



The Price of Beauty: Are We Tanning to Death?

Did you know that skin cancer is the most common type of cancer? Over 700,000 people develop skin cancer each year. Most people can be cured when diagnosed early. The most common cause of skin cancer is overexposure to ultraviolet rays emitted from the sun and sunlamps.



Prevention

- Stay out of the sun: From 10 a.m. to 3 p.m. is when the sun's rays are the strongest.
- Use sunscreen. A Sun Protective Factor (SPF) of at least 15 is recommended. It should be applied at least 15-30 minutes prior to getting in the sun.
- Cloudy days: You can still get burned even when it's cloudy.
- Swimming pools: Even if you are in the pool, the sun's rays can reach through three feet of water. Apply waterproof sunscreen.
- Tanning beds: Sunlamps and tanning beds are just as harmful to your body as the sun. Tan with moderation. Keep your skin hydrated by drinking water and by staying away from dehydrating products such as caffeine, alcohol, and sugar.

If you have any questions or concerns, please contact the Health Education Office at 871-1732, or visit their website at www.georgiasouthern.edu/health. Sources: American Cancer Society, "Fry Now, Pay Later"

Help Prevent Child Abuse by Supporting Kappa Delta's "War of the Wings"!!

"War of the Wings" is a fundraiser in which about eighteen local restaurants donate hundreds of wings, and the entire community is invited to come and select their favorite of the bunch! DJ Willie Word will be entertaining while you enjoy wings, door prizes, music, and fun! Tickets are being sold by the Sisters of Kappa Delta for \$5.

The goal this year is to raise \$10,000, all of which will benefit Prevent Child Abuse. This event will take place on March 9 from 3:00 p.m. until 6:00 p.m. at the Kappa Delta House on Olympic Boulevard.



Please come choose the "Best Wings in the Boro" while helping the Kappa Deltas Prevent Child Abuse!



Regents' Test Time March 8 - 10

Check your fall detail schedule on WINGS for your date, time, & location. Remember, if you are supposed to take the Regents' Test and you don't, you won't be able to enroll in ENGL 1102 next semester!



Study Bucks Winners



Congratulations to Sarah Amuka of Veazey Hall who won a digital phone and to Courtney Clarke of Hendricks Hall who won a \$75 gift certificate to the University Store.

Please come by the Housing office in Watson to claim your prize. Bring your ID.

Need A Summer Job?

Come to room 2080 in the Russell Union on Wednesday, March 10 at 7 p.m. to learn about how you can find a summer job. Sponsored by the Minority Advisement Program.

Career Corner



Life After College . . . You need to begin thinking about things that you will need to do. Take control of your own future!

- Find a mentor at your new job.
- Consider several cost factors when moving.
- Only use credit cards for emergencies and pay off quickly any debt you owe.
- Obtain health insurance, life insurance, homeowner's insurance, car insurance, and disability insurance.
- INVEST! Start planning ahead now for your retirement!

Come by Career Services for more information about Life After College. Also, for graduating students, remember the **Graduation Gala**, Tuesday, March 9, 10 a.m.-6 p.m. & Wednesday, March 10, 10 a.m.- 6 p.m. at the Nessmith-Lane Continuing Education Building. Call 681-5197 for more info.

Spotlight on . . . Ms. Louise Fechter



Ms. Louise Fechter is an EDP Technical Support Specialist II. She teaches software applications to staff members; however, her primary job responsibilities include managing all Auxiliary Services Information Systems (ASIS) HelpDesk tickets and troubleshooting problems with staff. She also diagnoses and resolves technical problems for Auxiliary Services users (housing, food services, etc.) and provides team leadership to technical support staff. Ms. Fechter has been at Georgia Southern for about five years. Her inspiration comes from a desire to help people with their computer problems.

Ms. Fechter received her BS in Management, with a minor in Computer Science at Nyack College, NY. She is currently finishing a CIS Networking diploma at Ogeechee Technical College. In her free time away from fixing computers, Ms. Fechter is directing the Children's Education Program at her church (St. Paul's Lutheran), working as a Girl Scout mom, working out at Gold's Gym, dabbling in website design, working with ceramics and painting pottery, reading mystery novels and watching action movies, and reading to her six-year-old daughter. Ms. Fechter offers several pieces of advice to students:

- Check out the services offered by Auxiliary Services at <http://www.aux.georgiasouthern.edu>.
- Don't overload yourself.
- Put study time and party time in perspective. Remember, "all good things in moderation."
- Check out Georgia Southern's website <http://www.georgiasouthern.edu> for upcoming sporting and performing arts events.

Out and About Campus

Sunday, March 7

The Sound of Music, Performing Arts Center,
7 p.m.



Monday, March 8

General Student Recital, Carter Recital Hall, 1 p.m.

Thursday, March 11

Opera B Performance, Carter Recital Hall, 8 p.m.

Saturday, March 13

Nature Photography for Kids, Botanical Garden, 9 -11 a.m.

Women's Awareness Events

Monday, March 8

"Our Bodies, Our Rights," Panel Discussion, RU Room 2044,
12 p.m.-1 p.m. (refreshments provided)

Tuesday, March 9

Self Defense for Women, McKenzie Drew instructing, RAC,
9 p.m.

Thursday, March 11

Investment Education for Women, Dr. Sandy
Gallemore facilitating, RU Room 2084,
6 p.m.
Sexual Assault Prevention Talks, Sorden
Davis presenting, RU Room 2084, 7 p.m.



Men's Health Series in Johnson

Monday, March 8

Sex Summit, 7 p.m.

Tuesday, March 9

Sexual Assault from the male perspective:
How to avoid being accused and what to
do if you are a victim, 7 p.m.



Thursday, March 11

The Dangers of Drugs, Buddy Peaster facilitating, 7 p.m. (The
movie *Scarface* will follow.)



In the Halls . . .

Monday, March 8

Open Mic Night, Veazey, 7:30 p.m.

Jive Party: Learn to Swing Dance, Southern Pines, 7 p.m.

Need Cash for School?



If students need aid for summer and already have aid for fall and spring, they do not need to complete a separate application. All they need to do is register for classes and Financial Aid will check for eligibility. However, students do need to complete the 2004-2005 FAFSA prior to March 31 for consideration for fall 2004/spring 2005 aid. Call 681-5413 for more info.

TimeShop: Experience WW II History

Imagine traveling in time with a group of local kids to England during World War II . . . taking them to school and shopping for food, teaching them games of the period, and even experiencing an air raid in a shelter with them . . . sound interesting? Students are needed for TimeShop, an exciting children's workshop program co-sponsored by the Department of History and the Georgia Southern Museum, on Saturday, April 17 and Sunday, April 18. Needed are a diverse group of students to work with a diverse group of children, who will be eager to experience a taste of living history. Children will be guided through four rooms, each showcasing a different aspect of children's lives in wartime England, and featuring activities. Enthusiasm is required, drama skills are helpful (although not essential), and an authentic British accent (while cool) is NOT necessary. If interested, mark your calendar, and drop a line to Dr. Annette Laing at aslaing@georgiasouthern.edu to ensure that you'll receive details about an informational meeting soon. All volunteers will be required to attend an orientation and to prepare for their particular assignment. Also, volunteers will receive lunch and a free t-shirt. Need volunteer credit? Bring your form!

