

# FEATURES



Photos by Russell Augustine

## Final Buzz



### AMP Energy

**From:** Cafeteria

**Cost:** \$3.09

**Caffeine content:** 142 mg per can

**Description:** 16 ounce energy supplement manufactured by Mountain Dew. The tallboy contains caffeine, ginseng, taurine and 20 percent of the recommended daily value of B-6 and B-12.

**Pro:** This drink delivers energy from different sources.

**Con:** High caffeine and low vitamin levels could mean short-term energy.

## Stay awake for the big test

By William Martin  
Features Editor

With finals week around the corner, many students are doing whatever they can to stay awake and study, or wake up and take a test. When people are trying to get that last chapter in, COD has a few limited offerings that are thought to give users energy.

Edgar Reys, assistant manager of the SRC cafeteria, said, "We sell 10 to 15 energy drinks a day, but when people have tests, they buy more."

Since these offerings affect users in different ways it would be useless to do a side-by-side comparison rating the effects and longevity of the products. Rather, we took five product offerings found at COD and looked at their effective ingredients and the expected reaction by the body.

One of the ingredients found in all of these products is caffeine. Caffeine is a widely used stimulant, and one of the reasons people go for coffee in the morning. However, it can increase and mess with the heart rate of users, especially if they are older or not eating a balanced diet.

"Caffeine is just hard on our systems," said Gail Deckert, a nurse in Health and Special

Services.

Most of these drinks have other ingredients that are supposed to help energize the body. The effectiveness of ingredients is sometimes debated, somewhat due to the variance in individual response.

Green tea extract and guarana contain naturally occurring caffeine. Ginseng is said to help the body resist stress, but has also been known to keep people up who are trying to sleep.

Red Bull took its name from taurine, and a lot of energy drinks still use it. Taurine is an amino acid naturally found throughout the body. It is said that ingesting taurine along with caffeine enhances one's concentration and reaction speed.

Energy drinks may be a way to cope with studying, finals and everyday life, but Deckert said,

"During test taking the best thing to do is get back to basics. Drink eight to ten glasses of water a day, keep a nutritious diet, and get at least seven hours of sleep a night."

Still, a lot of college students find sleep and a balanced diet become things of the past, especially during finals week. Instead they just try to make it day to day on loss sleep, cafeteria food and energy drinks.

### Naked Energy

**From:** Cafeteria

**Cost:** \$ 3.39

**Caffeine content:** 81.7 mg per bottle

**Description:** 15.2 ounce all natural, 100 percent juice smoothie made from strawberries, kiwi, apples and banana. Bottle contains 190 percent of the daily value of vitamin C, B-6 and B-12, along with green tea extract and guarana.

**Pro:** High levels of natural energizing ingredients should give energy through the day.

**Con:** Thick, requiring a lot of shaking to mix and drink.



### Starbucks Double Shot

**From:** Bookstore

**Cost:** \$1.99

**Caffeine content:** 121 mg average per can

**Description:** 6.5 ounce espresso and cream drink with caffeine ranging between 116 and 126 mg of caffeine. Consists only of brewed Starbucks espresso coffee, reduced fat milk, sugar, cream, nonfat milk, caramel color and ascorbic acid.

**Pro:** Small can contains a punch of caffeine.

**Con:** Contains little other than a punch of caffeine.



### Sobe Essential Energy

**From:** Cafeteria

**Cost:** \$ 3.39

**Caffeine content:** 96 mg per can

**Description:** This 16 ounce self proclaimed "better-for-you energy" drink has 200 percent of the daily value of vitamin C, B-6 and B-12, along with ginseng, gaurana, and yerba mate.

**Pro:** High levels of energizing ingredients and vitamins provide multi-source energy.

**Con:** Die-hard drink fans call for more caffeine.



### Yerba Mate

**From:** Arbor Vitae

**Cost:** \$2.30

**Caffeine content:** not available

**Description:** 20 ounce hot water steeped tea contains alkaloids in the same family as caffeine called xanthines. It is said to produce alertness and focus similar to coffee and caffeinated teas, but with out some of the side effects such as heart palpitations and anxiety.

**Pro:** An easy pick-me-up with out a blast of caffeine.

**Con:** May finals can be a little hot for tea.



**'Membership' from page 14**

given anything.

A prerequisite of being a member is that the members themselves must donate a minimum of \$1000 annually. According to Mike Trench, "this is no problem for the Foundation board members; we had two members give over \$50,000 each last year."

As part of being on the Foundation board, members must be comfortable asking possible donors for money.

"Through the process of interviewing individuals and corporations they must be personable enough to build the kind of relationships that get donations," said Trench. "We kind of have a give money, get donations or get off the board type policy."

**'Foundation' from page 14**

individuals we receive donations from," said Simandl. The COD Foundation makes relationships with individuals their top priority.

The Foundation operates apart from COD, with its own bank accounts, financial advisers and accountants as a 501C3 charitable non-profit. Monetary and in-kind gifts can be classified as charitable donations.

A financial endowment is a transfer of money or property donated to an institution, with the stipulation that it be invested, and the principal remain intact. This allows for the donation to have a much greater impact over a long period of time than if it were spent all at once, due to compound interest.

According to Trench, the current endowment for COD is about \$8.5 million dollars. The goal for the year, created by the Foundation, is to increase by 20 percent.

Simandl said, "as of April 26, 2007, we have almost doubled last year's total and are well on our way to making this year's goal. If you don't work on relationships and just go around begging for money, then you are no different from the people on the streets of Chicago shaking a can."

Simandl and Trench both agree that compared to other community colleges, COD is doing well. Trench said, "The Foundation is comfortable enough financially where we can raise money for other unique things, such as the Health Care Initiative."

**'Outing' from page 15**

here and there, the golf outing has remained celebrity free. Simandl believes this is a good thing because "the outing isn't about getting famous people to donate; it's about the students that the money raised helps out."

The golf and tennis outing is held annually in July. More information can be found on the College of DuPage website under the Foundation section.

**ForYourInformation**

**Celebration Café**

Counseling Services of COD will host a celebration on Monday and Tuesday, May 14 and 15, to energize the spirits and celebrate success.

Everyone is invited to the "Food for Thought" room where refreshments will be provided to start summer off right.

The event will be held in SRC 1450 in collaboration with the Student Activities and Honors programs.

For more information contact Counseling Services at 942-2259, or stop in their SRC 2044 office.

# Future of a diverse workforce

## COD holds expo for disabled job seekers

By William Martin  
Features Editor

Discrimination and prejudice plagues disabled job seekers in the current market. The AbilityLinks Consortium Employment Expo, on Friday, May 18, seeks to change this dilemma by enhancing the skills of disabled job seekers, along with networking those job seekers with employers.

Steve Fry chairs on the planning committee for the expo and is a disability career specialist at COD. He explained that 65 percent of the 54 million disabled people in the United States are unemployed.

"Even people with degrees are getting turned away because they have a disability," Fry said.

Job seekers will be able to maximize

their learning experience by attending an included Career Information Seminar sponsored by Fox Valley Project with Industry, a venture that offers job placement services for persons with disabilities.

The seminar will include a business panel discussion on the six critical shortage industries followed by short rotating breakout sessions with business representatives from each industry.

The President of COD, Sunil Chand will deliver opening remarks. Peter Berg and Scott Hoesman will also add to the speaker list.

Hoesman is a leading national expert in diversity training from Capital H Group. He will be speaking on tapping the disabled talent pool, and the tremendous opportunity it is for organizations.

Berg is the ADA Technical Assistance Coordinator for the Great Lakes ADA & Accessible IT Center. Talking from personal experience, Berg will enlighten attendees on how the diversity of people can be mobilized for the benefit of everyone.

On top of the speakers, around 16 businesses, service providers, vendors and exhibitors will set up tables to interact with the attendees.

The registration deadline is May 15. The cost for employers and service providers to have a table is \$35. The cost for job seekers with disabilities is \$10, with breakfast, lunch and raffle prizes provided.

The expo runs all day from 8 a.m. to 3:15 p.m. Registration is required and can be completed by going to the AbilityLinks.org home page and clicking on Employment Expo. For more information contact Steve Fry at 942-3854, or by email, fryday@cod.edu

## CONTINUE YOUR *journey* AT USF





Your education is a journey toward independence and a bright future, and as a transfer student you already have a great start. By enrolling in USF, you enter a world where you will challenge yourself to grow and discover with a family of learners just like you.

**At USF you will find:**

- A values based education- with more than 60 undergraduate areas of study
- A strong sense of family
- Generous scholarships specifically for transfer students
- Completely renovated residence hall with wireless access, study lounges, private courtyard and more
- Connections between the classroom and the real world

**Call us today at (800) 735-7500 or visit [www.stfrancis.edu/admissions](http://www.stfrancis.edu/admissions)**

*Engaging mind and spirit™*

500 Wilcox Street, Joliet, IL 60435  
**(800) 735-7500 • [www.stfrancis.edu](http://www.stfrancis.edu)**



UNIVERSITY OF ST. FRANCIS®  
Respect. Service. Integrity. Compassion.

**\$9 to \$30 per hour\***

## Need A Great, Flexible High Paying, Part-Time Job?

**\$9 to \$30 per hour\***

**Come Join Illinois Energy – Nationally recognized, local company needs quality people to fill several available positions.**

- Advertising/Marketing/Customer Service Positions Available
- Paid Training – Start Immediately
- Flexible Part-Time Hours (Mon-Thurs 3:45pm-9pm, Sat 9:30am-3:30pm)
- Perfect for Students – Excellent Pay for Part-Time Work
- Approved for School Work/Study Programs
- Fun, Innovative Management Team
- Realistic Advancement Opportunities
- Job: Basic Intro of Company Product & Services, No Selling!
- **EARN \$9-\$30 PER HOUR DEPENDING ON PERFORMANCE**
- Full-Time Jobs also available – Please Call for Details



**Excellent Career Skills and Earn Money for College.** Over the years, our team has included students from many universities and colleges including: COD, Columbia, EIU, DePaul, Duke, U of I, Iowa, ISU, Lewis, Loyola, Ohio State, NIU, SIU, WIU and many more.

**Refer A Friend For \$110!**  
No Limit – Get all your friends jobs and GET PAID!!

**14 Years Running with Chicagoland's Best Part-Time Earnings Package**

**\$9 Per Hour** Minimum Hourly Rate

**+ Up To \$21 Per Hour** Customer Contact Bonuses

---

**= \$9-\$30 Per Hour**

\*Minimum Hourly Rate + Customer Contact Bonuses



Conveniently located.



450 Eisenhower Lane North | Lombard, IL 60148  
(630) 627-9200 | [illinoisenergy@gmail.com](mailto:illinoisenergy@gmail.com)

**\$9 to \$30 per hour\***

**Come In and See For Yourself (630) 627-9200**