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Echo, Summer/Fall 2005

Columbia College Chicago

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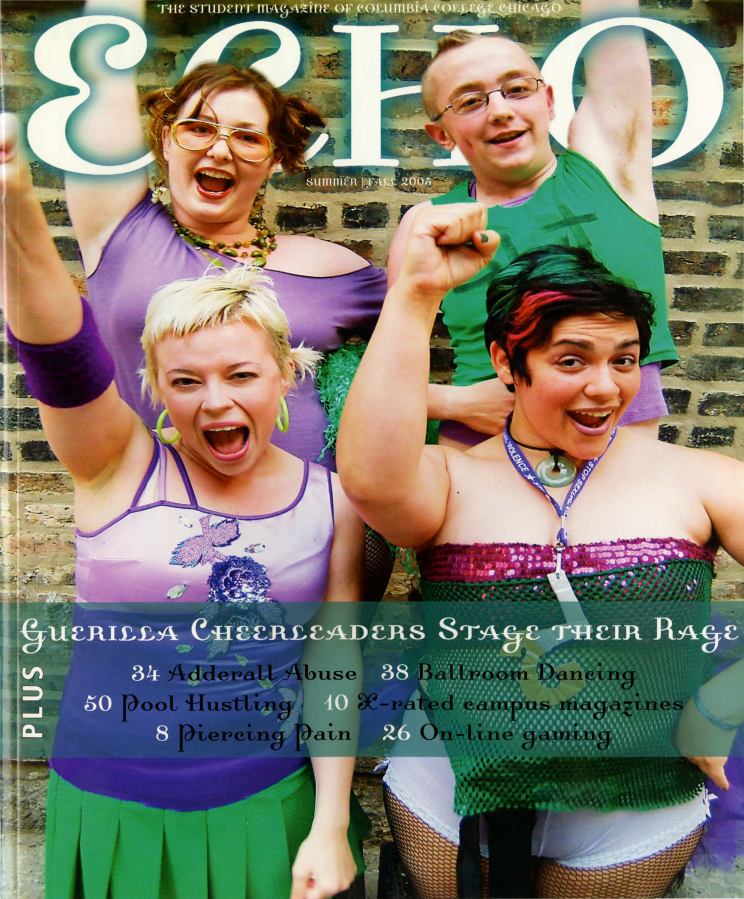
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ECHO

SUMMER/FALL 2005



GUERRILLA CHEERLEADERS STAGE THEIR RAGE

PLUS

- 34 Adderall Abuse
- 38 Ballroom Dancing
- 50 Pool Hustling
- 10 X-rated campus magazines
- 8 Piercing Pain
- 26 On-line gaming

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ECHO magazine

volume fifteen

number one

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Summer | Fall 2005

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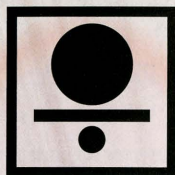


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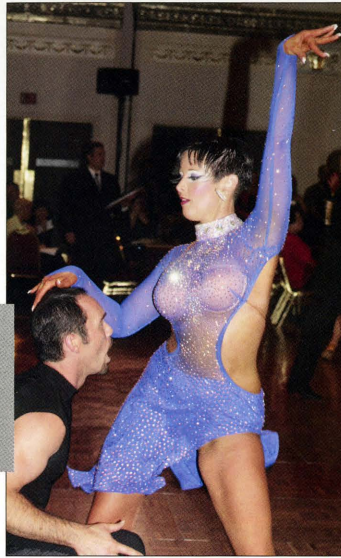
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ECHO

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38



SUMMER | FALL 2005
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∨
∨

28

INTENSECITY

Itty bitty beer slingers - Pint-sized bartenders serve up gallons of fun 8

Hey, did that hurt? - The pierced population helps you gauge the pain 8

Class act - Fatboy Clark aims to school you in jazz 9

Destination: Anywhere - 13 ways to get away *quick* 9

Got an hour? - Neo-Futurists perform 30 plays in 60 minutes 10

Brainiacs get freaky too - Sex-positive magazines titillate on campus 10

Under 21 - You won't get carded at these places 11

What's your hang-up? - There are no excuses for having bare walls 12

These tunes were made for walking - Here's a playlist for a purposeful pace 12

Night terrors - 10 faux pas to avoid 13

All tied up, from top... to toes - Essential accessories 13

Hidden history - One man's home is a living textbook of Mexican culture 14

Last stop on the underground - Burkhardt bids the city adieu 14

Feeling sheepish? - Don't be afraid to put a name on male moodiness 15

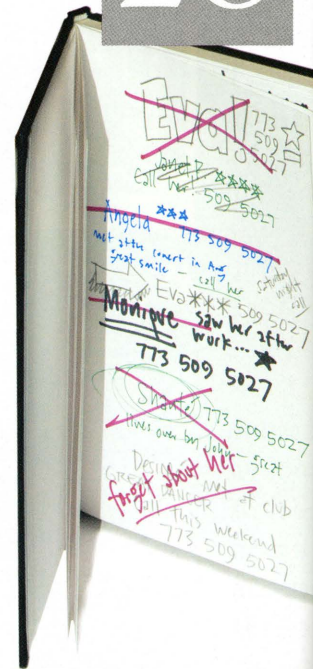
Major map - How to navigate the library's labyrinth 15

Music with a mission - Tribase Studios has a sound purpose 15

'80s flashback - A crossword puzzle for our generation 16

PORTFOLIO - A photograph by Sarah Ston 31

Last stop - A tribute to Elisha Otis' invention 64



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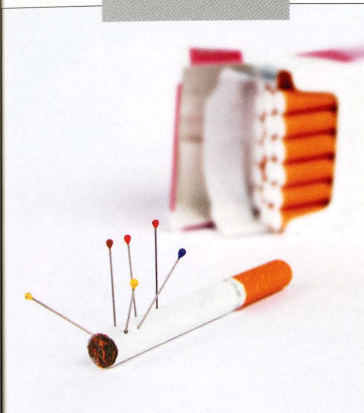


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Yvette Hamlin

19 <<



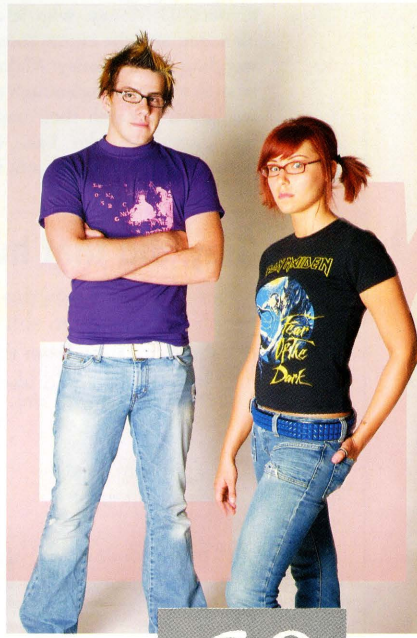
>>
10

DEPARTMENTS

SCHOOL: **Ciao, Columbia** - Consider studying abroad 18
 SCHOOL: **Graduation from college and a bad habit** - How to quit smoking 19
 SCHOOL: **Don't drop out** - A personal crisis doesn't have to derail your education . . 20
 WORK: **Owed to Uncle Sam** - Filing your own taxes doesn't have to be taxing 21
 WORK: **Mind your manners** - Interview tips. Looking the part. Columbia classifieds. 22
 PLAY: **Get grillin'** - You don't need a backyard to have a barbeque 25
 PLAY: **War in the LANd** - One girl's foray into the male world of online gaming . . . 26
 LOVE: **Glimpsed & gone** - "I saw you" postings take aim at missed connections . . . 27
 LOVE: **Just say no** - The quick, easy solution to rejection 28

FEATURES

Prescription for Trouble - Adderall abuse is widespread on campuses 34
Dance with Me - Ballroom hits its 21st century stride 38
One Strike and You're Out - A lesson in the Higher Education Act 42
In the Shadows - Stalking is more common than most college students think 44
Rack 'Em - Chicago's pool hustlers play on 50
Access Denied - Why isn't emergency contraception widely available? 52
Enter at your Own Risk - How clean is Lake Michigan? 56
Guerrilla Cheerleaders - Activist squads are the fresh face of protest 58
How to be Emo - A guide to looking the part 60



>> 60



ah
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Wooten

David Maki

Itty bitty beer slingers

Pint-sized bartenders serve up gallons of fun

It's been a good weekend when you've seen a midget. It's been a better weekend when you've seen midgets dance on the bar. And admit it, it's been one hell of a weekend when a midget crawls up your chest to pour your favorite shot down your throat.

Oompa-loompa, doompadee do, we've found a midget bar for you! Nestled in a strip mall in the south suburbs lies Magilla's Eats & Beats, a tropical restaurant and nightclub, better known as home to the "little bartenders."

Decked with cage dancers, a wide variety of music, darts and even a dance floor, Magilla's features two regular midget bartenders, D-Money, who is also a manager, and the curvaceous, hip-wiggling Bit o' Honey. Make sure to stick around long enough on the weekends to catch their captivating dance on the bar, where patrons are welcome to join in.

Better yet, don't miss it when the bouncers hoist the little people onto the standard-height, bamboo-trimmed bar, where they get down (and sometimes dirty) with the scantily clad waitresses. If you're lucky, you'll get to see D-Money, in his touristy floral shirt, get spanked by the flirtatious staff.

"They're people, too—just a little shorter," says co-owner Alex, who requested her last name not be used. "It's a fun place to be. You have to see it to believe it."

So if you're looking to mambo with a midget, follow the yellow brick road to Magilla's. After all, life is too short to miss out on mini-bars!

Magilla's Eats & Beats
6602 W. 111th St.
Worth, IL 60462
(708) 361-1072

—Amy Dvorak



Little people, big fun: D-Money makes the most of his size.

Jenny A

'Hey, did that hurt?' The pierced population helps you gauge the pain

Piercing, as an American phenomenon, ranges from the popular earlobe to the more unusual bridge of the nose and neck. Some people get pierced to enhance their appearance; others do it to show their originality. Whatever the purpose, pierced people face the same question from the general public: Did it hurt? Some pokes are more painful than the others, so here's a scale to help you decide whether you'd like to join the pierced population.

—Lynne Pesavento and Yvette Ham



Jayne Joyce

EAR, EYEBROW, LIP

TONGUE, TRAGUS

NOSE

NAVEL, PRINCE ALBERT

STRETCHING, SEPTUM

CLITORAL HOOD, NIPPLE

THE "PAINOMETER"

- | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---------------------|-------------------|-------------------------------|----------------------------|------------------------------------|--|---------------------------------|--|------------------------|--|
| getting a paper cut | stubbing your toe | being slapped on your sunburn | getting kicked in the shin | slamming your hand in the car door | falling off your skateboard face first | giving birth to a 24-pound baby | getting your hand caught in a meat grinder | being mauled by a bear | tearing on your skin, pouring on arconon |

Class act

Fatboy Clark aims to school you in jazz

If you don't think you like jazz, you haven't heard Fatboy Clark. Playing everything from standards and funk to groove and originals,

the five-piece band is looking to do nothing less than sell you on jazz.

"All these old tunes, it's like playing jazz history. We're trying

to get people into the old music I think they've forgotten about or possibly never knew about in the first place," says drummer Robbie Tucker.

The band is comprised of Aaron Koppel on guitar, Nick Hill on bass, Jake Covington on tenor sax, Robbie Tucker on drums and Eric Woody on piano. Fatboy Clark—"Fatboy" for the name of a neighbor's cat and "Clark" for the street—came together in June 2004. Four of its five members are current or former Columbia College students.

"We try to, and I feel we can, relate jazz to those people who don't necessarily know what's going on in jazz," Tucker says. "By us playing and enjoying something that some find really different or hard to understand, it's like we're telling them, 'Yo, it just feels good. Listen and enjoy it.'"

Fatboy Clark draws a diverse crowd, from jazz fanatics to folks who simply stop in for a beer.

Covington attributes a lot of the draw to word-of-mouth.

"Work friends, classmates—they usually come back with friends. It's a pretty eclectic mix," he says.

Besides their apparent desire to get you to "get" jazz, why else does Fatboy Clark think you should see a Wednesday show?

"Because we have a strong connection between us—we're constantly reading each other and 'vibing' with each other," Hill explains. "It's very organic and I think people can see that. And, oh yeah, it's free!"

Fatboy Clark plays Wednesdays at Lelia Jane's, 1008 W. Armitage Ave., beginning at around 9 p.m.

No cover

Must be 21 or over

—Katherine Purtle



Harmony Hauser

Destination: Anywhere 13 ways to get away quick

Looking for a way to unwind? Don't rack your brain, because we've already racked ours. Here are the *ECHO* staff's suggestions.

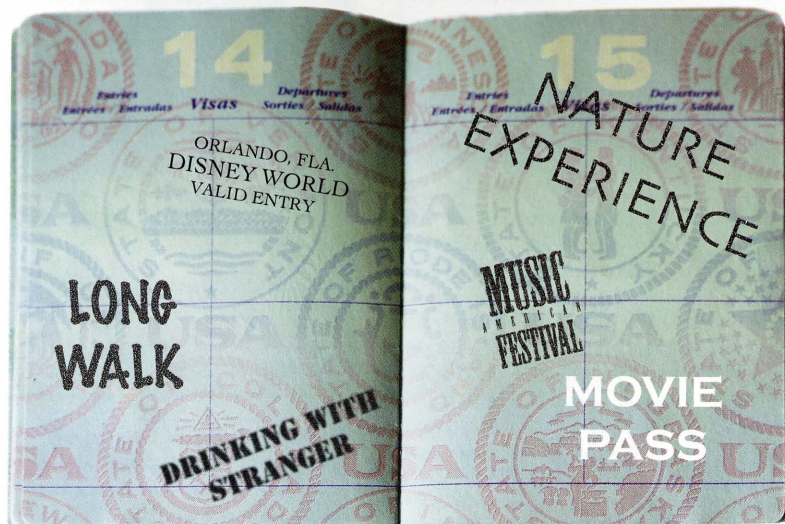
Order a tropical drink and plant palm trees in your mind.

Make your bed an island.

Visit a park and get in touch with nature.

Indulge your desire to be a Disney princess. Dress up!

Live like your favorite TV character for a day.



Embrace the inner Ebert and have a movie marathon.

The fare to Dreamland is always a bargain.

Channel that groupie spirit and attend a music festival.

Plan a road trip with your friends.

Avoid sunburn and become a creature of the night.

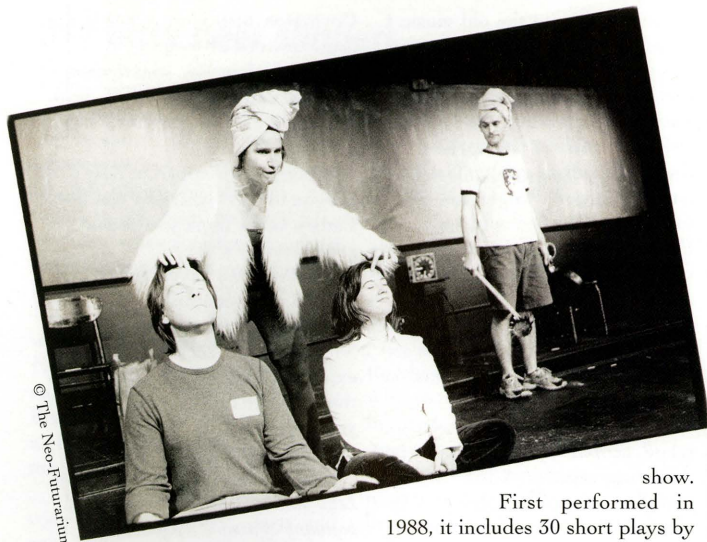
Take a long walk.

Buy a drink and befriend a stranger.

Get some balls! Volleyball, softball or basketball will do.

—Compiled by Yvette Hamlin

Got an hour? Neo-Futurists perform 30 plays in 60 minutes



© The Neo-Futurarium

It's no surprise that "Too Much Light Makes the Baby Go Blind" is Chicago's longest-running

show. First performed in 1988, it includes 30 short plays by an experimental theater troupe, the Neo-Futurists, and no two performances are exactly alike.

The "shorts," as they are called, are performed without elaborate costumes or sets. The high-energy

and highly interactive show sends audience members on a roller-coaster of emotions, from laughing aloud to thinking so hard their brains start to ache.

The Neo-Futurists draw their themes from the news and from their own lives. The result is an ever-changing collage of the collective human experience that the troupe describes as "a fusion of sport, poetry and living newspaper."

"It's so bizarre and hilarious, yet has a cohesive and aesthetic quality to it," says first-time viewer Laurie Barker, a student at North Park University.

Even before the stopwatch starts, the craziness begins. Audience members each roll a die and add \$7 to get their ticket price. Then they are given wacky nametags and spend the hour going by "Cheetoh" or "G-Funk."

Performers also roll a die to determine how many of the short

plays will be replaced with new ones created on the spot. During the performance, audience members shout out their requests and actors scramble to keep up with them and the clock. When the buzzer goes off, it's over.

It's an exhausting experience even for the audience. In one hour they've laughed at dirty jokes, gotten doused with water, cringed at the sound of wet tampons hitting chalkboard, and even been brought close to tears during poignant moments. When the house lights go back on, it's easy to see why the baby went blind.

The Neo-Futurarium
5155 N. Ashland Ave.
Chicago, IL 60640
(773) 275-5255

Showtimes: Fridays and Saturdays, 11:50 p.m.; Sundays at 7:50 p.m.

—Amy Woo

Brainiacs get freaky, too Sex-positive magazines titillate on campus

College students are obsessed with sex. That's not news. But students at the University of Chicago obsessing over sex? That deserves a magazine.

Students there seem to think so, and they're not alone. Vassar, Harvard and Boston University have their own versions of what are being termed "sex-positive" magazines, which promote a view of sexuality founded on awareness and openness. Students serve as the writers, editors, photographers and models.

"The notion that we [U of C students] are all sexually shy is antiquated," explains Sida Xiong, editor of U of C's *Vita Excelsior*. "This is a forum for issues that have been there for years, but not talked about."

Vita strikes a balance among porn, art and humor. Volume 1 issue 2 features "Hot Girls Reading Books" and "Sexiest TAs," along with essays discussing bondage and discipline, and a woman's first experience with

pornography. The content is rounded out by the exposed buns (and other parts) of the men's discus team.

"We were worried the last issue pushed it with nudity, but the students took it in stride," says Xiong. "We had one angry email calling it disgusting. Other than that, the response was positive."

Vita receives school funding, and since money talks, U of C has asked the students to make some changes to their racy repertoire of articles. In an interview with the *Chicago Maroon*, the university's newspaper, Steve Klass, vice president of the university and dean of students, said he'd like to see *Vita* include "more discussions of public health issues, religious moral issues, historical perspectives, [and] the humanities."

Xiong says the staff at *Vita* intends to keep the administration's concerns in mind.

She says reflecting a diversity of opinions—administrative, conservative and freaky—is all a part of



Despite what their covers suggest, sex-positive magazines are meant to inform, not just shock.

Vita's campaign to expose the misconceptions people have about smart kids getting some, and the way those misconceptions change the game.

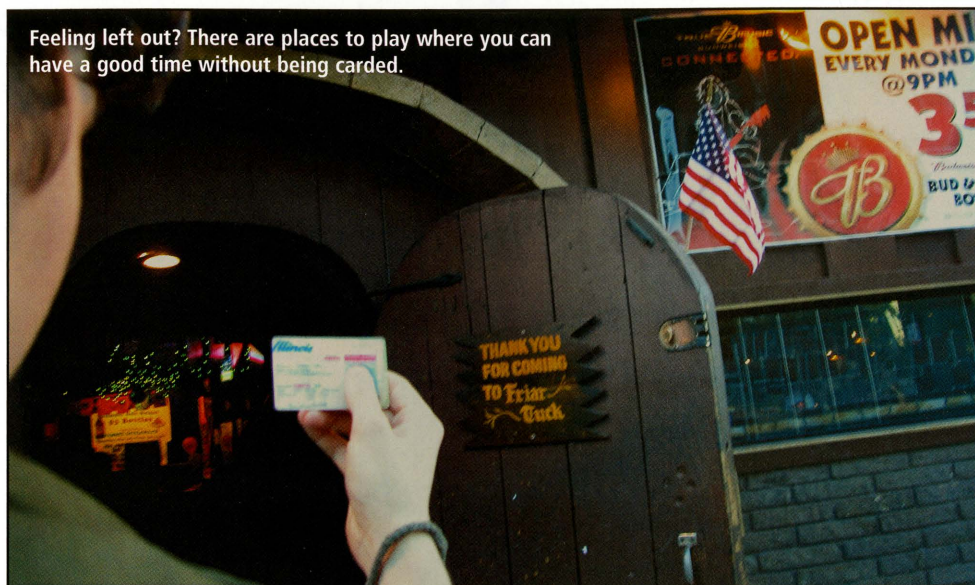
Vita is published six to eight times a year and is sold for \$2 on the U of C campus in Hyde Park on the city's South Side. Subscriptions will be available

soon for people off-campus who are interested in how the brain gets down.

One burning question remains: When do we artsy students get a piece of the magazines-about-ting-a-piece pie? We've been tin' freaky for years.

—Thais Pietra

Feeling left out? There are places to play where you can have a good time without being carded.



UNDER 21

Are you late being on the cusp of 21? Not old enough to get in to most clubs and bars, and not the type to sneak in with a fake ID? Don't fret! Here are some Chicago places where you won't feel left out.

CLUBS

Believe it or not, all clubs in Chicago aren't off-limits to those under 21. Some clubs are 18+ (others have designated nights) and won't make you feel like you're back at one of your high school dances.

Club Mambo

66 N. Milwaukee Ave.
(773) 481-2050
www.clubmambo.net

18 to enter, 21 to drink.

DJs spin the latest reggae, Latin, hip-hop and house music. Live reggae music on Saturday nights. Caribbean food.

Club PM

47 N. Milwaukee Ave.
(773) 489-0600

18 to enter, 21 to drink. Saturdays 21+ only.

Three floors of bumping music to choose from.

THEMED FUN

Some places in Chicago revolve around a theme or motif that makes alcohol optional.

ESPN Zone

43 E. Ohio St.
(312) 644-ESPN
www.espnzone.com/chicago

18 to enter, 21 to drink.

Interactive games, spectator sports and American food.

Tony 'n' Tina's Wedding

230 W. North Ave.
(312) 664-8844
www.tonyntina.com

Be a guest at a mock Italian wedding with an all-you-can-eat, family style Italian dinner and wedding cake. Admission includes the ceremony, reception, dinner, live music and dancing.

CAFÉS

These late-night hangouts serve up a variety of goodies.

Tea Leaf Café

2336 S. Wentworth Ave.
(312) 808-3668
www.tealeafcafe.com

The work of local artists is on the walls (and for sale). There's wireless Internet access, board games and an outdoor seating area.

Hot Chocolate

1747 N. Damen Ave.
(773) 489-1747

This hip café serves up desserts that are to die for.

BOWLING & POOL

Here are two sports that are fun no matter what your skill level.

Fireside Bowl

2648 W. Fullerton Ave.
(773) 486-2700
www.firesidebowl.com

UIC Bowling & Billiards Center

750 S. Halsted St.
(312) 413-5170

OTHER IDEAS

- Local beaches close at 11 p.m. Gather your friends for a moonlit game of volleyball.
- Music venues such as the House of Blues, the Metro and the Vic host a variety of concerts open to all-ages (21+ to drink).
- Support the home team! Cubs and White Sox games are all-ages.

—Desireé Alexis

What's your hang-up?

There are no excuses for having bare walls

There are plenty of ways to fill the space on your walls without putting a hole in your wallet. With a little creativity, almost anything—from tickets stubs to maps—can perk up your place.

Frames are expensive, especially if you want something a bit nicer than the standard-issue ones made for diplomas. So try these ideas to display your photos and trinkets for cheap.

Paint a colored square on your wall, then mount a few photographs in that area. Leave plenty of space between them to let the color show. For variety, change the photos from time to time.

Build your own frame. Buy white foam core at a hardware store, cut it to the size of your picture, and attach the picture to it with archival spray adhesive. If you cut the foam core a little smaller than the picture, you can fold the picture over the sides to make it look like a canvas. Hang it that way or add a frame made of twigs, chopsticks, pencils or even dried and painted bread dough. You can also cut foam core board in a frame shape to fit the outside of your picture and cover it with fabric.

If you own plain frames, dress them up by gluing on small pine cones, seashells, buttons, pasta, coffee beans, driftwood pieces, bottle caps, wine corks, wood cutouts or small novelty toys. Arrange the items on paper before you start gluing. Or simply jazz up an old frame with a new coat of paint.

Need ideas for things to frame? CD covers, vintage vinyl records, music magazine covers, old t-shirts, greeting cards, dried flowers, old love letters, maps, calendar pictures, and even ticket stubs can add personality to your walls. Anything that represents your interests can liven up your living space.

—Yvette Hamlin

David Fish

These tunes were made for walking

Here's a playlist for a purposeful pace

Joining the crowd's hustle in downtown Chicago can be stressful, especially when you have a train or a class to catch. So give some method to your madness: walk with music. You'll not only get to your destination faster, but the commute will be more fun.

The key is choosing songs with the proper beat. Good walking music has an allegro, or brisk, tempo, which is about 120 to 160 beats per minute. Through extensive research, *ECHO* has found the right songs to take you from place to place on common downtown routes.

Here are some suggestions for the perfect Chicago-pace playlist.

THE JOURNEY AT 126 BPM:

Walking from the University Center (525 S. State St.) to Union Station (444 W. Jackson Blvd.) takes 15 minutes.

THE ROUTE:

North on State Street, west on Jackson Boulevard.

RECOMMENDED TUNES:

Outkast "The Way You Move"	4:50
The Darkness "I Believe in a Thing Called Love"	3:54
Kanye West "The New Workout Plan"	4:00
Trick Daddy "Sugar (Gimmie Some)"	3:46

THE JOURNEY AT 118 BPM:

Walking from Columbia's film department (1104 S. Wabash Ave.) to the Art Institute of Chicago (111 S. Michigan Ave.) takes 12 minutes.

THE ROUTE:

North on Wabash Avenue, east on Adams Street.

RECOMMENDED TUNES:

Queen "Another One Bites the Dust"	3:30
Nine Inch Nails "Closer"	4:32
Vanilla Ice "Ice Ice Baby"	4:25

THE JOURNEY AT 126 BPM:

Walking from Columbia's Alexandroff Campus Building (600 Michigan Ave.) to the Music Center (1014 S. Michigan Ave.) takes minutes.

THE ROUTE:

South on Michigan Avenue.

RECOMMENDED TUNE:

Salt-N-Pepa "Push It"	4:32
-----------------------	------

If you keep the pace, you won't be late again. So don't be afraid to follow in John Travolta's footsteps and pull a "Saturday Night Fever." Go strut your stuff!

—Rebecca Mielcat

Eight terrors faux pas to avoid

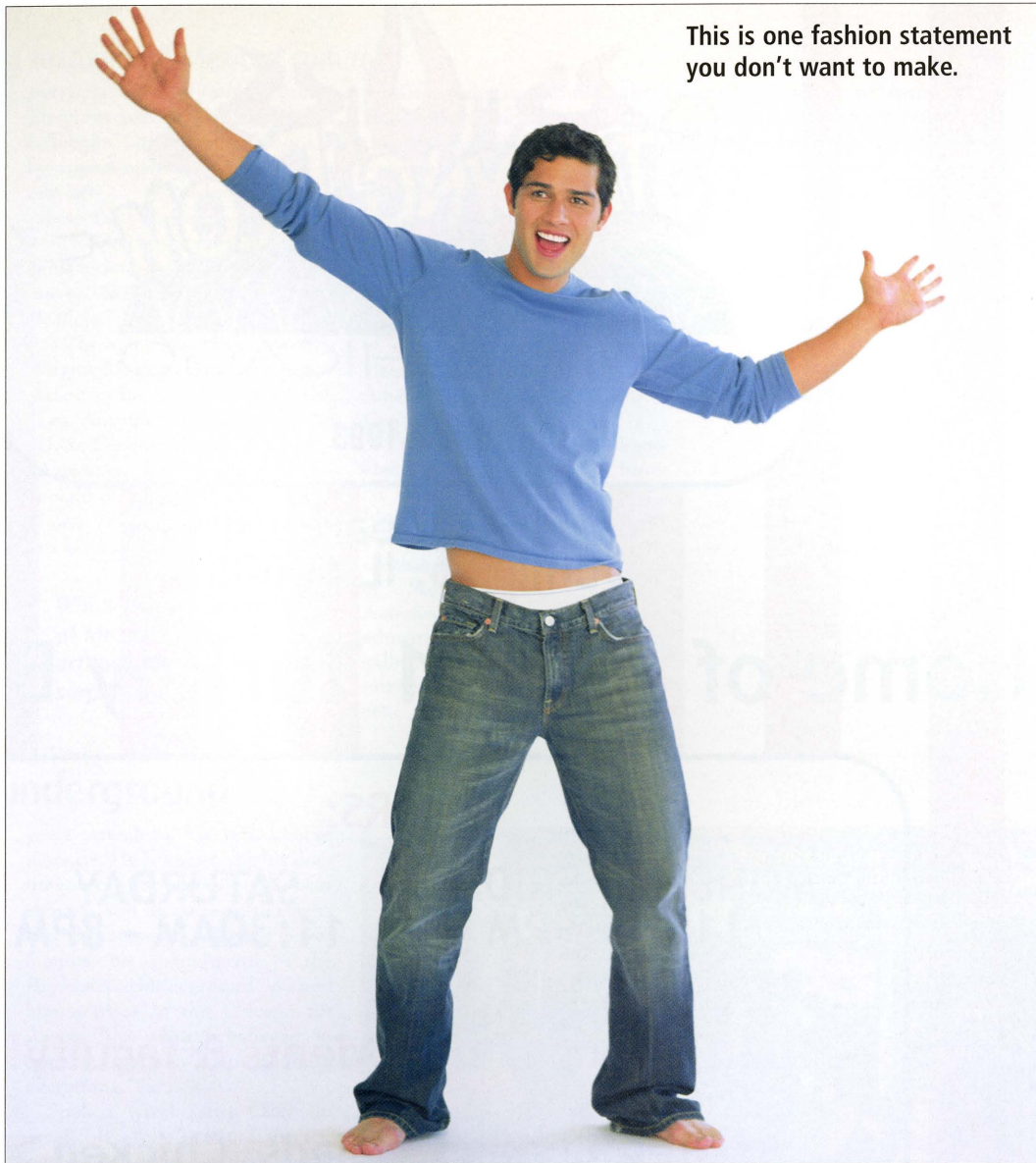
Leading out on the town
right? Choose wisely, or you
could end up with your picture on
the page of your favorite fashion
magazine with a black line over
your face and a caption that reads,
"Fashion Don't!"

We've all witnessed a fashion
fiasco, or even committed one our-
selves. Forget the time you were
careless and accidentally wore a
bra inside out or decided to take
a shower and slipped on those fishnet
socks. We're talking about the
kind of "fashion don't" that causes
you to shake your head in disbelief
and ask, "What were they think-
ing?"

Who went where both the
trendsetters and the fashion-
istas flock in droves: the clubs.
This is what we witnessed.

- Thong exposure.
- Nearly naked.
- Logo ho gear.
- Straight from the '80s.
- Designer knock-offs.
- Decorated jeans.
- Plastic.
- Platform or chunky-heeled
shoes.
- Tanning taken to extremes.
- Sunglasses at night.

—Ana Cofresi-Silverstein



This is one fashion statement
you don't want to make.

© 2005 Dynamic Graphics Group

Rebecca Mielcarski

tied up, from top...

It's not just for Chippendales
performers or science nerds any more,
the bow tie is a creative classic that
can dress up any style. The blazer
and button-down shirt look was so 2003.
For bow tie connoisseurs, the
online-based Beau Ties Ltd. is
the place to find quality, funky ties
([www.beautiesltd.com/default.aspx](http://beautiesltd.com/default.aspx)).
Bow Tie Club also offers
a variety of net-only specials if you're

looking for a bargain
(www.bowtieclub.com). Other inex-
pensive bow ties can be found at
Wild Ties (www.wildties.com). But
for the truly retro look, explore the
attic of your parents' home or
scope out the vintage and thrift
stores.

—Rebecca Mielcarski

Jayme Joyce



Take a bow. From sparkling to
silk, they're fit to be tied.

...to toes

Too timid to try a bow tie? Then think
shoe ties.

Worn in your hair, on your arm or
twisted through belt loops, shoelaces can
make a subtle statement about your style.
Let people discover more about you
through the prints you choose. Find fun,
funky laces at Hot Topic
(www.hottopic.com) or Scavenge, Inc.
(www.scavengeinc.com).

—Rebecca Mielcarski



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Hidden history

The man's home is a living textbook of Mexican culture

The eyes of 10 Aztec kings and high priest Tenoch, who built the Aztec empire of Tenochtitlan (present day Mexico City), greet visitors to the Museum of

Mexican Culture and History. They are part of William Luna's collection. Luna founded his open-by-appointment-only museum to educate Mexican-Americans about their heritage.

"I think it's important for our kids to know their history," Luna says. "We don't highlight our leaders."

Chicago has the second-largest Mexican-American population in the United States (after Los Angeles), according to the U.S. Census. Many Mexican-Americans live in the Chicago neighborhoods of Pilsen and Little Village, where Luna created his museum.

William Luna's collection of Mexican cultural artifacts is full of surprises.

His motivation: to help Mexican-Americans understand their own history and culture.

Luna's collection keeps growing. The Aztec kings share the space with large photographs of Mexican revolutionaries Emiliano Zapata and Pancho Villa, painted wood images of Mayan gods and the Mayan calendar, and portraits of civil rights activists like Dr. Hector Garcia, the first Mexican-American to serve on the U.S. Commission on Civil Rights.

"When [people] want to know about Mexican culture and history, they come here," Luna says. Many of his visitors are Chicago Public School teachers, who realize that learning about the history of Mexicans and Mexican-Americans is an important part of education in Chicago. But the gallery is open to anyone with an interest in Mexican culture and art.

Be prepared to spend ample time looking through Luna's personal collection. You're sure to learn something new.

*Museum of Mexican Culture and History
5050 W. Cermak
Chicago, IL 60625
(773) 521-4750*

-E. Vanessa Alvarez



Last stop on the underground

Wearing only a silk belt and black boots, poet Aurora bares more than her soul to a mostly faded crowd in a Lakeview me. The Burkhart Underground with pungent incense burning, red light glowing and loud blues blaring—is full today, and free expression is normal.

This coffeehouse/art gallery is the home and studio of artist Fred Burkhart. His Burkhart Underground is a gathering spot for artists young and old to perform, mingle, exhibit and create. It's also a future demolition site that will most likely sprout luxury condos and chain stores. The smoke of clove cigarettes will be an era will end.

Some see the demise of the Burkhart Underground as a sign of the times. "It's the end of an era," says musician and self-described "hippie dinosaur" Bowie Gayck, 47. "It's very indicative of the hyper-commercial we live in. It's also indicative of the gentrification age we live in. We are pushing the artists out."

Burkhart, who created the underground seven years ago, lived in the creaking house for 20

years, watching his rent checks increase. He is known for his documentary photography of beat writers and musicians, lesbians and the homeless. Though never famous, his commitment to the Burkhart Underground earned him a place in the Chicago art scene. "I've always believed in opening my home up to share everything," he says.

Spoken word artist Ozkr du Soleil, 40, follows Aurora's act, reading his highly sexual poetry wearing only an open, white Oxford shirt. "It could be a real forgiving place," he says, sadly.

Tugging at the curls of his long, dirty gray beard, Burkhart, 63, ho-hums at the thought of being the last artist unseated to make way for the yuppies. "This has been an amazing place," he mumbles as he lovingly touches the worn down floorboard he painted with his daughter and the writer Ken Kesey.

Burkhart is still stooped and aching from a nasty fall that broke his back a year ago. He had to temporarily suspend his popular Sunday event until he recovered. Then he got his landlord's news.



Jenny Alders

Still, he decided to revive the event before it was too late.

As he packs boxes, Burkhart says that Lakeview is no longer a place for artists. For him, the move was inevitable. "There's nobody here," he says. "It's very disturbing. Artists moved out years ago. Artists are the reason we have neighborhoods. You can't have a community without artists."

Always a free spirit, Burkhart is

looking on the bright side. He says he was tired of the upkeep and of washing mismatched coffee cups, and he views the wrecking ball as an opportunity to free up his life. He dreams of painting in an old castle next to the Thames or roaming the streets of Paris.

"Ultimately, I like this town," he says. "But I may not want to come back. The whole world is open to me."

-Amy Wooten

Feeling sheepish? Don't be afraid to name male moodiness

Many women have been criticized for having PMS (premenstrual syndrome) symptoms. But have you ever found yourself wondering whether a guy you know might have a male version? Some researchers think you're on to something. They're calling it IMS (irritable male syndrome). Women are calling it revenge.

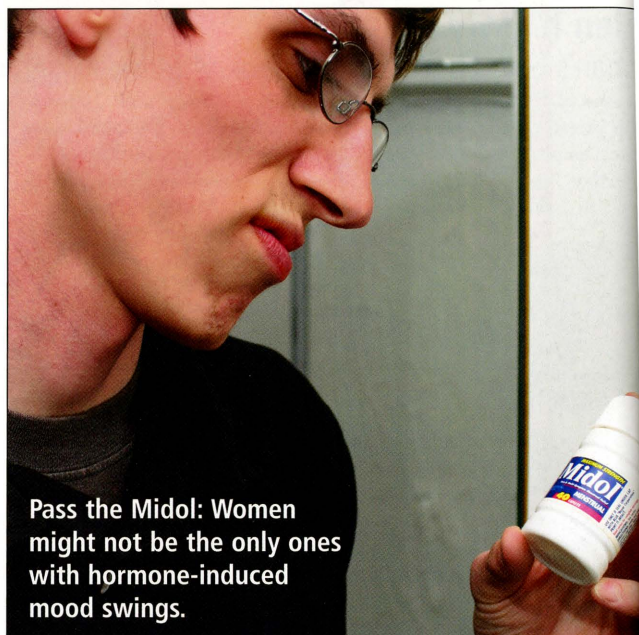
The term "IMS" was coined by Scottish researcher Gerald Lincoln, Ph.D., who noticed that decreased testosterone levels could cause mood swings, depression, nervousness and sensitivity in male sheep.

That hasn't stopped authors from promoting the idea that the same is true of humans. Jed

Diamond, author of *Irritable Male Syndrome: Managing the Four Key Causes of Male Depression and Aggression*, has published several books on the topic.

Meanwhile, women continue to conduct their own independent studies, and conclude that men *do* suffer from PMS-like symptoms, regardless of what scientists might find. And we've come up with a more fitting name for their unstable behavior: HeMS. Isn't revenge sweet?

—Miché Caple



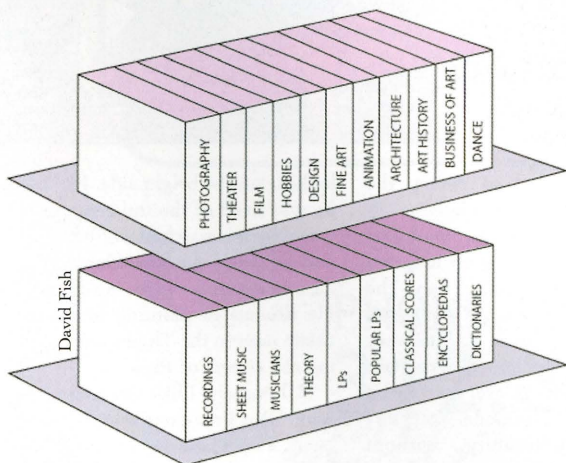
Pass the Midol: Women might not be the only ones with hormone-induced mood swings.

Major map How to navigate the library's labyrinth

News flash! That huge building on the northwest corner of State and Congress is a library. GASP! OK, so you knew that already. But did you know that the Harold Washington Library Center can go hand-in-hand with Columbia's own library? And that you might even find what you're looking for there?

The floors mapped out below are essential to Columbia's majors. They'll help you get to the specific section you want so you can play with Dewey and his lovely decimal system from there.

—Desireé Alexis



Music with a mission Tribase Studio has a sound purpose

The most obvious thing about Tribase Recording Studio's dank basement location in Humboldt Park is the blare of drumbeats. But it can't drown out the undertone of trust between the students learning to work the boards and their mentor, Kenya Davis, who is giving them a chance in the music industry.



David Fish

Kenya Davis

Davis, a Columbia alum, founded Tribase to show young people that there were opportunities in music besides simply "rockin' the mic." Some of her students were mandated to participate by the juvenile courts; others found their way here on their own. Whatever brought them, it's Davis who keeps them motivated.

"I just got my GED earlier this year after taking it two times," says James Thompson, who has been an intern at Tribase for two years. "Kenya yelled at me, even cursed me out, but she made me understand why it was important. Now I would rather be here than hanging out."

Davis' primary task is to help her students learn a trade while participating in a mentoring program offered by Mayor Daley's Office of Workforce Development. Since Tribase opened in 2000, 100 students have begun the 16-week audio engineering program, and 85 percent have successfully completed it. They don't all go on to work in the recording industry, but they go away changed.

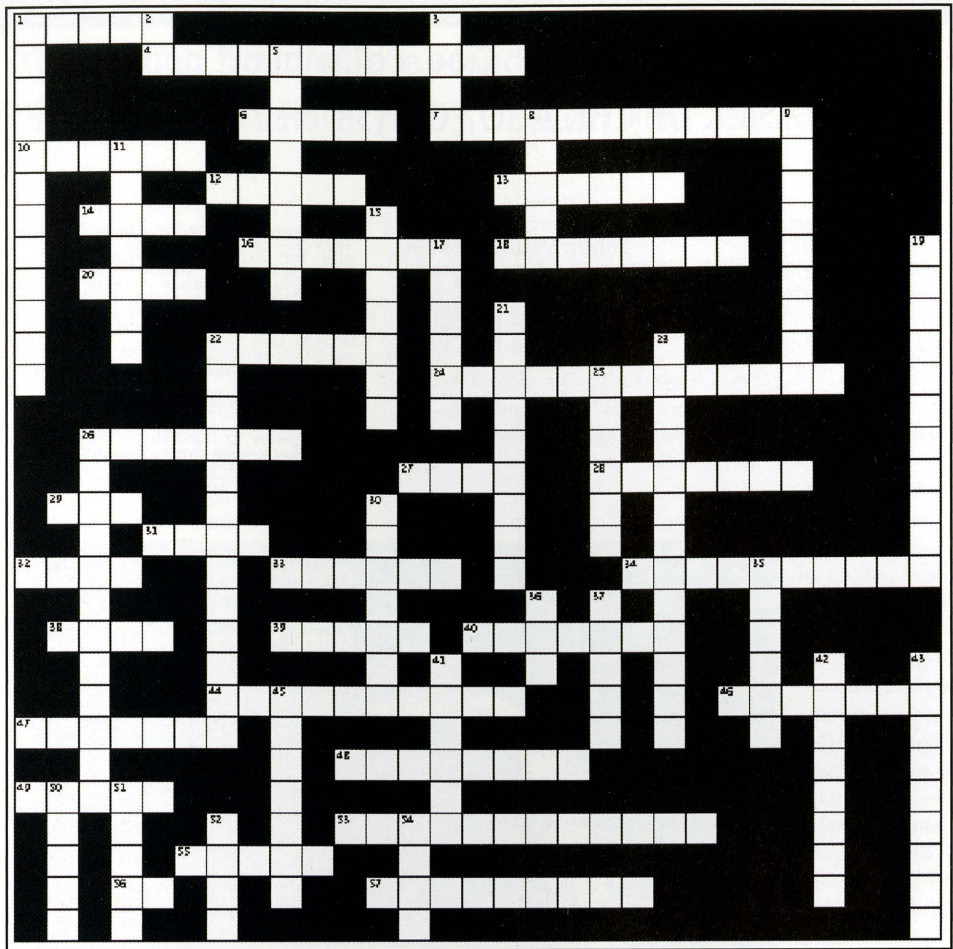
"I started coming here after I dropped out of college because I was pregnant," says Kim, who asked that her last name not be used. "Kenya never judged me or made me feel bad about my situation. She made me feel like I could be an engineer if I wanted to, even with a baby. I learned a lot about me in this program, not just the boards."

—Rolanda We

80s Flashback

Do you still freak out when you see Strawberry Shortcake or the Masters of the Universe merchandise? Then try your hand at this crossword and see if you, like the rest of us, are a true child of the 80s.

—Sarah Hetland and Ana Cofresi-Silverstein



ACROSS

- 1. "Knowing is half the battle"
- 2. Robots in disguise
- 3. F.Y.I. anchor
- 4. Came out of New York sewers
- 5. "I feel the need, the need for speed"
- 6. Small Wonders robot
- 7. It can summersault down stairs
- 8. "Nanoo Nanoo"
- 9. You got it boys, the "right stuff"
- 10. Michael Jackson made it famous
- 11. Tasty fruit drink
- 12. Leader of the Cylons
- 13. "Life moves pretty fast. If you don't stop and look around once and a while, you could miss it"
- 14. Waldorf and Statler
- 15. "To keep your kids off drugs"
- 16. Must have sunglasses
- 17. Alien Life Form
- 18. Norm's wife from Cheers
- 19. Hairstyle better left to the animals

DOWN

- 1. "We came, we saw, we kicked its ass"
- 2. Reeses Pieces were his favorite
- 3. '80s color
- 4. Fraggles Rock dog
- 5. Instant jiggling treat
- 6. Adventure to find a dead body
- 7. Squeeze it tight, see the light
- 8. Jem's computer
- 9. They live in mushroom villages
- 10. Wily Kit and Wily Kat
- 11. Furry friends with a caring mission
- 12. "We are on a mission from God"
- 13. Soleil Moon Frye
- 14. Under water Smurfs
- 15. Before Ashlee Simpson did it, they did
- 16. Turn into a ball at the blink of an eye
- 17. Run DMC popularized these kicks
- 18. TV network born in 1986

- 19. The bear that spoke
- 20. Multi-colored sugar eaten with a stick
- 21. Exploding candy
- 22. "Hey, hey, hey"
- 23. Ghetto blaster
- 24. "I have the power"
- 25. "Just kidding"
- 26. "Does Lardass have to pay to get into the contest?"
- 27. Jeans were washed with this

(answers can be found on page 54)



Ciao, Columbia

SICK OF CHICAGO? CONSIDER STUDYING ABROAD

ECHO
SUMMER | FALL

Now that Columbia College has made its semesters coincide with those of most other colleges and universities, it's going to be easier for students to spend a semester studying abroad.

Students have always had the option of summer programs offered through specific departments, but the college's new Academic Initiatives and International Programs (AIIP) office can help arrange exchange programs, too.

But first, how do you choose where to go?

Tim Wright, senior program coordinator for the Council for International Exchange of Scholars, offers these suggestions:

- Find out where exchange programs are offered.
- Research the histories and cultures of those countries. Which ones appeal to you?
- Consider your language skills. Are you comfortable in a place where English isn't spoken? Do you speak another language?
- Make sure you understand the costs, including what expenses you will be responsible for and how the exchange rate will affect them.

If you choose an exchange program, you continue to pay tuition to Columbia, and many details (e.g. lodging, meals and transportation) are arranged for you. You also have the option of finding a program through Columbia's affiliate, the

American Institute for Foreign Study. With these programs you are responsible for acquiring outside loans and scholarships for all costs. Be cautious when choosing other outside institutions. If you find one that seems expensive, keep in mind it could require you to find your own housing, Wright says.

Once you have decided on a program, here is a checklist of things to do:

- Get the application materials and course descriptions from the host institution.
- Check with the transcript evaluators at Columbia to make sure you get credit for the classes you plan to take.

- Talk with an advisor in your department about how the classes will satisfy the requirements of your major.
- Remember that Columbia requires that your last semester credit hours be earned in your major.

For more information about the new programs, visit the AIIP office at 600 S. Michigan, rooms 912-914, or online at www.colum.edu/studentadvising/studyabroad. For information about AIFS, visit www.aifs.com. Other helpful study abroad sites are www.studyabroad.com and www.gowitbeea.com.

— Sarah H.

Columbia College students will now find it easier to spend time studying abroad.



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Graduating from college – and a bad habit

A GUIDE TO ALTERNATIVE METHODS OF QUITTING SMOKING

Finally ready to give up the cancer sticks? With graduation right around the corner, there's no better time to start a healthy lifestyle. If you've tried the patch or gum with little success, say hello to hypnosis and acupuncture. These alternative treatments help fight the addiction without nicotine and are more affordable than you might think.

According to the National Center for Complementary and Alternative Medicine, acupuncture is a procedure involving stimulation of anatomical points on the body by a variety of techniques, including penetration of the skin with thin metal needles.

Acupuncture stimulates the release of chemicals in the brain, specifically endorphins such as endorphins, enkephalins and dynorphin," says Richard Feely, D.O., who specializes in osteopathic manipulation and acupuncture. "Neuroproteins are connected to the pleasure centers in the brain. When they are released, they create a feeling of well-being.

Acupuncture helps you kick the habit by your own production of neurochemicals that help you heal," Feely explains. "They don't titrate you down with smaller and smaller doses of nicotine."

Eliminating nicotine is one of the main differences between alternative and conventional approaches to smoking cessation.

Using the patch or any other pharmaceutical introduces the chemical directly into the bloodstream," says Jennefer Radojevic, licensed acupuncturist with the Midwest Acupuncture Group in Chicago. "With acupuncture, there's no drug foreign. It allows your body to do what it needs to do to quit."

How painful is it to be stuck in the ear, hands and feet with multiple needles for 30 to 45 minutes?

It's very painless," says Luke Klincewicz, D.O., licensed acupuncturist and osteopath, of the Chicago Acupuncture Clinic. "It might prick a little bit, but it's nothing compared to a blood draw."

Speaking of pain, you might be concerned about the damage it will do to your checkbook. The average cost per session is between \$45 and \$75. You may need up to six sessions, although some people are successful after three. Successful patients have one thing in common, Klincewicz says. "You really have to want to quit, and you have to be determined. If you want to quit, acupuncture will help you."

If needles give you the willies, then hypnosis may be a better alternative. According to the American Society of Clinical Hypnotists, hypnosis is "a state of inner absorption, concentration and focused attention" that enables patients to use their minds more powerfully.

"Hypnosis is a simple procedure with no magic attached," adds clinical hypnotherapist Peter Watson Jenkins, who practices in Chicago and the northwest suburbs. "Hypnosis involves various techniques to relax the body and mind. A lot of people think that they will come to me and I will wave a wand and they will never smoke again, but it doesn't work like that. It helps people to be motivated. If somebody doesn't want to quit, they won't."

Your first session might feel like a session with a shrink because you'll have to talk a lot. "They [patients] tell me what their goals are and what they want to achieve," says Rebecca Lauer, a hypnotist and founder of Chicago Hypnotists. "I can use that information to help motivate them."

A prick today might pay off tomorrow. Smoking can be a \$2,190-a-year habit.



David Fish

To ensure her patients achieve that state of relaxation, Lauer provides a comfortable recliner and headphones. "Suggestions take more readily when in a relaxed state," she says. But that alone doesn't always work. Lauer frequently uses a technique called aversion therapy, which associates a substance with something else.

"I will relate the cigarettes to something like vomit or dog poop," she says. "It tweaks their brain—reprograms them a bit. Thinking of cigarettes as 'vomit sticks' can be very powerful."

Jenkins uses this technique as well. "Sometimes I will use the idea that the cigarette itself tastes nasty or is full of worms or creepy crawly things, which clients often remember."

Hypnosis can work in a remarkably short time. It is effective for most people after just one or two sessions. Each visit costs about \$90 to \$95, which is nothing compared to the amount you'll save on cigarettes and health-related costs.

Cigarettes cost about \$6 a pack, which means a pack-a-day habit will set you back \$2,190 annually. That's not the total cost of smoking, however. When you add in the cost of the harm caused by smoking—early death, smoking-related disabilities, and second-hand smoke—the true cost is closer to \$40 per pack, according to Frank Sloan, co-author of *The Price of Smoking*.

So if your graduation goal is to quit smoking for good, think outside the box of gum.

"By demonstrating your willingness to stop smoking by taking action, you are saying that this is valuable, not only to your lifestyle, but monetarily," says Feely. "That positive action, determination and accountability will bring you success."

—Amy Dvorak

Don't drop out

A PERSONAL CRISIS DOESN'T HAVE TO DERAIL YOUR EDUCATION

ECHO
SUMMER | FALL

Hardships don't wait for you to finish school. A death in the family, an accident, a newly diagnosed medical condition, or problems related to mental illness may cause you to consider dropping a class or even dropping out of school.

There are options, and it's best to know what they are *before* a crisis strikes.

The best place to start is the counseling center. "Lots of students go to the counseling center," says Ashley Knight, assistant dean of students at Columbia College. "That way, students can possibly get treatment and stay in school."

The counseling center employs five licensed professional therapists. You can attend 10 free sessions per year, and your privacy is protected.

"Students come in with all types of issues. We are here to help," says Marsha Morris, a therapist in the counseling center. "Stress is caused by all types of different situations. We offer different alternatives for dealing with stress."

Of course, counseling may not be enough. If you need medication or psychiatric services, you can get a referral to University of Illinois at Chicago medical center.

Depending on the hardship, you may need to take some time away from school. If so, it's best to cover some bases before you stop attending classes. One option is applying for an "I" (incomplete). This option is available if you have completed three quarters of your coursework and plan to complete the rest before the end of the following semester. An "I" can only be

granted at the discretion of an instructor, but the dean's office can help with the process.

The other option is a medical withdrawal that would result in a "W" rather than an "F" for that semester. You would have to take those classes or the equivalent when you return, but you would not fail the courses. If you are taking a withdrawal, you are considered a student until the end of that semester and are able to re-enroll. You also have the option to sit out one semester and still be considered a student.

If you aren't sure what to do, the advising center is a good place to start. The advisors are trained to handle crises and are familiar with all the college's policies and procedures. If you are able to maintain a good working relationship and open dialogue with your advisor before an emergency arises, that's even better.

Knight offers this advice for students in the midst of a personal or family crisis: "I would recommend that a student call the dean's office and talk to a staff member at least on the phone and explain what's going on. We are trained to listen and help sort through the process. We give students what they need to remain a student."

The main thing to remember is that you have options. "I've seen a lot of students come back, and they come back with a real enthusiasm and commitment to their education at that point," Knight says. "They get a chance to step aside and look at their lives and say, 'I'm not going to let go of my dream.'"

—Rolanda West e³ Michèle

Owed to Uncle Sam

FILING YOUR OWN TAXES DOESN'T HAVE TO BE TAXING

Not to be the bearer of bad news, but once you've got the whole job thing under control and have some idea of where your money will be coming from, it's time to start thinking about where that money is going. No, not rent—taxes. So act like the grown-up you are and pay attention.

It seems like every movie scene involving taxes includes accountants frantically crunching numbers or Mr. and Mrs. Lead Character pulling out a shoebox overflowing with receipts. That doesn't have to be you. According to Jackie Perlman, a senior tax research coordinator for H&R Block's world headquarters in Kansas City, if you're working for wages, all you need to save is the W2 or 1099 provided by your employer.

If you're waiting tables or bartending, that W2 should include your tip income. If you think your employer is claiming too much, Perlman suggests you keep an organized and consistent log of your tips, which the IRS will accept for corrections.

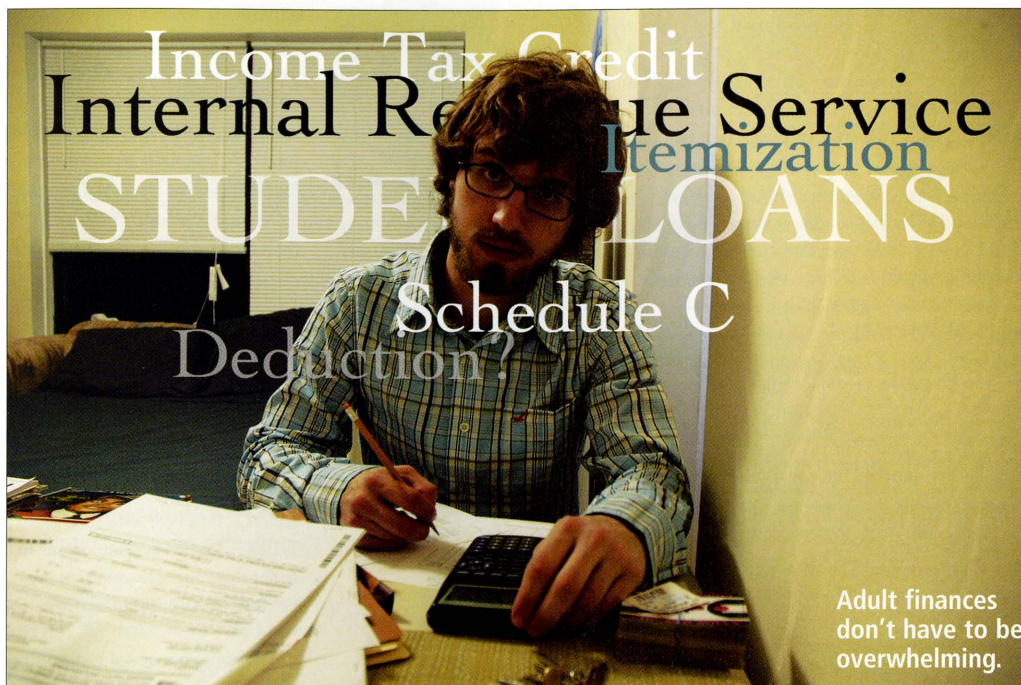
Things get a little more complicated for those with an entrepreneurial spirit. If you are self-employed, it is important to keep receipts for all business-related purchases so that you can deduct those costs from your income. Perlman warns, however, that the expenses must be directly related to your business.

"There are some people who think that they're going to write the next great American novel," she says. "If it takes you 15 years, [the IRS] isn't going to let you do that."

For a better understanding of what they *will* let you do, she recommends going to the IRS website (www.irs.gov) and downloading Publication 334—the pamphlet regarding small businesses—and the Schedule C form for declaring business profits and losses.

It's quite possible that in the craziness of all these adult finances, you're wondering how you're ever supposed to take care of all your student debt. Fear not. If you are the one repaying your loan—not mom and dad—this can be a sizable tax deduction. "If you're paying it off over five years, then every year you get a statement from the bank showing how much interest you paid and up to \$2,500 of interest is a tax deduction," Perlman says.

There are numerous tax credits and deductions students can take advantage of. Dante Layton, a tax consultant for Taxes Unlimited, points to the IRS website as the best resource for comprehensive descriptions and eligibility requirements of these opportunities, which include the Lifetime Learning



Eric Davis

credit and Hope Scholarship. Layton says these options are very flexible. Some tax credits and deductions overlap and some can be used in conjunction with one another, but what's best for you depends on other factors.

"Some students are claimed as dependents on their parents' return and some students claim themselves as dependents on their own returns," he explains. "So all these things become variables to what is most beneficial."

Likewise, Layton is hesitant to put the seal of approval on any one tax software. He again points to the IRS, which provides a list of software, including TurboTax and several online packages, that you can use to file your tax returns free of charge.

If the tax-induced fog around your brain just won't lift, consider calling a tax service. "We will answer questions if we can over the phone," says Steve Hardy, the Chicago district manager for H&R Block. And if you need to speak with someone face to face, it won't bankrupt you to do so.

"The price of the tax return depends on its complexity," says Hardy. "If it's simple, it'll be less expensive. Generally a student form is less complex."

There is an IRS office at 230 S. Dearborn St., just blocks from Columbia College. You can make an appointment to ask questions, and if you're making less than \$36,000 a year, they will e-file both your federal and state taxes for you.

If that's still not enough help, for goodness sake just call your parents.

—Thais Pietrangelo

Mind your manners

INTERVIEWING TIPS FOR LANDING *THE* JOB.

ECHO SUMMER | FALL

Qualifications will get you the interview; social skills will get you hired," according to Carmen D. Heitz, founder and director of The Etiquette School & High Socie-Tea Events. Read on for her advice on how to present yourself for an interview.



Carmen D. Heitz

ECHO: Tell us the most important things to do on an interview.

HEITZ: **ONE:** Address your interviewer with respect. **TWO:** Shake hands firmly, but not so much as to have the interviewer's arthritis flare up! **THREE:** Keep eye contact. **FOUR:** Know information about the company. **FIVE:** Know what is required of the position and why you "fit the bill." **SIX:** Do not be negative about yourself, a former job or employer. Keep it upbeat.

ECHO: But I don't want to be a kiss-ass either. Can being too eager be a downfall?

HEITZ: Appearing too eager may be a downfall when negotiating money. When you are starting out, there is a fine line which must be walked between, "Pleeeeeease hire me," and "I am the one your company has been looking for all along!"

ECHO: Overall, what one thing would make me stand out above everyone else?

HEITZ: If you are the candidate who is a team player, ready for a challenge, and you know what is expected of the job, you will automatically stand out. The one thing. Never is. It is the whole package.

ECHO: So what's worse: Arriving late? Smacking gum? Forgetting your résumé?

HEITZ: All of the above. When someone is paying to get a job done, a candidate who seems disheveled and unprepared will not get the interviewer's attention.

ECHO: Does all this interview etiquette apply for internship interviews, too?

HEITZ: Absolutely! The amount of interns who are kept on with a company after their tenure is over is staggering. Companies hold true to the old adage, "Don't fix it if it is not broken." And if you don't get the position this time, you may very well be interviewing with the same person a few years later. Make a lasting impression. Make them remember you!

ECHO: Is it ever safe to make a joke?

HEITZ: When it is important to come across as calm and relaxed, humor is a good tool to set this tone. However, as much as the interviewer may seem open-minded, off-color jokes or language are out of the question during an interview.

ECHO: I've been waiting by the phone for a week! Now what?

HEITZ: Don't wait by the phone! Remember the old entertainment industry adage, "Never let them see you sweat!" In Hollywood, actors portrayed desperation, not desperate for a job. If you have not heard from the interviewer within 10 days, send an email. It gives the interviewer time to answer and a reminder where he or she stands on the narrowing-down process at leisure. If an offer falls through the first time, keep at it. Eventually, you will be noticed.

ECHO: Finish this sentence: If I forget everything else, I will at least remember that...

HEITZ: ...whatever mistake I make on an interview, it will not be repeated. Don't all make mistakes when starting out; the key is to learn from them.

ECHO: Is there anything else you want to add that might help us out?

HEITZ: Many interviews are done over lunch now, particularly if your job requires entertaining clients, so make absolutely sure that your dining skills are in tip-top shape.

— Amy L.

CAST ASIDE THE CLASSIFIEDS

Now that you have your diploma, it's time to get serious about starting your career.

There's no need to blacken your fingers on help-wanted ads. You can go online to find internships, study company profiles, peruse job postings and even get advice

from employees who have the career you want.

Here are some lesser-known career databases tailored for Columbia College majors. All can be accessed for free.

Acting/Theater

The Actor Site (www.actor-site.com)
Backstage.com (www.backstage.com)

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Looking the part

What to wear to a workplace...

First thing first: Why do you need a work wardrobe? Because dressing appropriately makes you seem more professional, which is important when you're just beginning

your career. "Bosses want to hire people that make them look good," says Susan Owen, employment counselor at the YWCA of Metropolitan Chicago. "A business wardrobe is a significant benefit to professionals of any age or gender." Along with improving personal image and self-esteem, career apparel can contribute significantly to a good first impression and convey the impression of high standards of performance, service and professionalism," says Betty A. Carter, owner of Caravan Fashions in Aurburndale, Fla., a distributor of career apparel.

So what exactly is a work wardrobe? According to Owen, business professional for gals means pantyhose under skirts and dresses. For guys, it means a suit jacket, tie, dress shirt and creased dress pants. Business casual means formal. Khaki and nice denim may be acceptable, but clothes should be pressed or ironed, and you probably shouldn't wear jeans. No jeans?! Don't worry, ladies, denim skirts are usually acceptable, and most offices have casual Fridays. Just make sure you don't pull out your favorite torn-at-the-knees pair of jeans.

The best way to gauge how to dress is to look at what your co-workers are wearing. Even if you're told that casual attire is OK, make sure you know what that means. If your co-workers aren't showing up in spaghetti strap blouses or band t-shirts, neither should you.

Caitlin E. Brooks, promotions coordinator for Chicago rock radio station WBBM 770 The Zone, has seen new employee wardrobe mishaps firsthand. A new hire in the station's sales department called asking what the appropriate attire was, but his interpretation of business casual gave the sales department a good giggle. According to Brooks, the employee wore a shirt that said, "Get Laid, Get Laid, and Get Made."

"I guess he figured he was 'being rock,'" Brooks says. "Needless to say, it didn't go over well, and everyone is still talking about it."

As the popular saying goes, "Dress like the person whose job you want." Chances are, that means your clothes will be appropriate to what you'll be doing. If you'll be meeting with a client, for example, that may require a more formal appearance than a regular, behind-the-desk workday.

Whether the career of your dreams requires you to dress business professionally or business casually, you can be sure of one thing—dressing like Slash from Guns N' Roses is *not* the way to go.

—Desireé Alexis

...and why you should consider curbing your self-expression

Are you willing to sacrifice your creative edge by covering up that purple hair, wearing long sleeves to hide your tats, or removing that septum ring for the interview?

At some point you have to decide which is more important: exposing your metal and ink, or getting a particular job.

"It's totally a personal decision," says Brad Karsh, president of Job Bound, a Chicago career-counseling firm. After all, you might not want to work for an employer who doesn't accept your self-expression, and some people are stodgier than others. "For every one person that thinks it's cool, three won't care and six will think it's awful," Karsh predicts.

Matt Green, employer relations coordinator for Columbia's Portfolio Center, has seen plenty of the latter. He recalls one company that visited the college specifically seeking conservative-looking candidates. Qualified students with dreads and beards lost out.

Even companies with more relaxed standards may expect you to look clean-cut for an interview. "You might get the reaction, 'What the hell was this guy thinking with his tongue stud or purple hair?'" Karsh warns.

Still, it's not career suicide in the art world to have a pink Mohawk, nose ring or tribal neck tat. "For a lot of these companies, not only is it OK, it's a benefit," says Green. The same is true of some ad agencies and other creative companies that are seeking young people who are tapped into their target market. For them, a banana bar through the eyebrow or flame-engulfed skull and crossbones on the forearm is perfectly acceptable—even desirable. Karsh describes these companies as "hardcore artistic."

So how can you know before the interview? "Before you show up at an interview any place, do everything possible to find out as much as you can about that employer," Green says. And then err on the side of caution. You can always reveal the edgier side of your appearance after you've landed the job.

—Amy Wooten

entertainment Careers (www.entertainmentcareers.net)

Animation

Animation World Network
(www.awn.com)

Game Jobs (www.gamejobs.com)

Dance

Cyber Dance: Ballet on the Net
(www.cyberdance.org)

Voice of Dance (www.voiceofdance.com)

Fashion

Fashion Career Center
(www.fashioncareercenter.com)
Women's Wear Daily Classified Ads
(www.wwd.com)

Film

Directors World
(www.uemedia.com/CPC/directorsworld/)
(continued on page 54)



Get Grillin'

YOU DON'T NEED A BACKYARD TO HAVE A BARBEQUE

ECHO SUMMER | FALL

Standing over your George Foreman grill in a crowded kitchen, watching the grease drip into its little pan, you can't help but recall a more satisfying grilling experience back home.

"I know how to grill, but it's hard here," laments Holly DeRuyter, a Columbia College junior. "You don't have a porch or room for the giant grill everyone pictures in their mind."

Why reminisce when you can relish that open-flame flavor in the heart of downtown? Outdoor grilling in the city is hot, and you hold the tongs. Anyone can tame the flame, and they can do it on a budget, without a backyard, and with meat and veggies alike.

"I think a lot of people still fear the grill," says John Mariani, co-author of *Grilling for Dummies*. "They think something like smoking needs to take 12 hours over hickory wood, when grills with the lid are just perfect for it."

For less than \$10, you can buy a simple charcoal grill at your local hardware store that's easily transportable—key for students *sans* backyard. You can set it up on the beach, in a city park or even on a fire escape. Just make sure that you're away from strong winds and far from anything flammable.

You also need a small amount of equipment: heavy mitts, a fork, a spatula, and tongs that are long and sturdy. Mariani says your goal should be to burn nothing but the meat. This means that dishtowels don't count as mitts,

and ice tongs do not qualify as long and sturdy.

Then get your ingredients together. "Grilling used to mean only things: hamburgers, steaks or hot dogs," says Mariani. But today there's plenty of options for vegetarians, including veggie burgers and dogs as well as vegetables and fruits. Marinating veggies—letting them soak in a marinade prior to cooking—is great, but if you have a better way of spending the few minutes, it's equally effective to just toss them with olive or vegetable oil and seasoning before throwing them on. You can wrap them in aluminum foil packets to steam them or thread them on a skewer for tasty kabobs. *Grilling for Dummies* suggests asparagus, corn on the cob, eggplant, onions, potatoes, sweet peppers and zucchini.

Fruit takes a little more attention, but it is worth the care. Apples, apricots, bananas, pineapple and even papaya can be marinated in white wine and brushed with butter and brown sugar to bring out the best flavor.

And for those who can't bring themselves to delete meat from their diet, there's a marinade alternative: the dry rub. Yes, you literally rub seasonings like salt, pepper, cinnamon, basil or citrus peel into the meat. This, too, should be done right before grilling.

Grilling is the perfect canvas for the artist-who-would-be-cook, complete with a beautiful palette of tasty meats, marinades, fruits, veggies and seasonings.

Check out www.weber.com and www.better-grillingrecipes.com for plenty of ideas and tasty recipes.

—Thais Pietr...

Grilling is the perfect canvas for the artist-who-would-be-cook.

War in the LANd

ONE GIRL'S FORAY INTO THE MALE WORLD OF ONLINE GAMING

At first it seems like an ordinary party. There's a junk food table piled with Doritos, pretzels and thin-crust pizza. Cans of Red Bull, Bud Light and Mountain Dew are on every chair arm and table corner. But I'm the only girl in the room. And where did all the computer towers and PC towers come from?

I'm completely out of my element. It's silent until someone shouts, "Shit, where the hell did you come from?"

I've entered into the world of LAN parties. Short for local area networks, LANs, in simple terms, are a bunch of people stuffed into a room gaming together online through a common network. No one fully understands a LAN party until he, or in rare cases she, attends one.

What's the difference between a LAN party and gaming in your own

home? Pretend you're a computer gamer in a death match with an opponent. When you've kicked your enemy's ass by blowing a grenade or shooting him point blank, it's time to celebrate. If you're at a LAN, you get to see the expression of anguish on your opponent's face and hear his agony loud and clear. At a LAN, you high-five your teammates, sing a conquest chant, quickly chug the rest canned beverage and smack talk everyone in the room for a rematch.

LANparty.com explains the difference between a LAN party and traditional solo gaming this way: "It's the difference between going to a hockey game and watching one on TV. Sure, you can see it all happen on the screen, but there's nothing like being there in person and hoping to catch a tooth."

One of the guys at the LAN party quickly signs me up on his extra laptop and signs me in. I notice my otherwise cool boyfriend turn into one of those dorky guys I never sat by in my high school cafeteria as he sets up his PC, plugging colorful wires into this socket or that port, making geek with the others.

The headphones go on and we settle into the night's game, "Counter-Strike." (Other popular games include "Battlefield 1942," "Call of Duty" and "Unreal Tournament".) Those playing hear gunfire and the crackle of walkie-talkies. I hear buzzing in my left ear from the automatic rifle my teammate is using. When he succeeds in killing our opponent, the victim's head smacks against the nearest wall and the splash of seeping blood is faint in the battle

view. The left side of my brain takes over, and I focus on learning techniques and strategies. I last no more than two minutes per round, causing me to wonder if I'm better off playing impulsively and pulling the trigger while I run around randomly. But I keep trying, determined to make my Counter-Terrorist do something, anything, to benefit my team.

The more I play, the more I begin to understand the appeal of LAN parties. "LANs are just a different way for people to get together and socialize," says Steve Owen, a radio major at Columbia and an online gaming aficionado. But even he doesn't know how often they're held. "Trying to pinpoint the frequency of a LAN party is like trying to count the frequency of a pick-up basketball game; the only way to know how often they're held is if you're actually there," he says.

With more games being released revolving around the concept of multi-player participation, LAN parties have, naturally, grown in popularity. A

study by the Entertainment Software Association (ESA) showed that 37 percent of gamers were playing online in 2003, up from 18 percent in 1999. ESA also found that 43 percent of "most frequent game players" played online in 2004, up from three percent in 2002.

Females are increasingly venturing into the LAN world, even if it is thanks to simple curiosity like mine. The "Counter Strike" competition in the 2004 Cyber X Games in Las Vegas drew 50 male teams and seven female teams vying for prizes totaling \$600,000. A 2004 ESA survey found that women make up 39 percent of the online gaming population. "It's only a matter of time before the numbers even out because the 'boys only' stigma is finally going away," says Owen.

I take my piece away from the boys' club with my first kill. I look at the poor dude across the room whose terrorist head I just put a bullet through. He expects an apologetic puppy face followed by an "I'm sorry." Not tonight. Tonight I gloat.

Tonight I stand on my chair and point at him, making it known that he was my first kill. My victory dance feels good and I need to play more, building my newfound ability at the game. I chug a Mountain Dew, put my headphones back on and dive back into the world of "Counter-Strike."

Who would have guessed I'd have this much fun being a geek for a night?

—Desiree Alexis



Women are increasingly venturing into the mostly male world of LAN parties.

Glimpsed & Gone

"I SAW YOU" POSTINGS AIM TO TAKE THE MISSED OUT OF CONNECTIONS

ECHO SUMMER | FALL



Now you see her,
now you don't.
Missed connections
are a common
occurrence
in Chicago.

We got on the train together at the Chicago stop. I held the door for you and you sat next to me reading 'Angels and Demons.' You said something about a comfortable train ride, and I was too stupid to come up with a clever response, so I just smiled and got off the train. I should have introduced myself."

Scenes like this one, posted in the *Reader*, are increasingly familiar. Thanks to personal ad sections like "I saw you" in the *Reader* and "Missed Connections" on *craigslist.com*, lovesick people are projecting their hopes for a second chance for all to see.

"There are certain people that you just kick yourself for not asking them for their phone number," says Sarah Southcott, 26, who lives in Uptown and has posted on Craigslist five times in the past two years. "You talk to them for like half an hour or something and then all of a sudden you reach your stop and you're like, 'Why the hell didn't I ask for their phone number?'"

According to Michael Beaumier, personals editor for the *Reader*, the "I saw you" section started in the early '80s. It was originally called "Missed Connections," but the name was changed to avoid confusion after Craigslist's "Missed Connections" went national.

"It's a hugely popular part of the paper," Beaumier says. "People read it every week. Sometimes they recognize themselves, or sometimes they rec-

ognize somebody they know, and they tell people."

Southcott says this kind of networking is part of the point. "I've had some people post back and say, 'I'm not that guy, but I will keep an eye on him.'"

But Amy Dickinson, advice columnist for the *Chicago Tribune*, is skeptical. "It's really just kind of carrying on the fantasy of the lost-love thing," she says. "I get a lot of lost-love queries in my column; it's all total farce."

Still, Dickinson doesn't see any real harm in personal ads like these. "If you can meet and hook up with somebody based on a picture posted on a website, how is that different from somebody getting a glimpse of you and then asking you to respond?" she says. "I think for people, especially on Craigslist, there's zero commitment in this. You post something and you don't have to think about it again."

Do the people who post in these places really expect to find their lost loves? "It's kind of like stabs in the dark," Southcott admits. "But I think it's a kind of romantic."

"It's that little spark of desperation, but that little spark of hope is there, too," adds Beaumier.

And even for those who find their connection, there are no guarantees. "People actually do meet the people they are looking for," Beaumier says. "[But] whether or not it actually works out from that point, we don't know."

— Sarah

Just Say No

THE QUICK, EASY SOLUTION TO REJECTION

Welcome to the Rejection Hotline," a pleasant voice says. "The person who gave you this number did not want you to have their real number. We know this sucks, but don't be too devastated."

Is this the voice of reason after a night of failed pick-ups? Absolutely. It's the voice of Jeff Goldblatt, creator of the Rejection Hotline.

The Rejection Hotline was created in 2001 by Goldblatt "for shits and giggles amongst a few friends," according to the hotline's website. More than 1.5 million callers later, the Atlanta-based Rejection Hotline claims to be the best way to reject someone who won't take a hint.

Karena Lloyd, 20, believes the Rejection Hotline is better than hurting someone's feelings by telling them you're not interested face-to-face.

"If I knew I'd never see them again, I'd use it," Lloyd, a sophomore at DePaul, says.

The recording lasts 57 seconds and leaves no doubt in the rejected person's mind that this is not a game of hard-to-get.

"I used it once a while ago at a party," says Columbia College freshman Toya Cross, 19. "I heard about it through a friend, and this guy [at a party] was trying to pursue me and I wasn't having it."

Cross says if a guy can't take the rejection or won't take no for an answer, giving out the hotline's number will at least make him leave in a good mood.

"I would give the number out in a heartbeat because guys are always

saying the corniest things, and half the time girls aren't interested anyway," she says.

When just saying "no" isn't enough, giving the number offers the illusion of acceptance, thus suggesting that you're interested. Only when the person actually tries to call you will they realize that you have rejected them. And by that time, you are long gone.

But while it seems easy, not everyone agrees with the deceitful tactic.

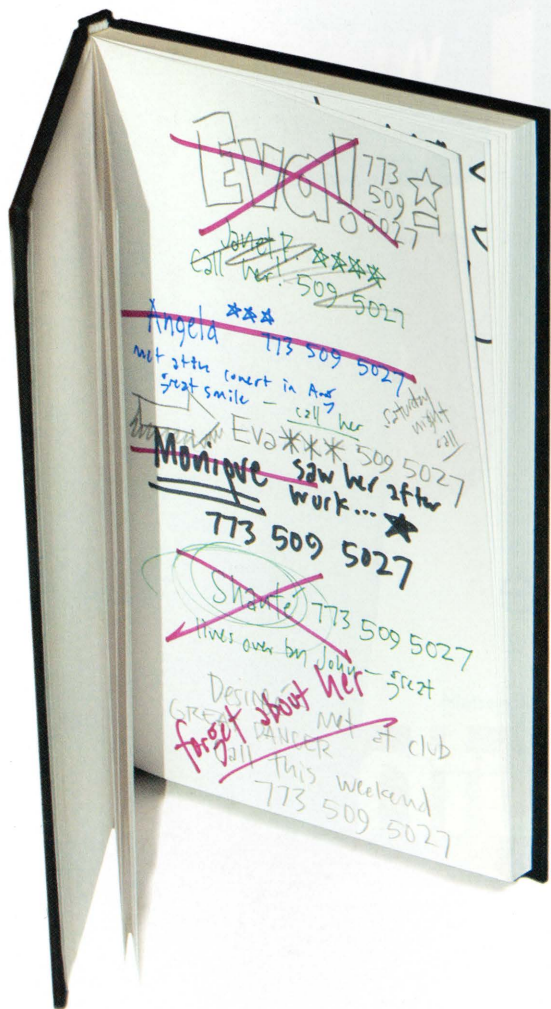
"I'm a big believer in honesty," says Columbia senior Terry Finnigan, 22. "It's hard to take that first step and talk to someone, so I'd give them the benefit of the doubt. As much as you don't want to let someone down in public, that's an asshole move."

But if all you're looking for is an easy way to reject someone, the Rejection

Hotline has you covered. It offers phone numbers with various area codes in more than 30 cities across the country. The Chicago number is (773) 509-5027, and more numbers are on the way.

In the words of Jeff Goldblatt, "Regardless of the reason, please take the hint. Accept the fact that you were rejected and then get over it. And please, do your best to forget about the person who gave you this number, because we trust us, they've already forgotten about you."

—Rebecca Mielcarski



David Fish

If your little black book looks like this, it's time to change your approach to dating.



part of the routine



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Bar & Grill

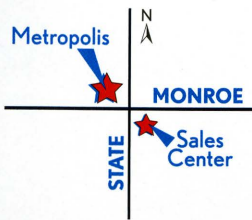
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ADDERALL ABUSE IS



By Ana Cofresi-Silverstein

I twist off the child-safety top and turn the pill bottle on its side, letting one small, orange pill slide into the palm of my left hand, then wash it down with a few gulps of water.

Adderall. Combined with my morning cup of coffee, it produces a feeling of warmth that spreads from my chest to my limbs, causing me to nearly quiver in anticipation of starting my day. Combined with sleep deprivation and a late-night study session, it produces anxiety, mania and an uncontrollable desire to sweep my floor.

FROM TREATMENT TO TROUBLE

Adderall, an amphetamine, was approved by the U.S. Food and Drug Administration for the treatment of ADHD (Attention Deficit Hyperactivity Disorder) in 1996. It is classified as a Schedule II drug, meaning there is a likelihood for abuse and for psychological and physiological dependency.

A central nervous system stimulant, Adderall increases the level of dopamine in the brain. For children and adults who suffer from ADHD, Adderall can help eliminate distractions, improve attention span and increase the ability to follow directions and complete tasks. It's also used recreationally. According to the National Institute of Drug Abuse, those who abuse Adderall do so because it causes appetite suppression, wakefulness, increased attentiveness and feelings of euphoria. When it is taken in excess of a prescribed dosage or used recreationally, it can lead to addiction or dependency.

Imagine a drug that offers the stimulation of five cups of coffee and the relaxation, at times, of Valium, all combined in one little pill with a sweet/sour taste and the melt-in-your-mouth quality of an M&M.

I initially began taking Adderall as a solution to my problems with distractibility. Growing up, I was criticized by teachers for my inability to follow through on tasks, communicate and focus my thoughts. I was branded a procrastinator and scolded for not striving to reach my full potential. Year after year this continued, until I left for college in 2000, determined to change my ways and make my parents proud.

But things didn't work out as planned. I dropped out after just one year and moved back home. I was depressed and an emotional wreck, the consequences of a year-long binge drinking spree and the stress of living on my

own for the first time. After a few months of weekly therapy sessions, I was diagnosed with ADHD. The following week, my therapist placed a call to my doctor and told me my prescription was ready.

The first day I swallowed that orange pill, I had no concept of how it would change my life. I decided to give school another shot and began taking classes at Columbia College in 2001. I rapidly began to reap the benefits of Adderall and was overwhelmed by my newfound desire and ability to succeed. After only six months on Adderall, my grades had morphed from Cs to As—something I had previously dreamed of but never thought possible. But little did I know, I was on the verge of discovering the other side to Adderall: the ugly, addictive, unhealthy side.

GAINING GROUND ON CAMPUS

In fact, Adderall is one of the most commonly abused prescription drugs on United States campuses today. An estimated one in five students pop Adderall without a prescription, according to a 2002 Johns Hopkins University study. Many do so not for recreation, but out of what they perceive as necessity.

"Some students will use the drug to help them concentrate if they are tired or have a hard time focusing," says Paula Cofresi-Silverstein, my mother, who is an occupational therapist and school social worker. "They'll use it similarly to the way a person might use caffeine pills, to enhance their concentration or improve their study habits."

But according to Stephanie Rodriguez, a DePaul graduate who occasionally took Adderall when studying and before important exams, the comparison to caffeine doesn't begin to explain Adderall's effects. "There is no sort of caffeine rush that can compare to the high Adderall provides," she says.

Even students with prescriptions may increase their use when under academic pressure. "When you have a prescription [for Adderall], it's easy to misuse it," says Katherine Richards, 21, a Columbia College student. "You aren't thinking about what you're doing; you're thinking about what you have to get done."

Adderall has also become popular as a party drug. Taken in large doses or combined with other drugs, it can cause a feeling not unlike Ecstasy. Some people crush and snort the pills, which causes a faster and longer-lasting effect.



In addition, Adderall has a following among college students who find it curbs the side effects of binge drinking. Students often take a pill before going out at night so they can wake up the following day without a hangover.

Because of Adderall's popularity on college campuses, some students with prescriptions convince their doctors to give them an increase in dosage. Then they sell the additional pills for a profit. Those who cannot obtain a prescription may turn to these friends or peers for the drug. The underground price for a standard 10- or 20-milligram dose of Adderall is about \$5 or \$6, students say.

"If a friend needs it, I'll give it to them. If they think it helps them, I feel it doesn't really matter if I give it to them because at this point, so many people are prescribed to it who shouldn't be," said Danielle James, a DePaul student who was diagnosed at the age of 5 with ADHD.

In Richards' case, finding a doctor who would prescribe Adderall was easy. She simply asked a friend with a prescription for the name and number of her doctor, and she made an appointment. After a consultation and physical exam, the prescription was in her hand.

Students can also buy Adderall online. Many online pharmacies sell the drug without requiring a prescription or doctor's recommendation.

SIDE EFFECTS AND SECOND THOUGHTS

After a year of taking the daily 20-mg. dose my doctor prescribed, I began to feel the effects of the Adderall wearing off more and more rapidly. So I called my doctor and my prescription was increased. The day I began taking 30 mg., I started to change. What once seemed like an answer to my problems was now causing new ones.

My heart would race constantly, even when I was sitting still, and beat so loudly I wondered if the person sitting next to me could hear it. I developed compulsive tendencies like picking at the skin around my nails and biting the inside of my lips. Everything distracted me: the fan, the sound of my upstairs neighbor's footsteps and even birds chirping outside my window.

In social situations, I would either extend myself to those around me in a witty, intelligent and fluid way, captivating their attention, or withdraw, bitter and resentful at times, preferring to be completely alone.

My thoughts sped so fast that my body couldn't keep up. I would spin my wheels while comfortably going nowhere. This type of madness was caused by a drug that was supposed to improve my retention when reading.

And yet, I felt it was all worth it—worth the ordeal eating became, the sexual side effects, nervousness, cottonmouth, bad breath, stomachaches, teeth grinding and obsessiveness. Or at least, I did at first.

ENDING AN ADDICTION

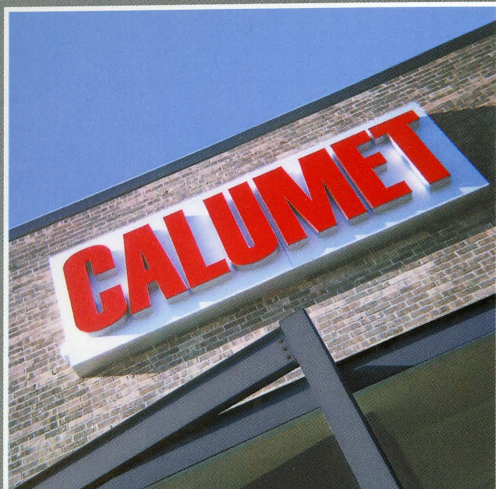
There is a fine line between using and abusing drugs—so fine a line that it took me more than a year to realize the importance of taking my Adderall only as originally prescribed. Since then, many of the side effects I experienced when I first started taking Adderall and while I was abusing it have diminished or vanished completely. But make no mistake; it wasn't easy.

I began by researching everything about the drug: its ingredients, short- and long-term side effects, history, interaction with other drugs, and physical and psychological affects. For the first time, I became aware of how necessary it was for me to take control of it. Then a few months ago, I spoke to a therapist about the positive and negative experiences I had while on Adderall and came to the conclusion that the drug was beneficial to me, but only when taken properly.

It took nine months, but I was able to face my addiction head on and regain control over my body and mind before it was too late. I consider myself lucky. My final step was a promise to myself that I would attempt to educate others about the dangers of Adderall.

If you, or someone you know, is abusing a prescription drug, talk to your parents or a friend. If you're worried about privacy, you can Google "prescription addiction" to find websites and support groups on the Internet. Also, the National Drug Information Treatment and Referral Hotline at (800) 662-HELP will supply you with printed materials, treatment services and referrals for treatment in your state. At Columbia College, the counseling services office has licensed counselors, psychologists and social workers who can help. To schedule an appointment, call (312) 344-7480 or visit 623 S. Wabash, Suite 305. —ACS

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At the Wisconsin State Ballroom Dancing Competition, everyone is tanned, toned and tightly dressed.

ECHO SUMMER | FALL



BALLROOM HITS ITS 21ST CENTURY STRIDE

by *Thais Pietrangelo*

A woman with a shock of short red hair and diamonds dripping from her ears sits quietly in her blue kimono. Her Tammy Faye eyelashes bat quickly as she sips her Capri Sun and watches the dancers on the floor. Her shoulders move to the music as she rehearses her own dance sequence in her mind.

Other dancers glide by her, a line of gowns that glow from inside when the bright lights hit the sequins just so. Enormous photographs of past competitors create a blinding maze around them. Everyone here looks like a dancer: toned, tanned and tightly dressed. Chances are, they all are. This is the Wisconsin State Ballroom Dancing Competition, held this year at Milwaukee's Pfister Hotel.

Looking around, there's no doubt that ballroom dancing is hot. But then, it has been for hundreds of years. It ebbs and sways in mainstream popularity, but in every dip, a strong community keeps the music going.

Ballroom dancing first flooded the floor in the 18th century. It was then that the waltz, the oldest of the dances still included in ballroom curricula and competitions, was born. For all its seemingly prim characteristics, the waltz was considered originally scandalous, being the first dance that required a "closed" hold for an extended period of time. Translation: holding one another, face to face, for a long period of time...crazy! And from that point on, it only got crazier.

The Viennese waltz, tango, foxtrot, quickstep and other dances followed, coming together to form the ballroom canon still danced in clubs, classes and competitions.

In the United States, the U.S. Amateur Ballroom Dancers Association (USABDA) promotes social dancing in a variety of settings. It organizes local, regional and national DanceSport Championships and selects competitors to represent the U.S. in the World Amateur DanceSport Championships. There are 148 college clubs affiliated with the organization, including four in Chicago at the Illinois Institute of Technology, Northwestern University, Roosevelt University and the University of Chicago, collectively representing 350 student members. They sponsor dance lessons, social events and performances.

The Ballroom and Latin Dance Association (BLDA) at the University of Chicago has been around for almost 15 years, offering inexpensive classes to people in the Hyde Park community.

"We want to give as many people as possible the opportunity to learn and love dance," says Stephanie Wolfson, club president. The club offers five lessons per week; the salsa classes are especially popular.

"The first two classes I taught as president were a salsa class with 82 people and an Argentine tango class with 75," says Wolfson.

This particular Monday night, there are 18 people at one of the salsa lessons taught by Wolfson and fellow student Stan Rabinovich. It is almost 10 p.m. Karen Tam, who started coming in the fall after watching *Dirty Dancing: Havana Nights*, is here even though she's put in a full day at school.

"This is my thing for the week," she explains. As the class comes to an end, at least half the students stay for the specialized "shines" class—open fancy footwork without a partner—that will run from 10 to 11 p.m.

Wolfson, who has been around since 7 this evening, is still the picture of energy in her black-heeled dance shoes, rolled up jeans, baby-tee and tight ponytail. She takes time to dance with one or two of the people without partners, and cuts in somewhere else to break down a step. Despite the hour, nobody seems interested in going home.

Why does ballroom dancing have such a hold? Are these folks just making up for proms spent standing by the bleachers?

"People take these lessons for weddings, to impress significant others, or to go dancing at clubs downtown," says Wolfson. On Saturday, a group of BLDA dancers did just that at Latin Street Dancing, a downtown studio that opens for social dancing the last Saturday of each month. There is no alcohol at this event, but plenty of sweet steps. Everyone seems to know one another, many from other dancing venues.

On the north side of the city, a very different group of people finds a similar rhythm every Tuesday and Thursday night. On this particular Thursday, there are about 20 to 30 people on the dance floor and a lot of gray hairs.

Leo Edwards is quite the Casanova in his blue, button-down shirt and khakis. He's aged like a bottle of fine wine, and every dance partner savors his charm. He glides by Louise and Mervin Sato, throwing them a smile. Mervin, a competitive runner by nature, couldn't convince Louise to keep his pace; ballroom dancing is their compromise. Peter Cebillo, in wind pants and a gray polo, is a graduate student at Loyola. He is paired with Olga Petrow, a woman who bears a striking resemblance to a retired elementary school teacher. And then there's Erika McFaul, who moves and talks more like a college co-ed than a recent retiree. Some of these people have been dancing for 10 years, others for six months, but they all feel right at home at the Shaare Tikvah Ballroom.

"Here we don't care who you are or what you do. Can you dance?" says Bob Urbon. A dance instructor and former ballroom dance competitor, Urbon has been doing his part to help people answer with an emphatic "Yes!" for the past 43 years. His efforts have resulted in more than just a group of people that can dance better, but also a community that welcomes anyone in on what he considers the best kept secret in Chicago.

Unlike the many other dance steps (or grinds) flourishing today, ballroom dancing creates an unmistakable sense of intimacy between the dancers. Every subtle movement counts because it can change the pair's entire trajectory. Each hand is placed just so, and the embrace is firm but not offensive.

"You have a connection with this person. You're in harmony with them," says Urbon. "You're dancing and she's flying across the floor."

For some people, that feeling keeps them coming once a week. For others, it compels them to pursue dance at a much more intense level. These are the people who get involved in DanceSport, the title meant to distinguish competitive dance from social dance. Once such person is 16-year-old Kate Kapshandy.

"My mom made me go to a competition in Chicago," say Kapshandy. "I saw the amateur juniors dancing. It was the first time I'd seen that." In Indiana, her dance peers were primarily adults involved in ballroom for

social dancing. Seeing people her age competing took her from interested to involved.

"I went back the next week and scheduled [lessons] two hours a day, three days a week," she says. Three years later, she is training with DanceSport Center in Vernon Hills. Last year she attended 16 competitions from Montreal to Los Angeles. At the Wisconsin State Championships she won all the events she competed in: standard and Latin championship (for no money) and scholarship (for money) in the junior division.

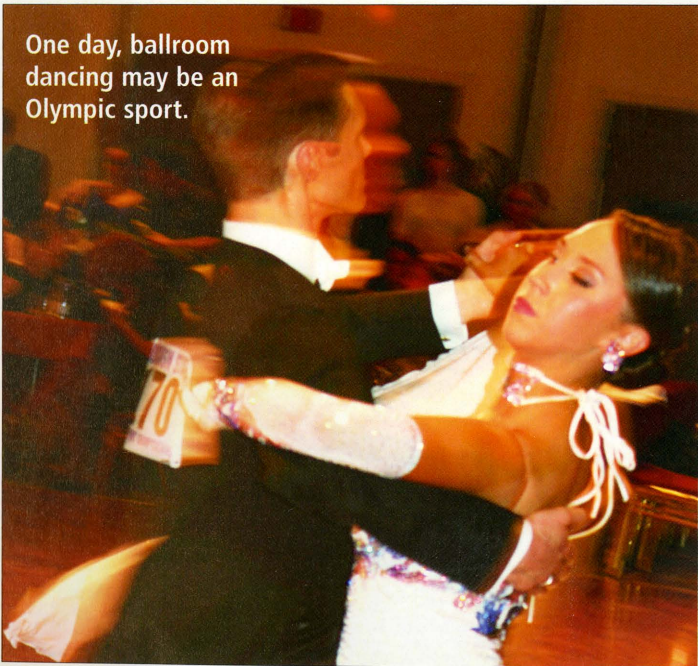
"No one believes me when I say how hard it is," says Kapshandy. "I have to hobble around school half the time. Imagine having to do a sport while at the same time having to look good, smile, sweat and wear three-inch heels."

Don't roll your eyes. Instead, consider this information from the USABDA: Because of the continual movement, it is possible for dancers to build stamina equal to that of soccer players or runners. Dancing is replete with all the other benefits of physical conditioning without the risk of injury inherent in most physical sports. Dancing with a partner works to build better balance, coordination and other body skills.

For these reasons and more, the International DanceSport Federation (IDSF) continues to petition the International Olympic Committee (IOC) for the chance to be recognized as a sport on an international playing field. They have a lot going for them: Adding them to the Olympic program would not require any extra construction, will only take two days to complete, offers 100 percent gender parity and is extremely accessible to beginners. They are not, however, on the July roster of sports to be added if the IOC votes to drop any of the 28 sports on its program, and according to the USABDA, the Olympic Program Commission recommended that ballroom not be included in the 2008 games. But people continue to work behind the scenes, and the focus is on 2012.

"The final aim has not been reached. We still have to work very intensive and hard for it," says Rudolph Baumann, IDSF president, in a statement. "IDSF and all the DanceSport athletes are standing at the threshold of a new area."

One day, ballroom dancing may be an Olympic sport.



TAKING A DIP

If you're now eager to try your foot at a foxtrot, here's what Bob Urbon thinks you should know as a ballroom beginner:

Clothes: Ladies don't have to wear a skirt, and men shouldn't worry about dressing up. Wear something comfortable and casual, but, if you're slipping on a pair of shorts you've slipped into the "too comfortable" zone.

Footwear: Try and get a smooth sole. Sneakers probably aren't going to cut it. Neither will flip-flops; you should be able to move energetically without your shoes flying off.

Partner: Since schools and studios realize that not everyone can bring a partner—your significant other is not ready to begin the search for their rhythm, or, you're taking the class in hope of finding that special someone—many choose to rotate partners during class, so don't worry about coming alone. If a class is for "couples only" they'll let you know up front. If dancing cheek to cheek with a stranger isn't your deal, make sure you ask first; for some studios, if you don't rotate, you don't participate.

Before you go: Because you can't learn it all in an hour, most studios and schools offer classes that meet over several weeks. Make sure you can make it each week because otherwise, it's like money down the drain. Some studios are more flexible, so do your research.

V.I.P. TREATMENT: Not just for movie theaters and museums anymore, the student discount has made it to the ballroom. The following places will cut you a deal if you show some ID.

Chicago Dance
3660 W. Irving Park Road
773-267-3411
www.chicagodance.com

Dance Center Chicago
3868 N. Lincoln Ave.
773-880-5044
www.dancecenterchicago.com

SAW IT IN THE STORY:

Here's the basic info for the clubs and classes included in the story.

Bob and Penny Urbon
5800 N. Kimball
847-331-4846
www.ballroomchicago.com
\$8 per class

Ballroom and Latin Dance Association at the University of Chicago
Ida Noyes Hall
1212 E. 59th St.
ballroom.ucbicago.edu
four-week sequences, \$12 per class

DanceSport Center
122 Hawthorn Center
Vernon Hills, Ill.
www.chicagodance.com
\$90 per month for group classes meeting twice a week;
\$65 per private class

Latin Street Dancing
540 N. LaSalle Drive
Suite 500
www.laboriqua.com
one class session (one hour a week for four weeks), \$60

La Classique School of Dance
4146 N. Elston
773-463-9373
www.laclassiqueschoolofdance.com

Nino DiGuilio
6137 N. Northwest Highway (and other Chicago locations)
773-635-3000
www.mayibavethisdance.com

For a comprehensive list of places to get your glide on, go to www.ballroomchicago.com.

On Tuesday and Thursday nights, the Shaare Tikvah Ballroom comes alive as dancers of all ages waltz, tango and foxtrot across the floor.



One strike and you're out

PRESSURE TO REMOVE THE DRUG PROVISION OF THE HIGHER EDUCATION ACT IS MOUNTING

By Rolanda J. West

Since 2002, Renee Daye has had the daunting task of trying to help mend broken dreams for disadvantaged youth. Her main job is to get teens started on a career path, and the first step is usually a higher education. One might assume that her biggest hurdle would be getting kids excited about school, but the obstacle for too many of her clients is the Higher Education Reauthorization Act of 1998, a measure that was intended to assist rather than discourage students.

The original Higher Education Act of 1965 was passed to improve students' access to higher education by offering support services and monetary aid to families in need. But the reauthorization of the act added a drug provision that denies federal aid to students who have drug records. This has disproportionately harmed the very students the HEA was created to help, say those on the front line.

More than 160,000 students have lost their financial aid since the reauthorization was passed, according to the United States Department of Education. "The drug provision excludes student with drug offenses (even simple marijuana possession) from receiving federal financial aid," according to Raise Your Voice, a non-profit organization dedicated to Higher Education Act reform. "With this provision, the punishment for drug offenders is now doubled if there was a conviction."

Although the reauthorization was passed in 1998, the drug provision, originally introduced by Rep. Mark Souder of Indiana, began to affect students in 2000. Between 1998 and 2000, if a student answered "yes" to the drug conviction question on the Free Application for Student Aid (FAFSA), depending on the severity of the charge, the application could have been processed at the discretion of the Department of Education.

"The last kid I had come in to fill out the FAFSA had a drug charge that was basically unfounded," says Daye. "He was a victim of hanging out with the wrong crowd. You have a young man that is very bright who is friends with drug dealers, and when they got caught by the police, he, in turn, got a drug conviction although no drugs were found on him."

Having seen a number of such cases, Daye is convinced that the reauthorization is counterproductive. "They [the government] are real quick to destroy a young man's future, but real slow to correct it," she says. "I have seen it too many times and it is heart-breaking. When you find a young person that is ready to make a positive change, even a year of waiting for financial aid could deter them indefinitely."

According to representatives for Souder, the drug provision was intended to deter students receiving aid from using drugs, and drug offenses committed before entering college were not to be considered. But through a misrepresentation of the law, the representatives said students with prior offenses are, in fact, being penalized.

But Chris Mulligan, campaign director for the Coalition for Higher Education Act Reform (CHEAR), says otherwise. "The provision has been enacted exactly as it was written. There is no misunderstanding," he says. "Souder wants to make us believe that the provision has been interpreted

incorrectly because he is feeling a lot of heat now."

Souder's office did not return phone calls seeking further comment. "It's discouraging," says Daye. "It's not a deterrent, it only helps promote recidivism."

The length of time that students lose access to financial aid depends on the severity of the conviction. It could be as little as one year for minor offenders or indefinitely for repeat offenders. Students who enroll in an approved drug treatment program can regain eligibility upon completing it. This adds another financial hurdle: Students must secure funding for these drug treatment programs, even if they do not need them.

The reauthorized act has proven particularly detrimental to people of color and those who come from low- to moderate-income families. As noted on AlterNet on Feb. 13, 2004 ("Raise Your Voice for Sensible Drug Laws"), "The vast majority of Americans convicted of drug offenses are convicted of non-violent, low-level possession. Certain drug offense provisions to the Higher Education Act (HEA) have resulted in a disproportionate impact on minorities, namely African-Americans, who make up 13 per-

"This provision criminalizes people who

cent of the population, but 55 percent of those convicted of drug possession."

Other organizations have been working to have the act amended since its inception. "Congress should follow the recommendations of its own appointees and immediately scrap the HEA drug provision," says Scarlett Swerdlow, executive director of Students for Sensible Drug Policy. "In January, the congressionally-appointed Advisory Committee on Student Financial Assistance recommended that Congress remove the drug conviction question from the financial aid application, calling it "irrelevant" to aid eligibility.

On March 10, a press conference in Washington, D.C., introduced the RISE Act (Removing Impediments to Students' Education) sponsored by Rep. Barney Frank (D-Mass.), 38 congressional co-sponsors and more than 180 organizations. H.R. Bill 1184 aims to eliminate the current amendment barring students with records of drug charges from receiving federal aid for college or trade school.

Frank released a statement on his website saying, "Someone who commits murder or armed robbery is not automatically barred from financial aid eligibility, but if you have even one non-violent drug conviction, you can't get any aid for a year, with longer bans for people with additional convictions."

Frank doesn't advocate providing aid to major dealers or students who have committed multiple violent drug offenses. In those cases he feels that making them ineligible is appropriate because authorities have previously

Do you, the student, have a drug conviction that will affect eligibility for aid?

YES NO



had the discretion to bar aid to people based on the severity of their crimes and whether they are taking steps to rehabilitate themselves.

"My bill would simply restore that discretion," Frank writes. "This would allow some people, who may have had difficulties with drugs but are now taking steps to improve their lives by pursuing a higher education, to continue to be eligible for aid. This will help ensure that people in low- to moderate-income families – who really need the aid – are not treated unfairly."

The last major action on behalf of the RISE Act was on April 18, when it was referred to a House subcommittee. Its fate is uncertain.

"Honestly, I don't think that the chairman of education will call on the bill in the next hearing. It probably won't even be discussed" says Mulligan. "Unless we get a stand-alone Senate bill introduced that will deal specifically with the drug provision, it probably won't be heard." Mulligan expects that Sen. Dick Durbin (D-Ill.) will introduce a Senate bill shortly after *Echo* goes to press.

Proponents of reform emphasize the importance of bi-partisan support on this issue. "Education is the antidote to poverty and drug abuse," Mulligan says. "Denying educational opportunities to drug offenders is not only misguided, it's counterproductive."

There is significant momentum in favor of the reform now. "State legislators in Rhode Island introduced a bill last week that would replace students' lost federal aid with state funds. A resolution calling on Congress to repeal the HEA drug provision passed in Delaware last year, and one will be voted on soon in Arizona," says Tom Angell, communications director for Students for Sensible Drug Policy.

Meanwhile, the DRCNet (Drug Reform Coordination Network) Foundation, in association with Students for Sensible Drug Policy and other civil liberties groups, has created the John W. Perry Fund, named for a New York City police officer and ACLU activist who spoke out against the "war on drugs" and was killed rescuing others after the first attack on

are not necessarily criminals."

— Renee Daye, employment specialist with Youth Service Project

the World Trade Center. The Perry fund provides students who were denied aid due to the drug provision with up to \$2,000 in scholarship money.

Support for repeal of the drug provision is strong in Illinois. In addition to Durbin's likely introduction of the Senate bill, U.S. Reps. Bobby Rush, Jan Schakowsky and Luis Gutierrez of Illinois are among the 56 co-sponsors of the U.S. House bill. The Chicago Jobs Council and the Chicago Urban League have also called on Congress to reinstate financial aid to students with drug convictions, Angell says.

It is hard to speculate about the fate of the bill, but there's clearly no evidence to support the claim that the reauthorization has helped students with drug problems.

"What I do know is this," says Daye. "I can't tell another kid that they can't go to college because they have a prior offense right after I, after everyone, told them that they can do anything if only they tried to better themselves. Is that true? This provision criminalizes people who are not necessarily criminals. Even if it does not go away completely, it does need to be revamped, unless the politicians rallying for the policy want to come here and explain it to my clients themselves."

To get more information about the Higher Education Reauthorization Act and student organizations working to reform the bill, visit www.raiseyourvoice.com or read the Higher Education Act Amendment and decide for yourself at <http://tbomas.loc.gov>.

ing is more common and more serious than most college students think

In the Shadows

By Lynne Pesavento

In her freshman year of college, Mandy* noticed that Joe*, a friend of a friend, was following her around the campus. She was an art student and he was not, yet he was in all her classes.

"I thought he was just taking the courses," she says, "but he was sitting there and just watching me."

Later, the two became acquainted. Then one day, Joe snuck into her dorm room and noticed a picture of her boyfriend. Angry, he approached her and raised hell, screaming that she never told him she was involved with another guy. She was never involved with Joe.

After he confronted her about it, Mandy didn't see or hear from him for a few days. Soon after, one of his friends told her Joe had tried to kill himself.

"It was one of those things where you're joking around with your friends and you're like, 'Omigod, you're totally stalking me, hahaHA.' After, like, three months of that joke, you're like, 'OK, but why are you here,'" she says. "It all just seemed kind of normal and kind of acceptable until, of course, he's freaking out about the fact that I have this life that's completely normal and open, and if he'd known anything about it, he would've known that he'd built this whole thing up in his head."

Mandy was, in fact, being stalked, which the Stalking Resource Center of the National Center for Victims of Crime (NCVC) defines as "a course of conduct directed at a specific person that would cause a reasonable person to feel fear."

Stalking has been a federal offense since 1990. The National Institute of Justice estimates that in the United States, over 1 million females and 400,000 males are victimized annually. One out of every 12 gals and 45 guys will become a stalking victim at some point in their life, according to the NCVC.

Those estimates may even be low because the crime is still under-recognized. "They do not include any stalking that takes place that the victim doesn't identify or doesn't know about," says Tracy Bahm, director of the Stalking Resource Center.

"It's hard to draw a line because there is this romantic notion in American culture that persistence will always get the girl or persistence will always get the man," adds Nona Wood, M.S., co-author of "Stalking the Stalker: a Profile of Offenders."

Because many of the behavioral patterns of stalkers waver close to the line of normal I-have-a-crush-on-you habits, it is necessary for victims to take action immediately once they realize what's happening.

According to the NCVC, women on college campuses often did not report stalking incidents because they didn't think the situation was serious, were unaware the behavior was a criminal offense, did not think they would be taken seriously, were afraid their stalker would act violently in retribution, were ashamed, or had no idea how to report it to law enforcement.

So where is the line drawn between acceptable and inappropriate behaviors? Keith Davis, Ph.D., professor of psychology at the University of South Carolina, explains that obsession may look like the early stages of romantic love, but is extreme and is not mutual.



Most stalkers go after former lovers and spouses, but some create relationships in their minds that never existed.

"The question is, when the person tells you, 'I need to be by myself. I like you, I want to be with you, but I don't want to be smothered; I don't want to feel like I'm being spied on,' does the person get it?" he says. "If they don't get it, then you've done the test to know that you're dealing not just with a lover, but with a stalker."

Everybody is familiar with the super-creeps: the people fixated on celebrities and those who are deluded to the point that they believe they are involved in a relationship with someone they are not. Movies have been made about erotomania, which is a mental disorder. However, stalking does not typically manifest itself in the nasty, nightmarish, sinister personas of Hollywood.

Most stalkers go after former lovers and spouses, according to the National Victim Assistance Academy. They are the most prone to violence because they tend to be jealous, paranoid and insecure. And then there are the people like Joe who have created a relationship in their minds that never existed in the first place.

These people may not seem disturbed in their work or other relationships, but they are obsessed with the person they are stalking. They are unlikely to physically harm their victims, Davis says, but they do act in ways that are intrusive and encumber the other person's life. He says that these behaviors can be as simple as loitering around their victims' workplace, home or classroom, approaching them in public places, and calling them incessantly. Sometimes their obsession worsens and they damage property, monitor mail, spy or have other people spy, and make threats.

Davis says that although a lower percentage of known stalkers are female, females are more apt to damage their victims' property or reputation by keying cars and writing obscene messages about them in public places, like bathroom stalls.

Mae*, a career coach and social worker, noticed that her former client, Jeff*, kept showing up at the agency and sneaking into her office. A colleague told her Jeff had admitted having a crush on her.

He asked her out repeatedly and wouldn't take "no" for an answer. At first she was gentle about it; then she grew more stern. He left numerous messages every day on her voicemail, claiming he needed to see her.

"First he would be like, 'I need you to help me with my resume,'" Mae

says. "Then, when that doesn't work, 'Well, now I need to see you about some personal problems.' That didn't work, 'Well, I just need to see you to explain why I keep calling you. I need to apologize, but I need to see you in person.'"

Eventually she asked security to inform him not to call her or try to see her anymore, but he persisted. Then his mother began to call. (Jeff had told his mother that he and Mae were dating.)

Security eventually called the police. After that, he would hang outside the agency very early in the morning and wait for people to arrive.

Mae filed a stalking report with the police. When Jeff still persisted, she had him arrested for criminal trespassing. Following his arrest, the phone calls from his mother started up again.

He still came back. Mae had a no-contact order, so Jeff would be arrested every time the police were called.

Jeff is now serving jail time after he was convicted of stalking Mae.

Illinois law defines stalking as a situation when a person purposefully, and at least twice, follows or spies on another person and threatens to harm, sexually assault, confine, or restrain them or their family member.

In Illinois a person could be fined up to \$25,000 and spend anywhere from one to seven years locked up if found guilty of stalking. More serious penalties are levied if the victim and/or members of his or her family were physically assaulted, resulting in conviction for aggravated stalking.

So why do people stalk in spite of the consequences? Wood says some offenders simply lack mature social skills. "They need some help developing how to recognize appropriate boundaries and how to respect them," she says.

But boundaries are a subjective issue. People "vary significantly in that," Davis adds, noting that some people may think the other person is hiding things from them when they are merely trying to protect their privacy.

Regardless of the stalker's inability to respect these boundaries, victims need to insist on them. Davis urges people to be wary of controlling people. "They feel they have got to have complete control over your life, and that they should have you under their thumb psychologically and physically," he says. "If they don't get that, they will be dangerous."

Wood explains that victims often overlook the warning signs because they know the person who is stalking them. If those same behavior patterns came from a stranger, they would easily recognize the danger. For this reason, she urges people to "draw the distinction between the behavior versus the person."

In *I Know You Really Love Me*, author Doreen Orion suggests the following courses of action:

If someone's relentless pursuit makes you uncomfortable, address the situation once. Stalkers value any sort of attention and communication with their victims, even negative reactions, so don't try to dissuade them on your own.

Keep records of every instance, sighting, phone call and threat. These items can be used to strengthen your case against the offender.

Let people know about the situation. Don't be ashamed that someone decided to intrude upon your life. Talking to others protects you from the possibility of your information and whereabouts being innocently leaked to the offender. Also, these people can let you know if someone has been ask-

ing about you, especially if it was an ex-lover or friend.

Sgt. Robert Cargie of the Chicago Police Department recommends pursuing an order of protection, changing your phone number, avoiding contact, and using your "common-sense-urban-living kind of behavior." In a large city like Chicago, this means being aware of your surroundings at all times and in all places.

"Still, a lot of women will not seek help with stalking because they're afraid they might not be believed," Wood says. "They're afraid that no one else can help them, that no matter what anybody does, this person is going to continue to do what they do. I think the more that we can help demonstrate that intervention is possible and can be successful, the more likely people are to seek help."

Above all, Bahm says to believe your intuition regarding when you feel someone is stalking you and when it is time for action, because "so few things in life are sure. Trust your instincts. If something is making you afraid, there is probably good reason for that fear. Seek help. Stalking behavior is a choice. Victimization is not."

* names have been changed to protect privacy.

Victim Resources

There are many advocate and support groups available to victims of stalking.

National Center for Victims of Crime

www.ncvc.org
(800) FYI-CALL

The NCVC's Stalking Resource Center offers articles on stalking, statistics and facts, relevant court cases, and links to state and federal laws.

The Antistalking Website

www.antistalking.com

Offers tips, resources, studies, and information on the various types of stalking and stalking-related behaviors.

Illinois General Assembly

<http://www.ilga.gov/legislation/ilcs/ilcs.asp>

Provides Illinois state laws on stalking. Look under chapter 720, criminal offenses, and the Criminal Code of 1961. Be sure to read up on harassment and intimidation as well.

End Stalking In America

www.esia.net

Provides tips for remaining safe and pursuing legal action, real-life stories, common stalker character traits and definitions.

The Stalking Behavior Website

www.stalkingbehavior.com

Provides links, resources, research, and tips on recognizing when to get help.

- L. P.

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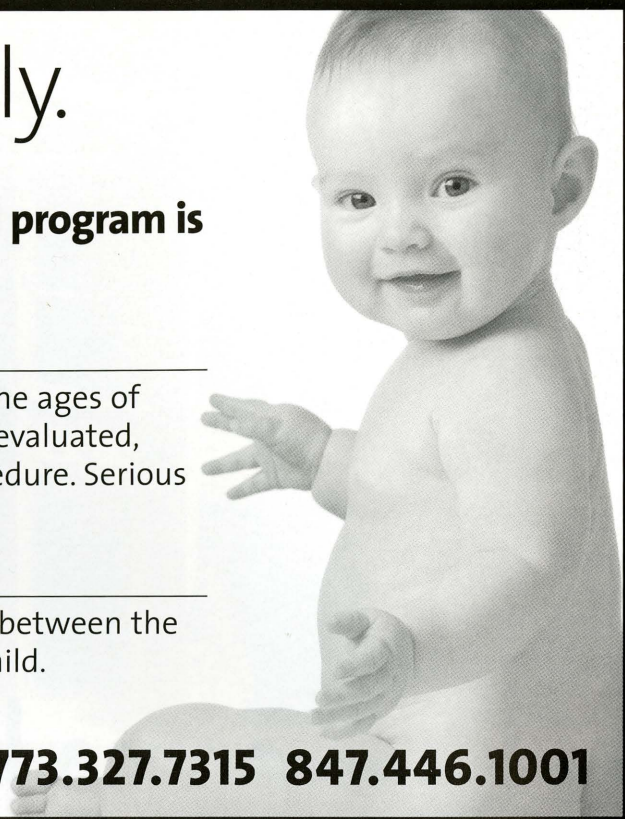
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A stylized illustration of a young man with blue and black dreadlocks, wearing a pink shirt and blue pants, sitting in a chair and using a laptop. The background is a mix of yellow and red.

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Rack 'Em

By Anna Ramirez

Inside one of Chicago's popular northwest side billiards rooms, things are just heating up. Piggy and Chris stalk the pool table, staring each other down. A large group watches their every move. Piggy, a heavyset black man, awaits his turn with cool confidence. Chris, a tall white man, has the sharp intensity of a tiger as he gets ready to shoot. Puffs of cigarette smoke billow in the dimly lit room where the only sound is balls clacking. The game has been going on for more than five hours and the stakes are up to \$5,000.

In a south suburban pool hall, Rob, 24, breaks. One by one, the balls roll into the pockets. Husky and serious, he's one of the top hustlers in Chicago, and he has seen his fortunes rise and fall. "I lost \$12,000 within 40 hours," Rob says, recalling his worst match, when he lost \$30,000.

This is the world of pool hustling, in which players gamble on their own skill.

"People can bet anything from a can of pop to a million dollars," says Larry Schwartz, columnist for *Billiards Digest*. No matter the stakes, hustling, which is gambling, is illegal. Schwartz recalls undercover stings in the 1970s by the Chicago police at a pool hall called Golden 8 Ball on Rush Street. Today hustling is rare enough that it's no longer a prime focus of law enforcement, but it is still going on.

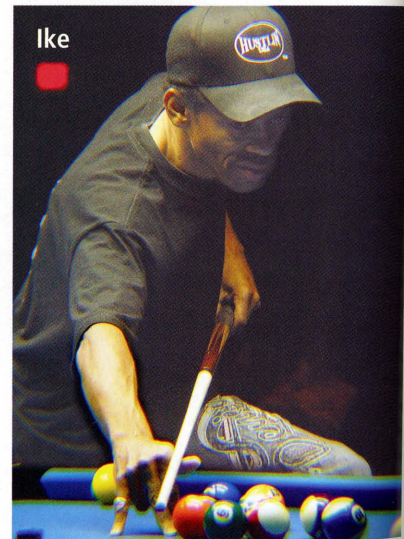
Still called "The Kid," a name for young, up-and-coming players, Rob started playing pool when he was so young he needed a stool to reach the table. By the time he was 15, it was clear he was a serious player. He was making thousands of dollars and defeating men twice his age. Over time, winning and gambling became an obsession. He carried up to \$5,000 in cash just in case someone challenged him to a game.

"My gamble will always be in my heart," he says smiling.

At Pockets Billiards in Crestwood, Josh, 17, leans against the counter with a cell phone in one hand and rope candy in the other. Clean cut and preppy, he gets up and walks toward one of the pool tables, looks at the scattered balls, and grabs his custom-made \$3,600 cue stick.

"The Chicago Kid," as he is known, is preparing for another win. He has been featured in pool magazines and is nationally recognized in the pool world. Still, he's somewhat modest and doesn't carry a lot of cash.

"There's been times when I go to the pool hall, when all I have is a dollar on me and I'll walk out with \$200 or \$300," Josh says.



Ike

Billiards is one of the most popular

CHICAGO'S POOL HUSTLERS PLAY ON

Some pool halls won't allow Josh to play because of his age. In the city of Chicago, the age minimum is 18 for people to go into pool halls. Some people won't play him for money either.

"They won't play me because they know they're not going to win," Josh says.

Young as he is, Josh isn't easily taken in. He knows how to spot a hustler a mile away. He can tell by how they hold their cue sticks and the way they position themselves to get a pocket.

"If you're in a pool hall where all the gambling is, everyone's out for themselves," he says. So he's careful.

"It's a sixth sense," says John Lavin, co-owner of Red Shoes, a pool hall in Alsip. Pool hustlers, he says, have "certain mannerisms—the way they're looking around the room, what they're paying attention to."

A Billiards Congress Association instructor and novice pool player, Lavin, 49, has posted a "No Gambling" sign on the counter. He says even as hustling has become less common, it's grown more sophisticated as pool has become more popular. Billiards is now one of the most popular sport activities in the U.S. More than 40.7 million Americans played billiards in 2003, according to the Sporting Goods Manufacturers Association.

Schwartz feels confident this interest will keep hustling alive. "I see it going on forever because there are more pool players from the exposure it's getting, especially from TV," he says.

WAY OF THE HUSTLER

Ike, 52, has the long view. His nickname, "Kankakee," refers to the town in which he was born and raised and where he still lives. He has been playing pool for 45 years and is an old-school hustler. A short, spunky black man with a slow, raspy voice, Ike boasts he can do anything a 20-year-old player can do, maybe even better.

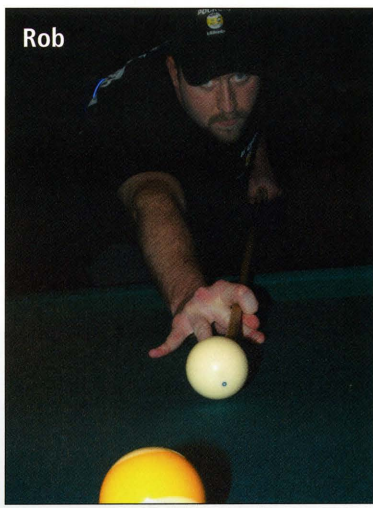
"I was raised in a pool hall," Ike says. His love for the game started in his father's barbershop, where Ike watched customers play pool. When he was 15, a man gave him some of the money he won. He figured he could just play and win for himself. He did and shared his earnings with his mother to help pay the bills. Since then, he has won games that involve thousands of dollars, including a 26-hour game in Columbia, S.C.

Hustlers like Ike have a nomadic lifestyle. They take long road trips to compete with other players. With travel comes the reality of how dangerous and even life-threatening hustling can be. Ike recalls that one time after he won a game, the guy who lost punched him in the head. Ike ran out of the pool room without the money. Rob, who has also traveled frequently, has had similar experiences. Once a man suspected Rob of "dumping"—losing a game on purpose to raise the ante and win in the end.

"I was on the road and these guys were looking for me around the hotel and they had a pistol," he says. "The guy I lost to thought I lost intentionally and I really did lose."

Threats of violence aren't the only dangers of being a pool hustler. "It's a hard knock life—a lot of drugs, alcohol, a lot of fucked-up hours," says Rob, letting out a sigh. "I regret it."

Schwartz says some players come to rely on speed and cocaine to



"It's very hard to change your ways. It's hard to trust somebody. You usually put your guard up."

GOING PRO AND GETTING OUT

Not all serious pool players are drawn to hustling. Many choose to go pro. The American Poolplayers Association boasts more than 250,000 members and conducts the U.S. Amateur Championship, the pool world's most prestigious amateur tournament. Since it began in 1994, it has grown more than 35 percent, as players across North America battle for one of the 128 spots in the tournament.

"The tournaments are going to wipe out pool hustling," says Ike, who has begun going to tournaments. "There's going to be so many of them because it's a cleaner life."

Even though he made 4 Gs not too long ago, he's slowly leaving the life of a hustler behind. He's been featured in pool magazines, and he's got a reputation as the best pool player in the Chicago area. Now he's playing tournaments instead. He's involved in pool leagues and has even competed in the U.S. Open.

Josh has won numerous tournaments, both local and regional, and can't wait until he turns 18 so he can play in the U.S. Open, but he hasn't ruled out a return to hustling in the future.

Rob, however, has had enough. He wants to focus more on his job and hopes to own his own bar/restaurant. Occasionally he gets the urge to play, but he's still bitter.

"It's hard to walk away from this because this is what I loved for so long. This is what I know," he says. "I love playing. What it's turned into, I hate, but for the most part I've done all right with it."

ports activities in the U.S., but pool hustling remains underground

Access DENIED

by Katherine Purtle

The sun hits the young woman's face through the window of the diner, and she places her oversized sunglasses back on. Setting up the story of her abortion, her voice is strong and unwavering. Five minutes later, that's not the case. With clenched hands she stutters, "I just didn't know." And from behind her glasses, a tear falls. "I just didn't know in time."

Lauren*, a 22-year-old college senior living in Chicago, chose to have an abortion when she became pregnant in the spring of 2003. What didn't Lauren know? That after her boyfriend's condom broke, she still had a contraceptive option available to her to prevent a pregnancy. It is called emergency contraception (EC), commonly referred to as the "morning-after pill."

Some feel it offers women an effective solution to an unwanted pregnancy while others oppose it, considering it a form of abortion. This places it squarely at the center of one of the most hotly contested issues in the country and keeps it from being readily available to those who want it.

WHAT EC IS

There are two forms of emergency contraception in pill form: progestin-only and combined, which contains both estrogen and progestin. The Food and Drug Administration is currently considering Plan B, a progestin-only pill, for over-the-counter status. Neither form of the pill is the highly controversial "abortion pill," RU-486. Rather, the emergency contraceptive pills prevent pregnancy by one of three means: inhibiting ovulation, altering the speed with which a fertilized egg passes through the fallopian tubes or preventing a fertilized egg from implanting in the uterine lining.

Some consider the last method—the prevention of implantation of a fertilized egg—to be a form of abortion. But Pam Sutherland, CEO of the Illinois Planned Parenthood Council, says the way EC pills, including Plan B, work is closer to birth control than it is to abortion.

"They both do the same thing," says Sutherland. "It is widely thought that [Plan B] prevents ovulation. That's probably the number one way that it prevents pregnancy. It is also thought that it could prevent fertilization;

that's the number two way. It's possible that it prevents a fertilized egg from implanting." She notes a May 2005 study by the Population Council's International Committee for Contraception Research found that ECs containing the progestin levonorgestrel, such as Plan B, work by interfering with ovulation, not by disrupting events after fertilization.

Pregnancy can be prevented when EC pills are taken within 120 hours (five days) of unprotected sex. The sooner EC is taken, the more likely it is to prevent pregnancy. According to a 1998 study in the *New England Journal of Medicine*, ready access to EC could prevent up to 1.7 million unintended pregnancies and 800,000 abortions each year in the United States.

In many countries, such access already exists because EC is available over the counter. According to a September 2004 briefing paper by the Center for Reproductive Rights, more than 35 countries around the world provide EC pills to women without a prescription. However, the United States is not one of those countries. To date, only six states—Washington, California, Alaska, New Mexico, Hawaii and Maine—allow certain pharmacies to dispense EC without a prescription through special direct-access programs. Even in those states, not all pharmacies will dispense EC.

Most Catholic hospitals will not provide emergency contraception to a woman even in the case of rape. In a survey of 589 Catholic hospital emergency rooms conducted from 1998 to 1999, Catholics for a Free Choice (CFFC) found that 82 percent did not provide EC to women who had been raped. Of that 82 percent, only 22 percent supplied, when requested, a referral with a phone number.

And with the recent hospital mergers, more and more hospitals are forbidding all reproductive health services that contradict the official Catholic teachings, including emergency contraception. This leaves women in many communities no access to reproductive health services. CFFC states that in 1998, Catholic hospitals were the only health care providers for 91 communities in 27 states.

This has led to situations in which rape victims have been denied access to EC. Sutherland recalls a young woman earlier this year who was gang-raped and taken to a hospital where the doctor said he didn't provide EC. When the rape crisis counselor asked if he would find another doctor to administer EC, his reply, according to Sutherland, was, "You know that could take all night." The doctor was then asked where the patient could go to get EC, and he referred her to a facility that did not provide it. "Here was a woman who was violated multiple times, [a] horrible crime committed against her, and then to have that crime committed against her again by a physician who felt that his right to refuse was more important than her



Emergency contraception is caught up in one of the most hotly contested issues: abortion.

Method of EC after unprotected sex	# out of 100 that will become pregnant	% of reduction in risk of pregnancy
None	8	0%
Combined EC Pills	2	75%
Progestin-only EC Pills	1	89%

* Name has been changed to protect privacy

Why isn't emergency contraception widely available?

healthcare," says Sutherland.

Organizations like the American Life League oppose the use of emergency contraception, claiming that EC is abortion. Organizations like Planned Parenthood argue that, quite the opposite, EC reduces the risk of pregnancy and therefore the need for abortions. In fact, they note, if a woman is pregnant, EC will not work.

REFUSAL CLAUSES

Recently, some pharmacists have taken it upon themselves not to fill EC prescriptions for religious reasons. These pharmacists are allowed to refuse to fill a prescription under what are called "refusal clauses."

Refusal clauses were established in the weeks after the 1973 ruling of *Roe v. Wade*, which made abortion legal across the nation. The Church Amendment, also passed in 1973, allowed health care providers to refuse to provide the abortions made newly legal if the providers cited religious reasons. Most states adopted similar clauses in the following years.

Since then, refusal clauses have been broadened to allow providers to refuse a variety of services, not just abortion. The clauses vary state-to-state and differ in who can refuse a service, what those services are and on what grounds one can refuse. Today, in 10 states, physicians and pharmacists can legally refuse to provide emergency contraception.

One of the most reported cases of a pharmacist's refusal occurred in Denton, Texas, in February 2004, when a rape victim obtained a prescription for EC at a hospital. The first two pharmacies she went to did not stock it. Her third stop, an Eckerd drug store, did have EC in stock, but the pharmacist, Gene Herr, refused to fill the prescription due to personal religious beliefs. Two other pharmacists at the store also refused to dispense the medication. All three pharmacists were later fired by Eckerd for violating store policy.

More recently and close to home, on Feb. 23, 2005, an Osco pharmacist in downtown Chicago refused to fill the Plan B prescriptions of two female patients of Planned Parenthood/Chicago Area (PP/CA), which in turn, filed complaints against the pharmacist with the Illinois Department of Financial and Professional Regulation. PP/CA also organized a protest outside the store. Days later, Gov. Rod Blagojevich put in place an emergency rule that

requires pharmacies to fill women's contraceptive prescriptions without delay. The rule, however, will expire in September if it is not approved by the Illinois legislature.

The American Center for Law and Justice filed a lawsuit on behalf of two Edwardsville pharmacists against Blagojevich, claiming the emergency rule forces pharmacists to violate their religious beliefs and the conscience clause. Blagojevich's office responded that pharmacists were not included in the clause.

On April 14, 2005, the Access to Legal Pharmaceuticals Act (ALPhA) was introduced to the U.S. Senate and House of Representatives. ALPhA would permit pharmacists who cite religious or moral objections to refuse to fill a prescription as long as those prescriptions were filled without delay by another pharmacist. If not in stock, the drug would have to be ordered immediately. This legislation would prohibit a pharmacist from refusing to return or transfer a patient's prescription. In addition, the act would make void the new, broader refusal clauses currently being proposed in more than 10 states that would include pharmacists in the category of "health care providers."



Today in 10 states, pharmacists can legally refuse to provide emergency contraception to patients who have a prescription.

MAKING EC OTC

While pharmacists are refusing to fill prescriptions, acting as conscientious objectors in the war over EC, Barr Pharmaceuticals is seeking

to reclassify Plan B as an over-the-counter drug, thereby making it more readily available to women here in the United States.

In 2003, Barr filed a petition with the FDA to grant Plan B over-the-counter status. But after an FDA panel voted 23 to 4 to recommend this reclassification, the agency declined to grant it, citing concerns about use by girls age 16 and under. Barr then revised its petition to address this concern, but the FDA has not yet ruled on it. The Center for Reproductive Rights has filed a lawsuit against the FDA, claiming it has violated the Administrative Procedures Act of the U.S. Constitution, but that case has not yet been heard.

Meanwhile, advocates are pressing for more awareness of EC as an option. A pilot program in Washington State, in which patients were given

(continued on page 54)

Access

(continued from page 53)

"direct pharmacy access to EC," found that it prevented an estimated 700 pregnancies. One of the researchers, Caroline Wellbery, wrote in the July 2000 issue of *The Archives of Family Medicine* that EC prevented pregnancy without any negative, long-term side effects while reducing the risk of pregnancy by up to 75 percent.

A study published in the Jan. 5, 2005 issue of *The Journal of the American Medical Association* found that when women have readily available access to EC, they are not more likely than those who don't have the same access to have unprotected sex or to start using EC as their only form of contraception. This study contradicts the arguments of conservative lawmakers that a wider availability would result in more promiscuity and sexually transmitted diseases. But it doesn't allay the fears of anti-EC physicians like Joe Hill, a St. Louis-based OB/GYN, who thinks that Plan B "results in a whole new social premise of, 'It doesn't matter, there is always Plan B.' It's just too easy!"

But it's certainly not that easy yet. "Nearly one in three women aged 18 to 44 said they did not know of a way to prevent pregnancy after sex," according to a Kaiser Family Foundation survey, which also found that "less than one third of gynecologists report writing prescriptions for EC on a regular basis." Due to this, the survey states that only 6 percent of women have ever used EC.

Unplanned pregnancies have an effect not only on the mother, but also on society as a whole. According to the Progressive Policy Institute, 77 percent of adolescent mothers go on welfare within five years of having their babies. And the American Academy of Family Physicians reports that unwanted pregnancies are a risk factor for later child abuse. If EC were available over the counter, says Sutherland of the Illinois Planned Parenthood Council, "[Women could] contracept more responsibly, they'd be prepared for any time there might be unplanned sexual activity, and studies have shown that it cuts unintended pregnancies by half."

Lauren didn't have that option.

"Look at all the attention it is getting now," she says. "If it had gone over the counter years ago, I probably would have heard about it. I might have known and I might have had a better chance to prevent what happened. Because what's so great about a second chance if you never know it exists?"

For updates and more information on the ever-changing issue of EC, visit these websites:

www.not-2-late.com, www.ppfpa.org/ec, www.go2ec.org and www.cccinfo.org

(continued from page 25)

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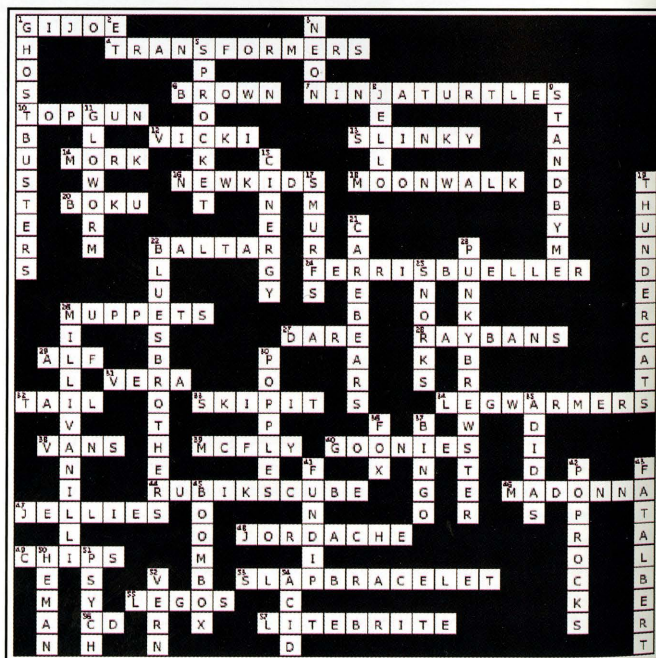
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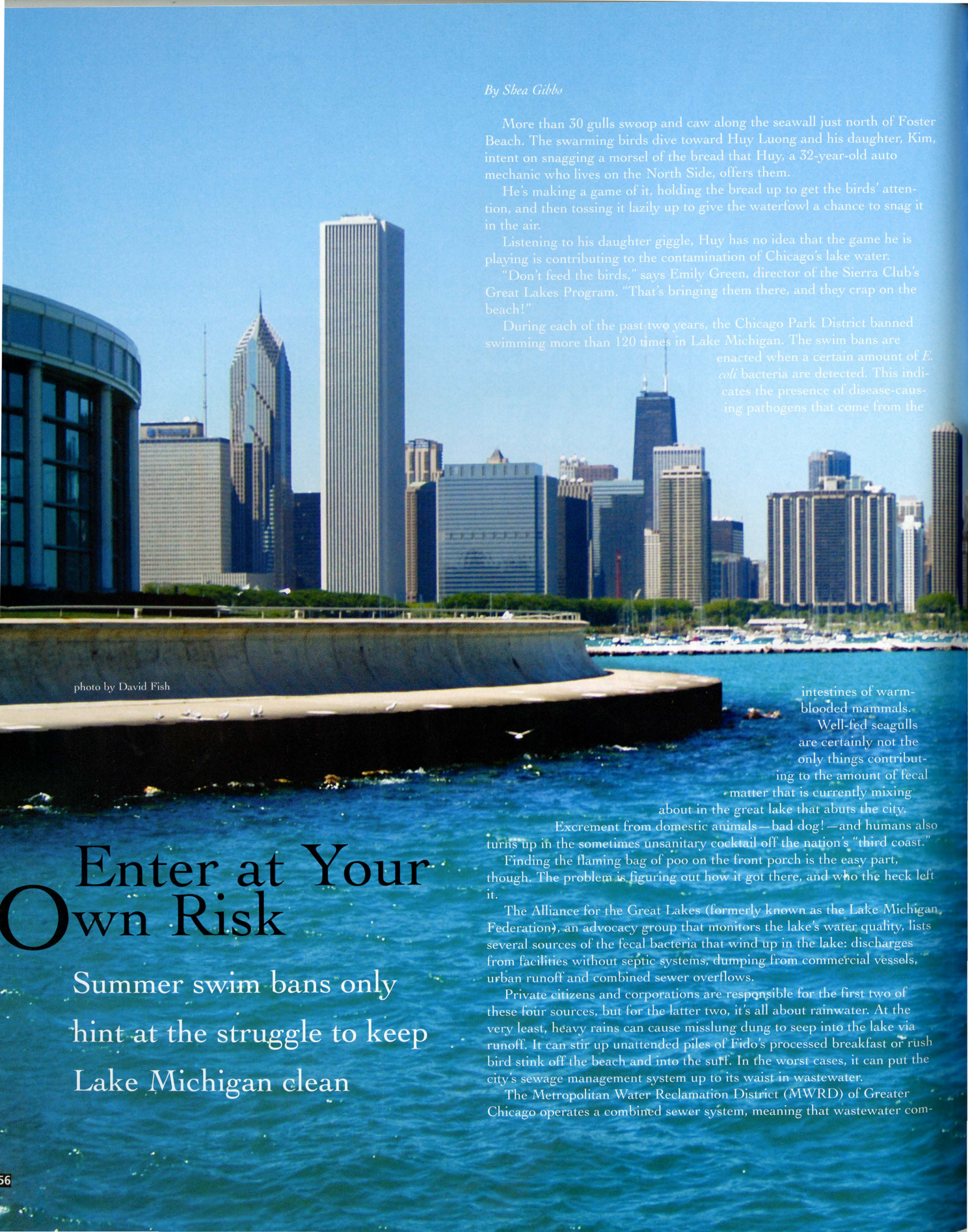
— Ana Cofresi-Silverstein

KEY TO PUZZLE ON PAGE 17





ECHOMAGONLINE.COM



By Shea Gibbs

More than 30 gulls swoop and caw along the seawall just north of Foster Beach. The swarming birds dive toward Huy Luong and his daughter, Kim, intent on snagging a morsel of the bread that Huy, a 32-year-old auto mechanic who lives on the North Side, offers them.

He's making a game of it, holding the bread up to get the birds' attention, and then tossing it lazily up to give the waterfowl a chance to snag it in the air.

Listening to his daughter giggle, Huy has no idea that the game he is playing is contributing to the contamination of Chicago's lake water.

"Don't feed the birds," says Emily Green, director of the Sierra Club's Great Lakes Program. "That's bringing them there, and they crap on the beach!"

During each of the past two years, the Chicago Park District banned swimming more than 120 times in Lake Michigan. The swim bans are enacted when a certain amount of *E. coli* bacteria are detected. This indicates the presence of disease-causing pathogens that come from the

photo by David Fish

intestines of warm-blooded mammals.

Well-fed seagulls are certainly not the only things contributing to the amount of fecal matter that is currently mixing about in the great lake that abuts the city.

Excrement from domestic animals—bad dog!—and humans also turns up in the sometimes unsanitary cocktail off the nation's "third coast."

Finding the flaming bag of poo on the front porch is the easy part, though. The problem is figuring out how it got there, and who the heck left it.

The Alliance for the Great Lakes (formerly known as the Lake Michigan Federation), an advocacy group that monitors the lake's water quality, lists several sources of the fecal bacteria that wind up in the lake: discharges from facilities without septic systems, dumping from commercial vessels, urban runoff and combined sewer overflows.

Private citizens and corporations are responsible for the first two of these four sources, but for the latter two, it's all about rainwater. At the very least, heavy rains can cause misslung dung to seep into the lake via runoff. It can stir up unattended piles of Fido's processed breakfast or rush bird stink off the beach and into the surf. In the worst cases, it can put the city's sewage management system up to its waist in wastewater.

The Metropolitan Water Reclamation District (MWRD) of Greater Chicago operates a combined sewer system, meaning that wastewater com-

Enter at Your Own Risk

Summer swim bans only hint at the struggle to keep Lake Michigan clean

ing from residential, commercial and industrial sources is processed using the same pipelines as rainwater runoff. Combined sewers improve water quality in that they treat sometimes-contaminated water from storms, but they can also seriously cramp up in the event of heavy rains, and then they have to be relieved somehow.

"That combined rainwater and wastewater could find its way to Lake Michigan, but that hasn't happened in a long time," says Mary Carroll, a community education specialist for the MWRD.

The last time such an overflow occurred was Aug. 22, 2002, when a severe storm raised the level of the Chicago River to the point where it threatened to flood, and the waste treatment center's reservoirs exceeded their capacity for storing untreated sewage. The MWRD then had to open locks on the North Shore and dump the excess into Lake Michigan.

But this isn't as bad as it sounds, says Rob Sulski, an Illinois Environmental Protection Agency (EPA) project manager. "At the point you have a river reversal, that's a big storm. So it's mostly storm water."

Generally, combined sewer overflows from less severe rainstorms are casually dumped into the city's river system. "Chicago has always had the wonderful advantage of flushing their sewage down the Illinois River,"

jokes Brett Hulsey, the Sierra Club's senior Midwest representative.

The overflows that cloud the river happen about a dozen times a year, Sulski says, but unless there is a

Since Chicago doesn't take federal money for the upkeep of its beaches, it isn't required to adhere to all of the EPA's standards. It exceeds those standards in frequency of monitoring. "Chicago monitors for *E. coli* five times a week," says Holiday Wirick, regional beach programming coordinator for the EPA. "It is recommended that they monitor high priority beaches once a week."

But it doesn't adhere to EPA suggested closure practices. "The only thing about Chicago is that they don't close on the first day they discover an exceedence," says Wirick. "They close the next day, which we don't recommend."

Chicago has taken some steps to scrub up its valuable aquatic resource. Green says Chicago's lakefront parks provide a buffer zone between the slick concrete surfaces of the city's infrastructure and the lakeshore. Creative landscaping can also play a significant role in minimizing contaminated runoff. Even the rooftop gardens created by Mayor Richard M. Daley's administration help by soaking up rainwater before it's dumped onto the ground and has a chance to create an unsavory mixture of mud and contaminants.

Cameron Davis, the executive director of the Alliance for the Great Lakes (AGL), says that the onus is on the MWRD, which treats the majority of the sewage produced in Cook County, to limit the number of positive test results in the waters off Chicago's beaches. Heavy storms still occasionally cause the agency to open the North Shore locks and dump untreated sewage into the lake, but Davis says there is a plan in the works to, um, rectify the situation.

"The number one thing [Chicago] can do is complete the Tunnel and Reservoir Plan, giant underground reservoirs that hold wastewater until our wastewater treatment plants can catch up after heavy rains," Davis said.

lock opening, no untreated sewage passes into Lake Michigan from Chicago. However, Green says, other cities sometimes have more trouble corralling their crud.

Milwaukee, a city that Green says chalked up "record-setting sewage overflows" last spring, is generally cited as a prime suspect. However, some in that city call the accusation unfounded.

"That's preposterous," says Wisconsin State Rep. Jon Richards, whose Milwaukee district borders the lake. "The overflows in Milwaukee are unacceptable, and they have to stop. But to blame Chicago's beach closings on Milwaukee is preposterous. Chicago's a big dirty neighbor to the south."

Regardless of where the contamination comes from, the aquatic threat to swimmers is certainly real. When beachgoers splash around in contaminated waters, they are at risk for anything from skin rashes to gastroenteritis, which can cause diarrhea and vomiting. The Great Lakes Information Network says that waterborne pathogens can also cause upper respiratory illness.

However, just because *E. coli* successfully indicates the presence of turbid water, that doesn't mean that swimmers will necessarily feel like crap.

"You don't want to swim in sewage, but it's not guaranteed that you're going to get sick," says Cook County Department of Public Health program manager John Mickle. "It depends on what's in the gut of whatever animal was shedding the feces."

On the upside, the United States EPA does set standards for water cleanliness. The EPA requires that city agencies test their recreational waters once a week for *E. coli*. If those tests conclude that 61 units of the bacteria are swirling around in 100 milliliters of water, swimming could be hazardous to swimmers' health, and the water is off-limits.

The ambitious multibillion-dollar plan was initiated in the 1970s—but which point lock openings became less frequent—but is not scheduled to be completed until 2015 to 2017. Even upon completion, the AGL says the underground reservoirs will provide only partial relief from sewage dumping in the Illinois River and along the North Shore.

Until the water treatment facilities in Illinois can be revamped to keep up with overflowing sewage, the Chicago Park District and the AGL agree that they have to educate Chicagoans about the things they can do to keep their own beaches clean.

Chicago residents can help limit the lake's contamination simply by being mindful around the house. During storms, citizens should limit water use. Personal septic tanks should be consistently maintained. And home gardeners should keep their use of manure as fertilizer to a minimum, so as to clean up their runoff.

Beachgoers should be conscientious as well. In addition to not feeding waste-producing wildlife like gulls, they should dispose of their own waste, fit infants and toddlers with rubber pants while they are swimming and monitor their pets closely while on pet-friendly beaches so that no poop goes unscopied.

Lake users who go out for extended boating trips shouldn't dump septic tanks directly into the water. It's staggering to contemplate, but no, you shouldn't flush your toilet's contents directly into a body of fresh water.

The most difficult challenge, of course, is getting the word out to all of those citizens, wherever they might be from, who just don't give a crap.

"It's the old, 'don't worry about the fleck in my eye until you get the log out of yours,'" says Hulsey. "The important thing is everyone needs to do their part."

GUERRILLA CHEERLEADERS

ECHO SUMMER | FALL

By Amy Wooten

Gyrating in their purple and green spanky pants and fishnets under the pulsating rainbow lights of a North Side gay bar, the Lickity Split Radical Cheerleaders yell to a sweating crowd, "Fuck your blue! Fuck your pink! Fuck your gender roles—they stink!" Onlookers whoop and roar with laughter.

Radical cheerleading is the new face of protest. Brought into the spotlight during the anti-World Trade Organization protests in 1999, radical cheerleading troupes are sprouting all across the nation. Armed with catchy chants and enthusiasm, these groups are putting the fun back into activism.

They have become a powerful force in protest, says Jeffrey Edwards, an associate professor of political science at Roosevelt University and lifelong activist. "It's a reaction of the idea that activism is angry and all yelling," Edwards says. "It's playing with people's ideas of what activism and protest is."

Many squads credit two Florida activist sisters, Aimee and Cara Jennings, with creating radical cheerleading in the mid-1990s. But according to Natalie Guice Adams, co-author with Pam Bettis of *Cheerleader! An American Icon* and associate professor at the University of Alabama, cheerleading as a form of social protest is not new. In fact, in the 1960s, Jeff Sokol at the University of California at Berkeley ran for head yell leader on an anti-war platform and was elected, although he was later forced to resign after the sororities and fraternities headed a recall petition. "He incorporated anti-war songs and cheers into the traditional repertoire of cheers," Adams says.

There are two established troupes in Chicago: the Lickity Split Radical Cheerleaders and the Chicago Radical Cheerleaders. Their agendas range from queer rights to anti-war. Lickity Split has even gone beyond street activism to open for bands and cheer at the Sundance Film Festival, and has performed at the GenderPAC conference (the Gender Public Advocacy Coalition). It's currently taking part in a "slut tour" of the Pacific Northwest and Canada with the Mobtown Moxie Revue.

Lickity Split calls itself a "queerleading" troupe. It was formed in 2002 by Abigail Katz, or "Queefer Southernland," who had read about radical cheerleaders in Florida. "I saw them using their sexuality, their anger, their

intelligence and their mouths to really rile people up about something important," she says.

Filled with anger and frustration about the plight of women, Katz and her friends started writing down their feelings in cheer form. After Katz left for graduate school, the troupe continued under the leadership of Susan Ashman, or "cunt a licious," a curvy loudmouth with blood-red hair and a big smile. Now Lickity Split is a troupe mostly centered on sexuality, gender expression, feminism and queer perspectives.

The Chicago Radical Cheerleaders were revived in 2004. A co-ed troupe of 17- to 24-year-olds, CRC doesn't have a set platform. It was founded by Kara Pravdo, 23, who first saw radical cheerleaders protesting in Washington, D.C., and realized that people were listening to them. Her friend Melanie Soter, 22, had created a troupe in Massachusetts during her college days. She helped raise Pravdo's brainchild into a loud, rowdy and effective troupe.

"If yer messin' with our rights, then yer messin' with me!" CRC growls to a shocked handful at a small coffeehouse's open mic. Decked out in pink and black, fists in the air, they stomp and chant, "Resist! Resist! Raise your fist! We know that you're pissed!" Turning their backs to the crowd, they give their bums a good smack. "Show 'em what they can kiss!"

Soter, a small, antsy woman with shocking hot-pink and black hair, encourages CRC members to introduce their own issues to the troupe. In April, CRC joined the Rainforest Action Network in a protest against Bank One's investment practices at Chicago's Bank One Plaza. Clad in white, full-body lab suits, members of CRC chanted, "You gotta find a new way to invest! You gotta boom-shaka boom-shaka boom-boom-boom!"

Fellow protesters generally welcome radical cheerleaders and the energy they bring. "I think they are great," says activist Nathan Matthews of the Rainforest Action Network. "They've been a really great source of energy."

Some radical cheerleaders are attracted by the opportunity to vent their anger through flamboyance. Jennifer Valles, or "Notorious C.H.O.cha," had been the captain of her high school cheerleading squad. The voluptuous 25-year-old rocks fishnets and off-the-shoulder shirts like it's her job. She first joined Lickity Split last summer seeking a fun way to become more active in the community and rage on. "Since Lickity Split was



Armed with catchy chants and enthusiasm, radical cheerleaders Susan Ashman (left) and Jennifer Valles (right) are putting the fun back into activism.

ACTIVIST SQUADS ARE THE FRESH FACE OF PROTEST

F E A T U R E S T O R Y

and is such an amazing, dynamic, fun group of radical queers, it seemed like an obvious choice," she says.

There are a surprising number of men involved in radical cheerleading, especially in Chicago. Alex Fullerton, or "Muff Daddy," says being part of Lickety Split is exhilarating. "I'm normally shaking when I get off stage," he says. "It's an insane high."

All participants seem to appreciate the misconceptions people have about what cheerleading can be.

The irony of turning what some call a traditionally exploitive role into a positive one draws many in. [Radical cheerleaders] inhabit this space, which is supposed to be docile and submissive, and reverse it," says Roosevelt University's Edwards.

This explains the over-the-top sex appeal of the troupes. Not only does radical cheerleading reinforce the legitimacy of cheerleaders, says Katz, but it also deconstructs the dominant notions of beauty, gender and performance.

For many radical cheerleaders, however, the prime appeal is conveying a message while having a blast. "I can't sit still at a protest," Soter explains, laughing. "I need to be screaming, 'Pay attention! Look at me!'"

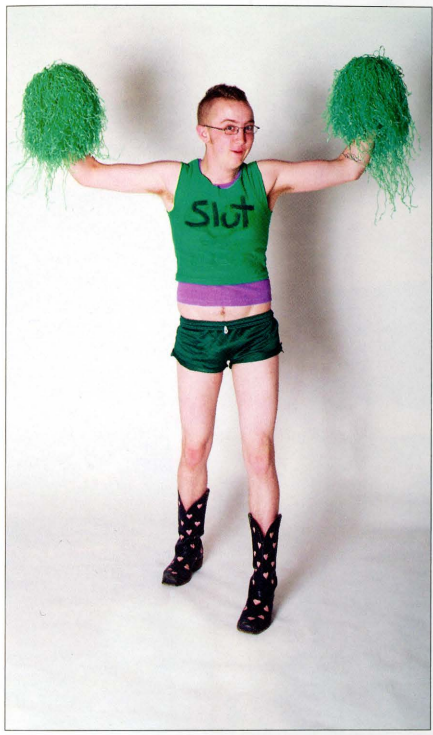
Fun does come with a price, however. Katz warns that you have to be willing to "make an ass of yourself" in front of a large crowd. "You have to really believe that what you are screaming and jumping around about is essential, important and deserves attention," she says.

"If they laugh, they laugh with us," says Brad Thomson, a Chicago Radical Cheerleader.

"Empowerment" is a word often used by members. "I feel powerful, strong, and most importantly, I am having fun and I see in the crowds' faces that they are having fun as well," says CRC member Sarah Schroth, 21, who is known as "Mr. Sarah."

"When you're in a little radical cheerleading uniform and you are doing something creative, people definitely want to hear what you have to say," adds Pravdo.

"A troupe's fun, upbeat and positive energy draws a spotlight and makes them stick out," says Amy Miller, a.k.a. "Pussy Elliott," a bouncy blonde-



Radical cheerleaders Alex Fullerton (left) and Amy Miller (right) deconstruct the dominant notions of beauty, gender and performance.

bombshell with pin-up girl hair and dimples. Miller, 28, has a crazy, high-energy stage presence that's a dead giveaway she's an ex-pompom girl.

Chicago's radical cheerleading troupes are evolving in different directions. While CRC remains old-school, joining impromptu rallies and protests, Lickety Split increasingly performs at planned, on-stage events. "I think the moment that really solidified the importance of doing the queer-leading we got into was when a high school girl emailed us, wanting to

interview us for her school paper," Katz says. "I think any organization that gets the attention and influences young people in that age range has something going for it."

Fullerton concedes that some gripe about Lickety Split calling themselves activists and performing at bars and concerts. "I don't see why you can't do both," he scoffs. "I really don't care what they say."

Audience reaction is typically positive. Thomson attributes this to the radical cheerleaders' use of humor.

"Certainly, with your average passerby, directing hostility towards them won't change their mind," he says. "We are channeling that anger in a more positive light."

Radical cheerleaders effectively bring the bounce back into protest and play a significant role in social activism. "There's no doubt it's very effective," Edwards comments. "It makes activism more fun and draws people in, while simultaneously critiquing."

"I think radical cheerleaders are smart in that they recognize the power of cheerleading as an institution in this country, and that when they use this traditional medium to express social activism they are going to garner support from people who may not typically participate in social protests," says Adams, who co-wrote *Cheerleader! An American Icon* and looks at radical cheerleading through a sociological lens. She says these radical troupes don't taint the traditional notion of cheerleading, but instead rework it, play with it and utilize its power for a cause or to advance a feminist agenda. "I think what radical cheerleaders are doing with the institution of cheerleading demonstrates American ingenuity at its finest," she says.

How

By Yvette Hamlin

It's called "emo," short for emotional. It refers to punk music on estrogen, music with punk roots but painfully personal lyrics and faint guitar riffs.

It's also a look, which you'll need to understand in detail if you want to be a part of this social phenomenon.

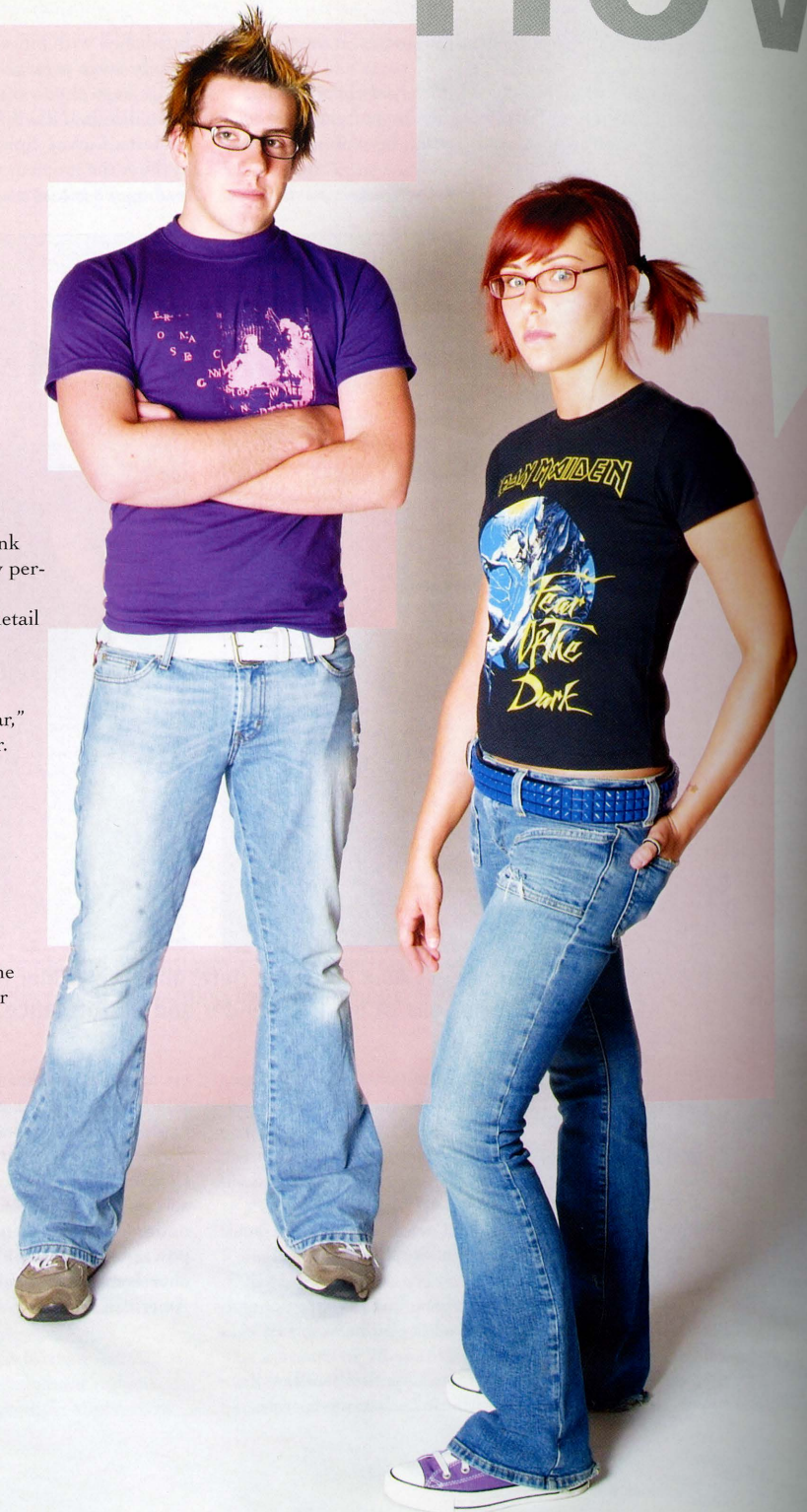
"A staple to being emo is the attempt to create their own style, usually consisting of about 90 percent resale clothes because, come on, no one buys resale underwear," says Mike Howes, an avid music fan and band member.

"They must say they get all their clothes from thrift stores cause they're vintage," adds Brigid McElroy, a music business major at Columbia College. "The world may never know where they actually shop."

CLOTHING

Proper "emo" clothing should be tight-fitting and show some wear. Acceptable choices include:

- Vintage T-shirts, preferably with a cartoon from the '70s or '80s. They should be at least 10 years old or at least look that way.
- Plain or striped polo shirts.
- Western shirts with fancy embroidery or cool pearly snaps.
- The hoodie, usually worn underneath a vintage blazer.
- The track jacket.



to be...

SHOES

Converse Chuck Taylor shoes are officially approved emo footwear. Athletic shoes from the '70s and '80s are all the rage, especially off-brands, because they have the coolest designs.

Or take the advice of Amanda Ferri, public relations major at Columbia College and intern at Victory Records: "Just wear un-athletic athletic shoes."

HAIR

"Their hair has to be shaggy and long enough to hide their imaginary tears," says Steve Pacheco, bassist for a local Chicago band.

"Their hair has to be an homage to whatever cool new emo band they're listening to at the time," adds McElroy. "Whatever the lead singer is sporting, they will be sporting as well."

Some tips:

- Dye it black and leave it floppy.
- Add one blonde streak to look more hip.
- Do the Emo Comb-Over by sweeping your bangs off to the side.
- Get the greasy look by avoiding showering for two or three days or by using pomade.

ACCESSORIES

"Most of them carry satchel-like messenger bags and iPods," says Traci Lattyak, an avid music fan and concert junkie. "Girls wear little barrettes in their hair, bows, star stuff, star tattoos, studded belts or the white belt. Oh, and scarves that are never removed."

Some suggestions:

- Black-rimmed glasses, whether or not you need them.
- A beanie or a short-brimmed Fidel hat.
- A white studded belt with the buckle off-center.
- The right band buttons.

TATTOOS AND PIERCINGS

"Ears gouged, lip for boys and girls, and nose for girls... never an eye-brow ring. Those are reserved for beer sluts and nu-metal dudes," says Ferri.

"They have tattoos in places that are visible," adds Nicole Kurutz, a Chicago artist. "They want everyone to see how much pain they went through to get little broken hearts tattooed on their forearms."

- Star tattoos, particularly nautical stars, along with cherries, sparrows, and a guitar.
- At least one or two lip rings. Stretch your ear lobes so you can buy the cool plugs with the nautical stars in them.

If you still don't get it, then sorry to say, but you're just not "emo."

MISCELLANEOUS

Got the dress down? Here are some tips for refining your style.

- Your IM screen name or email address should consist of some dramatic word surrounded by X's, according to "Insta Emo Kit."
- Appear as though you are completely impoverished.
- Pretend to be tough. Only cry when no one else is around.
- Act like your kitten just died and you don't have a friend in the whole world. When people ask how you feel, "Insta Emo Kit" suggests using these adjectives: morose, empty, bitter, lost, aloof, distant, sad, heart-broken, or "I don't know how I'm feeling."

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Name: Cece M. De Stefano

Current Project: Art Director for ABC hit TV show, *Alias*

Proudest accomplishment: Emmy for Outstanding Art Director (2002)

Most vivid fantasy: flying above the clouds (inspired by Georgia O'Keefe's *Sky Above Clouds*, which hangs in the Art Institute in Chicago)

Favorite books: *Tao Teh Ching*, the inspiring words of Lao Tsu, and *Science of Mind* by Ernest Holmes

Quirkiest personal trait: leaving long, rambling phone messages – and forgetting to state my name

Most significant mentor: Dr. Reverend Michael Beckwith

Launching Pad: Columbia College Chicago

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