



Independent Living

MRSA (mayoclinic.com)

There has been a MRSA outbreak in the Roanoke Valley in the last few months. Here is some information about it.

MRSA is an infection that is caused by a bacteria called staph. MRSA infection can be treated, but should be taken seriously because it can also be fatal.

Staph bacteria are normally found on the skin or in the nose of about one-third of the population. If you have staph on your skin or in your nose but aren't sick, you are said to be "colonized" but not infected with MRSA.

Healthy people can be colonized with MRSA and have no ill effects, however, they can pass the germs to others.

Staph bacteria are generally harmless unless they enter the body through a cut or other wound, and even then they often cause only minor skin problems in healthy people. But in older adults and people who are ill or have weakened immune systems, ordinary staph infections can cause MRSA.

MRSA usually starts as small red bumps that resemble pimples, boils or spider bites. These can quickly turn into deep, painful abscesses that re-

quire surgical draining. Sometimes the bacteria remain confined to the skin. But they can also burrow deep into the body, causing potentially life-threatening infections in bones, joints, surgical wounds, the bloodstream, heart valves and lungs.

Taking antibiotics when it is not necessary and the fact that antibiotics can be found in food and water and then digested in our body can cause the antibiotics to not work against infections.

There are different types of MRSA: hospital-acquired and community-acquired.

The risk factors for hospital-acquired MRSA are a current or recent hospitalization, residing in a long-term care facility, invasive devices, and recent antibiotic use.

The risk factors for community-acquired MRSA are

Young Age: through a cut or scrape. Children can be more susceptible because their immune systems aren't fully developed or they don't yet have antibodies to common germs.

Participating in Contact Sports: the bacteria spread easily through cuts and

abrasions and skin-to-skin contact.

Sharing Towels or Athletic Equipment: Can spread through sharing towels, razors, uniforms or equipment. Clean down the gym equipment before you use it!

Having a Weakened Immune System: from illness, HIV, and AIDS.

Living in Crowded or Unsanitary Conditions: military training camps and prisons are examples.

Association with Health Care Workers: people who are in close contact with health care workers are at increased risk of serious staph infections.

If you have a wound become infected go to the doctor and asked to be tested. They test through tissue sample or nasal secretions and it takes 48 hours.

Treatment includes medication or draining the area.

Prevent MRSA by keeping personal items personal, keep wounds covered, sanitize linens, wash your hands, get tested if you have a skin infection.

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Special points of interest:

- Please welcome foster care's new supervisor, Debbie Jones.
- Training on 11/17/07 11-2
- Community Service 11/7/07 2-3
- Christmas Event Tentatively Scheduled for 12/15/07 Time and Place To Be Determined

Keeping Your Home Secure— from Yes You Can! By Amy Wynn Pastor

Begin by assessing two major areas of your home: the perimeter and the points of entry.

Check Outside:

Walk around your home and consider the following:

Is lighting adequate at night? A well-lit home is less appealing to intruders. If you live in a neighborhood, note the effect of municipal street lights. Determine what, if any, supplemental lighting you need on your property. If you live in an apartment complex, are common interior areas such as hallways well lit? Are parking areas equipped with properly operating lights? If not, contact the building superintendent.

Are tools or ladders left out? If so, they



Check your perimeter where you live! See how secure your home is and talk to someone in charge if it is vulnerable!

could become keys for illegal entry. Leaving items out can also be a calling card for thieves—if you are careless with items outside, they'll think you might be just as careless about securing the inside of your home.

Do you keep tools in an unlocked shed or

other outdoor storage compartment? Though not as tempting as tools left in plain sight, these also can be easily used to break in to your house. Add locks to exterior storage areas.

Do foundation shrubs and plantings obscure windows and offer convenient places for intruders to hide? Do large tree limbs stretch out as easy bridges to second-story windows? Consider trimming back trees and shrubs.

Tip: Nothing deters a burglar more than a home that offers no assistance in entry. Pick up the lawn. Keep areas well-lit and clutter free!

The Female Star from Sex Explained by Clausener-Petit

In this tale, the female star is the ovum. The ovum is the woman's sex cell. Every girl reaches puberty with about 300,000 to 400,000 ova (that's just the word for more than one ovum) stored in her two ovaries. Until puberty arrives, the ova lie quietly inside the ovaries doing pretty much nothing.

But then puberty delivers a sort of wake-up call to the ova. When a girl reaches a

certain age, hormones inside her body trigger a process called the menstrual cycle, in which the ova play a starring role. This cycle of events normally lasts for twenty-eight days and then repeats itself. Over the course of the month, one ovum matures, or grows, inside one of the two ovaries. When it reaches maturity, the ovum emerges and floats away from the ovary, it is swept up inside one

of the fallopian tubes, the two small ducts that connect the ovaries to the uterus, or womb. The ovum's big scene now begins for it's here, in this long, narrow canal leading to the uterus, that the ovum may meet up with the sperm of its dreams.

Submitting Your Resume from What Not to Do After Graduation by Beam

A good resume is more than just a list of your qualifications. It is often the first piece of evidence a potential employer has of your ability to present yourself professionally.

What NOT to do:

Do not put anything on your resume that is not absolutely true. Lies have a way of being found out.

Do not use nicknames or abbreviations of your name.

Do not include extraneous information. You are highlighting your educational and professional background, not writing an autobiography.

Do not include personal information about your age or your political, religious, or sexual orientation.

This will prevent your being discriminated against on the basis of any of these items.

Do not repeat the same words through the resume. Choose a variety of action words to tell what you've done.

Do not fill your resume with clichés like "love to work with people" or "self-starter". Be creative in representing yourself.

Simple Solutions from Clean Thinking by Bredenberg

Simple Solutions:

Contain and Maintain:

Cleaning tasks fall into three categories. Here are some examples.

Immediate (prevents small, easy-to-clean up messes from becoming big, tough messes):

- Toweling off the shower stall after each use.
- Having family members remove their shoes at the door.
- Washing dishes immediately after using them.

Maintenance (done regularly, but not necessarily often):

- Spraying the shower stall with soap scum remover once a week.
- Vacuuming all the dirt that family members track inside each week.
- Making sure all dishes, glasses, and

cooking gear are cleaned up each night before bedtime.

Remedial (cleaning after long periods of neglect, such as tackling the refrigerator):

- Spending hours scrubbing away a year's worth of soap scum and mildew.
- Vacuuming whenever the neighbors make jokes about your herd of dust bunnies.
- Wasting your Sunday scrubbing hardened food from the week's dishes and pots so you have something to cook with.



Caption describing picture or graphic.

Life Strategies for Teens by Jay McGraw

Things I Hate and Want to Eliminate:

Zero control over my life.

Parents who don't understand my life.

Two-faced friends.

Cliques that don't include me.

Peers trying to get me to try things that I don't want to do.

Hypocritical adults.

No money, and no way to get money.

No transportation.

Feeling confused about what I want to become.

Worry and pressure over grades and friends.

Every adult in my life treats me like a two-year-old. I've made some mistakes, but God, it doesn't have to be a life sentence.

Lack of confidence.

My lazy lifestyle.

What do you hate and want to eliminate in your life? Why don't you write it down and let me know? Send it to Patti!

Cool Stuff They Should Teach You In School by Healy and Healy

The first step to success is telling yourself you will not settle for anything less than the best you can do. Accepting mediocrity, you'll reach your potential much faster. Why would anyone be satisfied with anything but his or her best?

Usually it involves two reasons: They are either unmotivated or afraid of failure. If you relate to one or both of these, it's OK. There is still hope! We'll do our best

to bail you out of these traps.

We all know it's easier to be lazy, not take the extra steps, just give in to mediocrity. The difficult part is getting the desire, the discipline, and the attitude necessary to succeed.

Most people prefer success, but few have the discipline to follow through and make it happen. You might be saying, "Well, duh, I know I need discipline, but how do

I get it? Here's the first thing you need to know: Discipline comes from convincing yourself that the sacrifices are worth the rewards!



A half effort is as close to the bottom as it is to the top.

Defining Your Goals

from the Everything Job Interview Book by Adams

The most difficult part of finding employment is figuring out what it is you actually want to do. Earning a degree in a particular field or working many years in a specific industry should not limit your options. In the course of one's lifetime, it is not at all uncommon for one person to have five or more careers. As cliché as it sounds, you learn something new every day about your strengths and weaknesses, your likes and dislikes. When you apply these learning experiences to choices you make as far as your career is concerned, they can be priceless bits of information.

When choosing or changing careers, there are two very important questions to consider. First, while a particular industry or job title may seem glamorous or enticing, are you really prepared to take on the day

-to-day duties that such a position would entail? Ask yourself whether you are actually ready and willing to meet the demands of this job or whether it is just a job title you think you could impress your friends with.

Second, are you prepared to live the lifestyle that this job demands? For example, while the idea of becoming a talent agent or the assistant to some really famous person sounds like a real dream job, are you willing to be at somebody's beck and call 24 hours a day? Are you ready to deal with belittling comments and the occasional "difficult" personality? Many high profile and/or high-paying jobs often come with a strict "very-little-free-time" price tag. If you are not sure of the customary duties and tasks of a position, try

to speak with someone in the field or to a career counselor so that you can learn more about them. Read the job description carefully and make sure that you are ready, willing, and able to provide the many services that will be asked of you. Most importantly, make sure you research the job, its duties, and the company before accepting a position. You never know. That dream job could turn out to be a real nightmare.

Agencies for Special Groups:

Minorities: NAACP, www.naacp.org

Job Opportunities for the Blink Program: 410/659-9314

President's Committee on Employment of People with Disabilities: 202/376-6200

How Cars Run

from Car Care and Repair by Ramsey

Car Lingo: What's the difference between an engine and a motor? Technically, an engine is any machine that used energy to develop mechanical power and a motor is a machine that converts electrical energy into mechanical energy. That means a car uses an engine rather than a motor to drive the wheels. However, most people use the terms interchangeably.

What happens when you turn the key in your car's ignition? Lots of things. First, electricity from the battery powers a small motor called the starter. The starter motor then makes parts inside the engine rotate. Fuel and a spark are fed to the engine to produce thousands of small explosions that keep the parts rotating. Everything else in the car simply uses or supports power from these rotating engine parts.

It's amazing. Technology has enhanced how today's cars run, but the principles of automotive technology are about the same as those of more than a century ago. An electric spark ignites fuel (has and air) in a small chamber, and the resulting explosion pushes the chamber's floor (piston) down. The power rotates a fly-

wheel that eventually rotates four wheels that roll the car down the road. Sure, there's much more to it, but "internal combustion" or controlled explosions inside the car's engine are the basic principle of most automobiles.

The primary difference between modern cars is whether the engine's power is sent to the front two wheels (front-wheel drive) or back two wheels (rear-wheel drive). Most of the parts in both types of cars are otherwise the same.

Some Car Terms:

Crankshaft converts the pistons' up-and-down motion into a circular motion that can be used by the transmission and, eventually, the wheels. Bicycle pedals move up and down in the same way to rotate the rear wheel.

An alternator converts the engine's mechanical energy into electrical power as alternating current (AC). A rectifier then changes AC into direct current (DC) for storage in the battery. A genera-

tor, used in older cars, does the same thing in a slightly different way.

Fuel Injection System injects the required amount of fuel at each cylinder for burning. A carburetion system mixes fuel and air for all cylinders in the carburetor and then distributes it to each cylinder through the intake manifold.

The highest transmission gear for most cars is about 1:1 (one to one), meaning that every revolution of the engine's crankshaft results in a revolution of the driving wheels.



Caption describing picture or graphic.

What is the ACT?

From The Real ACT Prep Guide

The ACT measures your achievement in core academics areas important for success in college. There are four multiple-choice tests—English, Mathematics, Reading, and Science—and an optional Writing Test. Topics covered on these five tests correspond very closely to topics covered in typical high school classes.

The ACT isn't an IQ test—it doesn't measure your basic intelligence. It's an achievement test that's been carefully designed—using surveys of classroom teachers, reviews of curriculum guides for schools all over the country, and advice from curriculum specialists and college faculty—to be one of several effective tools for evaluating your readiness for college

work.

The individual tests that make up the ACT consist of questions that measure your skills and knowledge. You're not required to memorize facts or vocabulary to do well on the ACT. Of course, all the

terms, formulas, and other information you have learned in your classes will be useful to you when you take the ACT. However, last-minute cramming won't directly improve your performance on the ACT.

What you can do to improve your performance on the ACT is to find out ahead of time what you'll be expected to know or do, and then to think about and use that information to your best advantage.

Are you taking the ACT this year? DSS will pay for a study book for you. Just request one from Patti.



The ACT is an alternative to the SAT.

Kids Bug Me Because I'm Different

From The Teen Survival Guide to Dating and Relating by Fox

Hey Terra, I've never been like anyone else I know. I'm not sure why, and I don't really care. My problem is I'm sick of people making all kinds of judgments about me just because I act different. How can I get the kids in my school to stop pressuring me and just leave me alone? Boppin' Unique

Dear Boppin' Unique, The best way to avoid the pressure and judgments is to keep listening to your inner voice. This

voice is telling you that you don't need to be like everyone else. Being unique can be lonely, so look around for allies. Who are the kids at your school who aren't afraid to be themselves? Which ones are most accepting of differences and would appreciate you for who you are? Reach out to them in friendship and forget about the rest. If there's no one like this at your school, look for friends elsewhere. Let your interests guide your out-of-school activities. Get out there and find people

you can relate to. It might help to read the biographies of interesting people who found their unique paths in life. Remember, unique people are one of a kind because they dare to be different, and they help change the way all of us think about the world. If everybody looked and acted like the next person, life would be very dull. Stay true to yourself!

In friendship, Terra

Featured Career: News Analyst, Reporter, & Correspondent

From Occupational Outlook Handbook

Significant Points:

Competition will be keen for jobs at large metropolitan and national newspapers, broadcast stations, and magazines; most entry-level openings arise at small broadcast stations and publications.

Most employers prefer individuals with a bachelor's degree in journalism or mass communications and experience gained at school newspapers or broadcasting sta-

tions or through internships with news organizations.

Jobs often involve irregular hours, night and weekend work, and pressure to meet deadlines.

Slower than average employment growth is expected.

Most employers prefer individuals with a bachelor's degree in journalism or mass

communications, but some hire graduates with other majors.

The median annual income is \$31,320 to \$36,980.



Want more information?

www.nab.org

Researchers Look at College "Alcohololidays"

Roanoke County Prevention Council:

St. Patrick's Day, Mardi Gras, and Halloween rank among the most popular "alcohololidays" for college students -- days where it is considered socially acceptable to drink to excess even on a weekday afternoon, the [Roanoke Times](#) reported Oct. 21.

As college administrators try to change the drinking culture on campus, the notion of "alcohololidays" presents a formidable opponent. "The best we can do is try to educate and make them aware of the situation," said Steve Clarke, director of Virginia Tech's Alcohol Abuse Prevention Center.

At schools like Virginia Tech, even dates of home football games fall into the "alcohololidays" category. "During the fall there's like six home football games. We have Halloween," he said. "And so that's seven weekends when we're going to see drinking go up. And there's typically only about 14 weekends a semester."

Other drinking days include the last day of classes each semester, the weekend before classes begin each spring semester, and even the weekend before Martin Luther King Jr. day, because students have the following Monday off from school.

"We know all those days because they affect our business," said Gary Walker, owner of Cabo Fish Taco in Blacksburg, Va., which hosts an annual Halloween party each year that attracts Virginia Tech students. "Bars like to take advantage of days when people are planning to party."

Halloween is an especially popular "alcoholiday," and observers say that costumed revelers are more likely to drink heavily.

In recent years, even Thursday nights have been designated "alcohololidays" by college students. "Students do that, they make things into holidays. Thursday. Let's party, let's celebrate," Clarke said. "Once some students grab ahold of that idea -- that there's a reason to break out the alcohol and grab hold of it -- that's what happens."

Don't Let Your Good Time Turn into a Nightmare Buzed Driving is Drunk Driving

Impaired driving is one of America's most-often-committed and deadliest crimes. In 2006, more than 13,000 people were killed in crashes involving a driver or motorcycle operator with a blood alcohol concentration (BAC) of .08 or higher, which is illegal in every state.

Halloween is a particularly deadly night due to drunk drivers. In 2005, 41 percent of all highway fatalities across the nation from 6 p.m. on Halloween night until 6 a.m. the following morning involved a driver or a motorcycle operator with a BAC of .08 or higher.

Far too many people still don't understand that alcohol, drugs, and driving don't mix. Impaired driving is no accident -- nor is it a victimless crime. Fortunately, much of the tragedy that comes from impaired driving crashes could be prevented if everyone would take a few simple precautions.

Always follow these tips for a safe Halloween night:

- Designate your sober driver before going out and give that person your keys;
- If you're impaired, call a taxi, use mass transit or call a sober friend or family member to help get you home safely;
- Promptly report drunk drivers you see on the roadways to law enforcement;
- Wearing your safety belt while in a car or using a helmet and protective gear when on a motorcycle is your best defense against an impaired driver;

And remember, *Friends Don't Let Friends Drive Drunk*. If you know someone who is about to drive or ride while impaired, take their keys and help them make other arrangements to get to where

they are going safely.

Impaired Driving Creates Serious Consequences

The tragedies and costs from driving impaired do not just end at the potential death and injury caused by impaired drivers.

Driving or riding a motorcycle while impaired is not worth the risk. The consequences are serious and real. Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be significant.

Violators often face jail time, the loss of their driver's license, higher insurance rates, and dozens of other unanticipated expenses from attorney fees, other fines and court costs, car towing and repairs, lost time at work, etc.

Refuse a sobriety test in many jurisdictions and you can lose your license on the spot and have your car impounded.

Plus, there is the added embarrassment, humiliation, and potential loss and consequence after informing family, friends and employers.

Buzed Driving is drunk driving.

Real-life Halloween nightmares are simple to avoid if you make smart decisions. Never drive drunk. Designate your sober driver in advance.

Whether you've had one too many or way too many, make sure you don't drive while impaired.

Always remember that *Buzed Driving is Drunk Driving*.

For more information, visit www.StopImpairedDriving.org.

The Rights of Foster Children

The Rights for Youth in Foster Care may be different in each state. Ask your caseworker about your rights in your state. If your rights are being violated, contact a caseworker, attorney, or foster parent immediately.

As a youth in foster care, you have the right:*

1. To **know your rights** in foster care, to receive a list of those rights in written form and to know how to file a complaint if your rights are being violated.
2. **To be told why you came into foster care** and why you are still in foster care.
3. **To live in a safe and healthy home** where treated with respect, with your own place to store your things and where you receive healthy food, adequate clothing, and appropriate personal hygiene products.
4. **To have personal belongings** secure and transported with you.
5. **To have caring foster parents or caretakers** who are properly trained, have received background checks and screenings, and who receive adequate support from the Agency to help ensure stability in the placement.
6. To be **placed in a home** with your brothers and sisters when possible, and to maintain regular and

unrestricted contact with siblings when separated (including help with transportation), unless ordered by the court.

7. To **attend school** and partici-



Do You Know Your Rights? You Should!

pate in extracurricular, cultural, and personal enrichment activities.

8. To **have your privacy protected**. You can expect confidentiality from the adults involved in your case.
9. To be **protected from physical, sexual, emotional or other abuse**, including corporal punishment (hitting or spanking as a punishment) and being locked in a room (unless you are in a treatment facility).
10. To **receive medical, dental, vision and mental health services**.

11. To **refuse to take medications**, vitamins or herbs, unless prescribed by a doctor.

12. To have an immediate **visit after placement** and have regular visits ongoing with biological parents and other relatives unless prohibited by court or unless you don't want to.

13. To make and receive **confidential telephone calls** and send and receive unopened mail, unless prohibited by court order.

14. To have regular contact from and unrestricted access to social workers, attorneys, and advocates and to be allowed to have **confidential conversations** with such individuals.

15. To be told by your social worker and your attorney about any **changes in your case plan or placement** and receive honest information about the decisions the Agency is making that affect your life.

To attend **religious services and activities** of your choice and to preserve your cultural heritage. If possible your placement should be with a family member or someone from your community with similar religion, culture and/or heritage.

House Bill 2255

Passed in 2005

House Bill 2255

This legislation toughened Virginia's minor in possession laws to include penalties for consuming alcohol. Any persons found guilty would be charged with a misdemeanor and pay a mandatory minimum fine of \$500 or

perform mandatory minimum of 50 hours of community service, and have their license suspended for no more than one year. The law was effective July 1. Is it worth it?



Caption describing picture or graphic.

High Paying Jobs You Can Land Without a College Degree

By Jason Rich

Actor:

Salary Potential: Varies Dramatically.

Training/License/Certification Required: none, but experience in school plays or with local, non-professional theater groups is strongly recommended.

Other Requirements: a professional head shot (8 x 10 inch photograph) and a resume. Working as an actor requires extensive memorization of dialogue and stage direction.

Career Advancement Opportunities: There are many types of acting jobs, ranging from local community/dinner theater, to starring on Broadway, in TV commercials, on a network television series, or in a movie (where the income potential can be millions).

Artisan/Crafter

Salary Potential: Varies.

Training/License/Certification Required: none.

Other Requirements: artistic and/or craft-ing abilities.

Career Advancement Opportunities: many artisans and crafters are self em-ployed and earn money by selling their handmade crafts to local merchants, as well as at fairs, flea markets, and online (using ebay.com, for example). More established artisans sell their work through upscale galleries and/or are affili-ated with museums.

Artist

Salary Potential: Varies.

Training/License, Certification Required: None.

Other Requirements: Graduation from art school is recommended, but not required. Natural talent and artistic ability is a must.

Career Advancement Opportunities: Aside from displaying and selling your work in galleries and art exhibits, de-pending on the type of art you create, there are countless job opportunities available in corporate America, at adver-tising agencies, graphic design firms, publishing companies, or animation com-panies. You can also work in traditional companies. Opportunities vary.

Basic Nutrition

From the Beginner's Cookbook

Carbohydrates: this group includes all sugars, starches, and fiber. Sugars are referred to as simple carbohydrates be-cause they have a simple structure and can be broken down by the body easily to give a rush of instant energy. Too much sugar is not good for the body, however, because it can increase the risk of diabe-tes, heart disease, obesity, and tooth de-cay.

Complex carbohydrates are present in whole-grains like corn, oats, and barley and in fresh fruit and vegetables. Their complex structure takes longer to break down in the body and provides a longer, steadier flow of energy in the bloodstream.

Bread and bread products are high in carbohydrates.

Fiber is not really a food because it cannot be di-gested by the human di-gestive system, but it is still very important in the diet because it provides bulk to assist the passage of the food through the intestines. In this way, a good intake of fiber helps to prevent constipation.

Local Schools Listed on "Drop-Out Factories" List

From WSLs

A recent study by Johns Hopkins Univer-sity listed several area schools as "drop-out factories". While the schools don't like the term and feel that some of the rates listed in the study are false, they admit that there is a problem. The school listed in the study were as follows and their graduation rates are listed as well:

Roanoke: Patrick Henry High 59%, Wil-liam Fleming High 47%

Danville: George Washington High 48%

Lynchburg: Heritage High 57%

The Virginia Department of Education shows a higher rate in each school with the exception of Patrick Henry:

Roanoke: Patrick Henry High 58%, Wil-liam Fleming High 59%

Danville: George Washington High 66%

Lynchburg: Heritage High School 61%

Programs are starting in Roa-noke next year to encourage high school drop-outs to finish their education.



Which side of the statistic do you want to end up on?

Beef Fajitas (www.cheapcooking.com)

FRANKLIN COUNTY DSS

453 South Main St.
Rocky Mount, VA 24151
Phone: 540-483-6850
Fax: 540-483-6851
E-mail: pav067@piedmont.dss.state.va.us

Marinade: 1/2 cup oil
1/2 cup red wine vinegar
1tsp sugar
1/2 tsp salt
1 tsp oregano
1 tsp cumin
1 tsp garlic powder

1/2 to 1 pound sliced beef (round steak, flank steak, tri-tip, whatever) 1 onion, sliced
1 green pepper, sliced
1 red or orange or yellow pepper, sliced
sour cream
grated cheddar cheese
salsa
[black beans](#)

Slice the meat into thin strips. This is easiest if you get to it before it's totally defrosted or if you throw it in the freezer for 20 minutes and then slice it. Marinate the meat for a few hours in the refrigerator.

[www.franklincountyva.org/
independent_living.htm](http://www.franklincountyva.org/independent_living.htm)

Heat a tsp of oil in the frying pan and start the vegetables. After a minute or two, drain the meat and add it to the same pan. Cook over medium heat until the meat is done and the vegetables are the way you like them. (I prefer mine a bit crispy.) Put in a serving dish.

Featured College: Averett University, Danville, VA From Profiles of American Colleges

Full-time: 560 men, 591 women

Application Deadline is July 15

Freshman Class: 1202 apply, 1006 accepted, 258 enroll

SAT Verbal/Math: 480/500

ACT: 19

78% of students are from Virginia

53% of students live on campus

There is one fraternity and one sorority.

There are seven intercollegiate sports for men and seven intercollegiate sports for women.

Averett confers B.A., B.S., B.A.S., and B.B.A. degrees. Associate and master's degrees are also awarded. Bachelors degree programs: Agriculture, biological science, business, communications and the arts, computer and physical science, educa-

tion, engineering and environmental design, health professions, and social science. Business administration, education, and physical education are the largest.

Faculty: The average class size in an introductory class is 16; in a laboratory, 15;

and in a regular course, 10.

Requirements for Admission: SAT or ACT. High school diploma or equivalent. 15 units in preparatory coursework with a minimum of 5 in math and science (minimum of 2 in math), 4 in English, 3 in social sciences, and 3 electives. Interviews are recommended with a campus visit. GED are accepted! Recommendation letters are recommended, but not required. A GPA of 2.2 is required. Important considerations for admission are extracurricular activities, leadership, and advanced placement or honor courses.

95% of freshman receive financial aid.

Contact Averett: 800-283-7388

Or Kathie Tune, Dean of Admissions, admit@averett.edu

Web-site: www.averett.edu



A video of this college is available by contacting the admissions director!