and largest black fraternity Saturday called on the black community to ban the N-word from its vocabulary. The offensive racial epithet should be purged from music lyrics, movie dialogue, talk radio and playgrounds, said Darryl R. Matthews Sr., general president of the Alpha Phi Alpha fraternity.

“I don’t know many ethnic groups other than the black community that use such harsh language with each other and empower other people to think it’s OK to use it,” Matthews said in an interview following his address to 3,000 fraternity members attending their annual con-

vention in Orlando.

“The word has evil intent. It’s not a term of endearment. It is not just symbolic.”

As part of a new policy, Matthews challenged Alpha fraternities on college campuses to exorcise offensive words from their party entertainment.

“We want to go on record and tell our college brethren not to use DJs or play music that contains lyrics that are offensive, demeaning or degrading,” he said.

Matthews’ remarks are part of a growing movement by black leaders to discourage the use of the term by blacks and whites. The debate started with the outrage over “Seinfeld” comedian Michael Richards’ use of the epithet and escalated with the racially derogatory remarks by

radio shock jock Don Imus.

Arguing that you can’t condemn whites for using the word when blacks also use it, the NAACP last month staged a symbolic burial of the N-word at its convention in Detroit. Similar burials have been held in Houston and Philadelphia.

In Detroit, Matthews was one of the honorary pallbearers.

Earlier this year, Matthews railed against the influence of “gangsta rap,” which he described as “a bomb that is blowing up our children and neighborhoods.” On Saturday, he urged parents to listen to the music of their children so they can open a dialogue about negative messages in the lyrics.

“This is not a legislative action. This is a moral attitude action, it’s a common-sense action. We

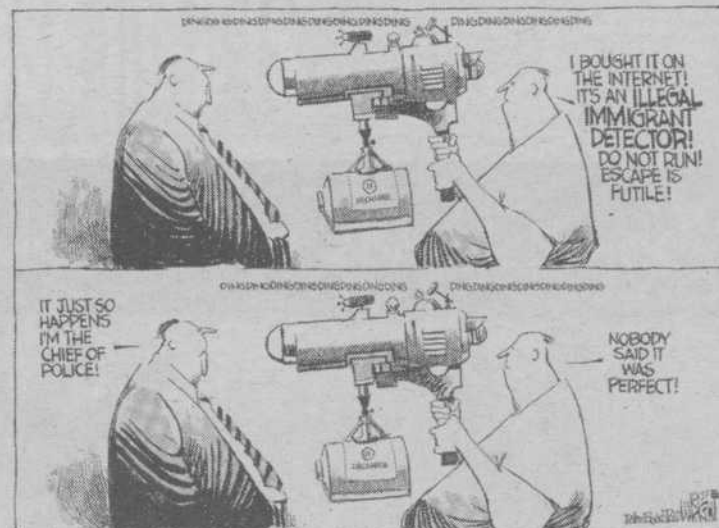
have tolerated as much as we can tolerate,” said Matthews, 53, who has three sons, ages 18, 20 and 26.

Similarly, Matthews urged “Alpha Men” to talk about the debilitating effects of racist and sexist language when working with the young men they are mentoring. Last year, Matthews set a goal of enlisting 10,000 Alpha Phi Alpha men to become Big Brother mentors.

“These are young people asking for assistance. They are saying, ‘I would love an adult to come into my life and show me the way,’” Matthews said.

Founded in 1906 at Cornell University in Ithaca, N.Y., Alpha Phi Alpha includes among its members civil-rights leader Martin Luther King Jr., U.S. Supreme Court Justice Thurgood Marshall, writer W.E.B. Du Bois, scholar Cornel West, historian John Hope Franklin, former Atlanta Mayor Andrew Young and Maynard Jackson, athlete Jesse Owens, football coach Eddie Robinson and NFL players president Gene Upshaw.

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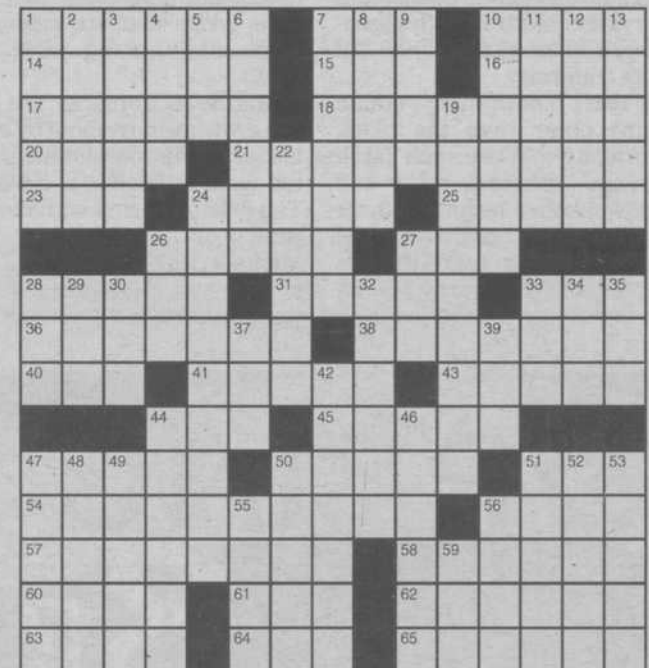
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	7	2	5					
6				8				1



Crossword

- ACROSS
- 1 Contralto Anderson
 - 7 Short flight
 - 10 Resist openly
 - 14 Juneau's land
 - 15 Ripen
 - 16 First name in scat
 - 17 Astrologer's chart
 - 18 More drowsy
 - 20 Slaughter in Cooperstown
 - 21 Slumbered the winter away
 - 23 D.C. bigwig
 - 24 Scoop holders
 - 25 Don clothes
 - 26 Sheriff's band
 - 27 Horse morsel
 - 28 Certain noble
 - 31 Remove fasteners
 - 33 Bobbsey twin
 - 36 Morally correct
 - 38 Branch of mathematics
 - 40 Keanu in "The Matrix"
 - 41 Metric measure
 - 43 Make very happy
 - 44 Not saying a word
 - 45 Mirthful
 - 47 Melted together
 - 50 Cash penalties
 - 51 Literary miscellany
 - 54 Slight augmentations
 - 56 Wading bird
 - 57 Timetable
 - 58 Bring in as a member
 - 60 Highland hats
 - 61 Heavy weight
 - 62 Boil
 - 63 Catch sight of
 - 64 Blast letters
 - 65 Prankster



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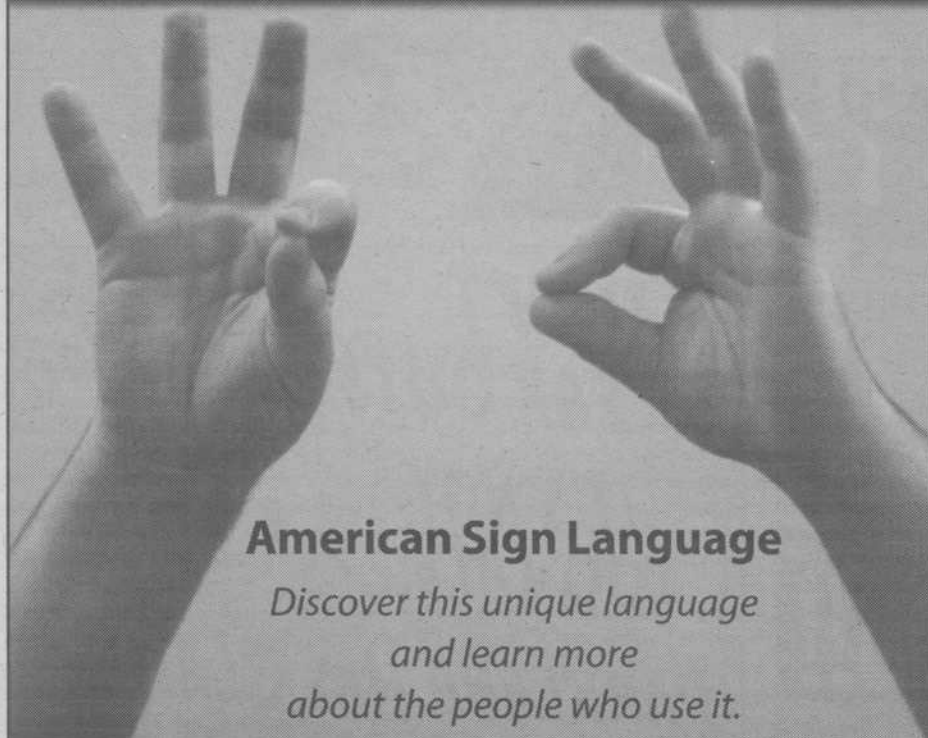
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Solutions

M	A	R	I	A	N	H	O	P	D	E	F	E	R
D	E	F	E	R	A	V	E	R	S	E	E	T	H
E	N	D	E	R	S	E	E	T	H	E	R	S	E
S	E	N	S	E	N	S	E	N	S	E	N	S	E
N	A	N	A	N	A	N	A	N	A	N	A	N	A
N	A	N	A	N	A	N	A	N	A	N	A	N	A
N	A	N	A	N	A	N	A	N	A	N	A	N	A
N	A	N	A	N	A	N	A	N	A	N	A	N	A
N	A	N	A	N	A	N	A	N	A	N	A	N	A
N	A	N	A	N	A	N	A	N	A	N	A	N	A
N	A	N	A	N	A	N	A	N	A	N	A	N	A
N	A	N	A	N	A	N	A	N	A	N	A	N	A
N	A	N	A	N	A	N	A	N	A	N	A	N	A

- DOWN
- 1 Labyrinths
 - 2 By oneself
 - 3 Bad gas in a home
 - 4 Goddess of fertility
 - 5 Alias, briefly
 - 6 Tijuana nosh
 - 7 One whose day is past
 - 8 Eyes flirtatiously
 - 9 Look intently
 - 10 Leave
 - 11 Creme de la creme
 - 12 Runs away
 - 13 Triple feet
 - 19 Imperils
 - 22 Treat with rudeness
 - 24 Ended
 - 26 Taro paste
 - 27 Lubricate
 - 28 Hogan or Crenshaw
 - 29 Had a meal
 - 30 Greek letter
 - 32 Mom or dad
 - 33 Hoopster's org.
 - 34 Comic Carney
 - 35 Aberdeen refusal
 - 37 Purpose
 - 39 Tarzan Ron
 - 42 Renowned
 - 44 Least little bit
 - 46 Put up a fight
 - 47 Pugilist's weapons
 - 48 Open, as a bottle
 - 49 Doofus
 - 50 Big-time criminal
 - 51 Borders on
 - 52 Recess
 - 53 Daisy relative
 - 55 Jeff's partner
 - 56 Concept
 - 59 Born in Nice

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PROSPECTUS
Friday, August 23, 2007 — Page 11

For Lease

Courtyard on Randolph— Now renting for August starting at \$630/mo., two and three bedroom apartments. 713 S. Randolph, Champaign. Includes cable, water, trash, laundry facility and seasonal pool. 352-8540 a.m., 377-4677 p.m. www.faronproperties.com

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- All classified ads must be submitted by 5 p.m. of the Thursday before desired publication.
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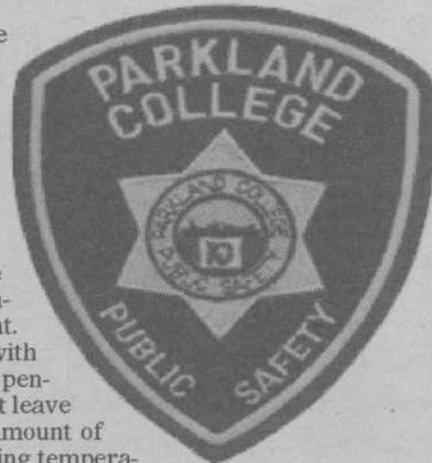
- The Prospectus reserves the right to revise or reject any advertisement.
- Advertisers must verify ads for accuracy. The Prospectus is not responsible for any errors from the advertiser.
- In case of an error in a published classified the Prospectus will run the ad again corrected.

Any questions can be directed to Kate Kaput, Business and Advertising Manager for the Prospectus at 217-373-3876.

Did you know that safety is everyone's business?

Extreme weather is common place in Central Illinois, and with summer comes extreme heat. Remember that your closed car can reach 140 degrees on a hot day within minutes, even if it is parked in the shade. So, **please**, do not leave children unattended in vehicles subjecting them to a life threatening situation.

Furthermore, it is illegal to leave your child inside a vehicle while running if there is not an adult present. Your best option is to take your child with you to prevent any possible injury or penalty by law. Additionally, please do not leave your pets in the vehicles either. No amount of water can protect them from the soaring temperatures of hot summer days. Summer is also a time for the seemingly ongoing road construction. Please slow down in these areas for your safety and others. As always, buckle up!



Ad Insertion Order

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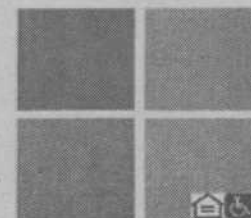
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Weather Forecast

Friday: Partly cloudy, with a high of 91.
Friday Night: An overnight low of 69 degrees with a fair wind and high humidity. Chance of rain only 20 percent.
Saturday: Scattered thunderstorms, some of them strong, chance of rain is 50 percent with a high of only 75.
Saturday Night: Strong winds clear storms away into clear night.
Sunday: Sunny and clear, with a high of 83.
Sunday Night: Partly cloudy, the low around 66.
Monday: Partly cloudy, the high increasing to 86.
Monday Night: Partly cloudy, the low around 68.
Tuesday: Mostly sunny, with a high of 87, and a low of 68. Tuesday makes way for another potentially strong cold front, that will bring storms and rains, and low of possibly in the 50s overnight.

TALENT

continued from page 2

ing on the semester, position, and applicant. There are student worker positions for some positions, which pay hourly. For contributing (otherwise known as freelance) writers and photographers, the Prospectus will pay by the word, or by the picture. Also, all staff members are treated with occasional dinner parties, they get great recommendations for good work performance, and they gain valuable skills for the professional world after college.

How hard is the job?

Depending on the position, the job can be a little taxing at times, but mostly it's fun! If you choose to work responsibly and with a professional attitude, you will find that the Prospectus is about the same as adding another class to your workload. Planning, attendance, and communication are essential. When these guidelines are followed, people have a great time!

How do I find out more?

You can stop by X-155 in the main wing, just to the side of the library stairs and by the office where you get your ID made. Or you can write to the editor at editor.prospectus@gmail.com. Give your name, your contact information, and what position interests you, and you'll get a response. Remember, the Prospectus is always looking for energetic students!

CrimeStoppers seeks assistance

This week, CrimeStoppers and Champaign Police investigators are seeking information regarding a burglary to the Smoke Deopt, located at 807 West Bloomington Road in Champaign.

On Wednesday, August 8, at approximately 4:00 a.m., two suspects gained entry to the business by breaking the glass out of the front door. Taken were approximately 115 cartons of cigarettes.

According to the surveillance video, one suspect appeared to be a white male wearing a dark colored baseball hat, light colored short-



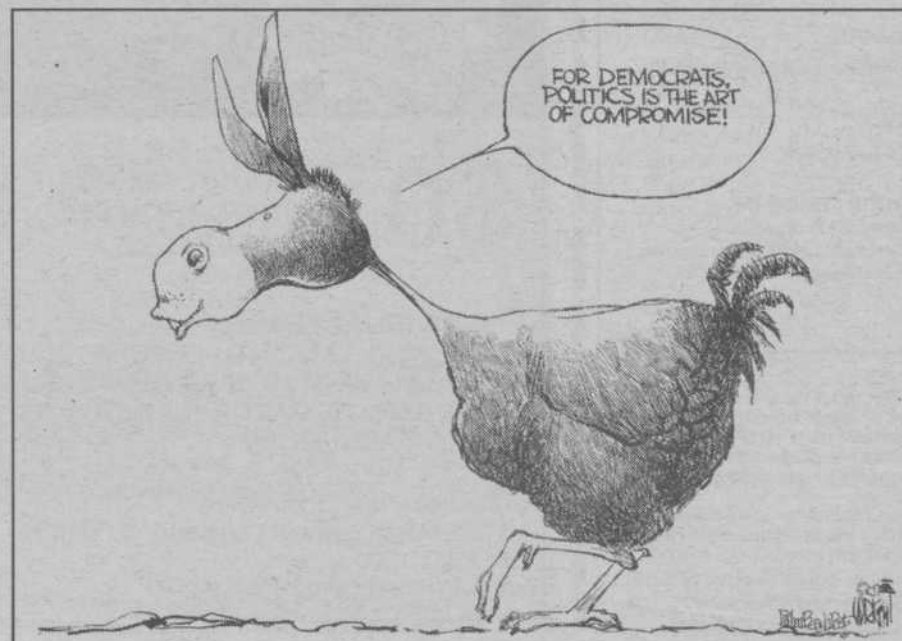
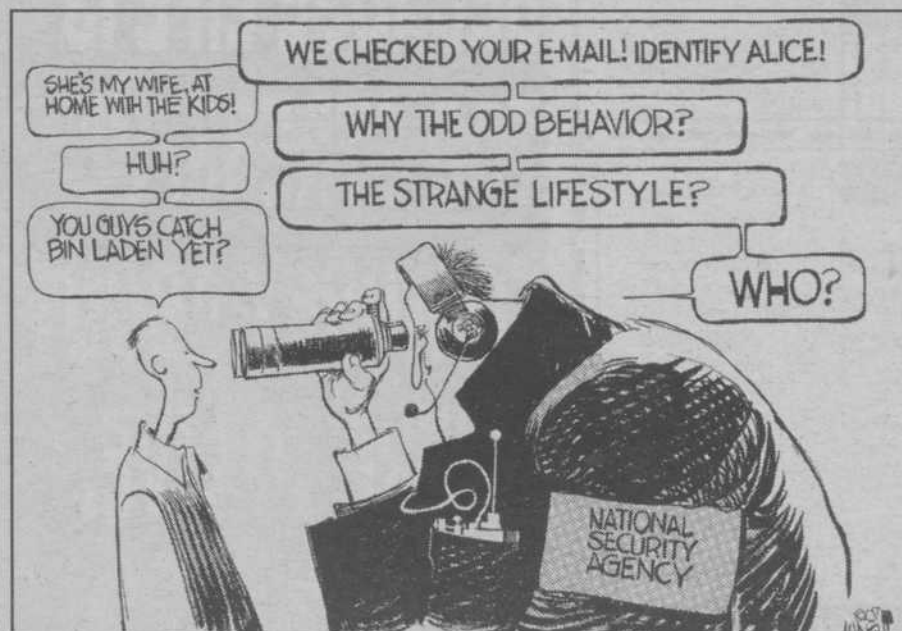
sleeved shirt, light colored pants, and white sneakers with a black stripe. The second suspect was wearing a light colored long-sleeved

shirt, dark pants, and dark shoes.

Champaign Police are encouraging anyone with information concerning this crime to call CrimeStoppers at (217) 373-TIPS or (217) 373-8477. The information you provide is confidential. You do not have to give your name or appear in court.

CrimeStoppers will pay a reward if the information you provide leads to an arrest for this crime.

CORRECTIONS/MISTAKES: In the July 27 edition of the paper, in the article "Parkland's Beauty a Local Landmark," we mistakenly used the name Chris Burdi. The name should be listed as Chris Berti. Also in the article, the groundscrew picture did not feature their names. We regret the errors.



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