

THE BEST AND WORST OF '80S WORKOUT WEAR

Fit or miss

BY BETHEL SWIFT

The development of fitness fashion is closely related to women's liberation, according to Virginia Heaven, curator of Columbia College's Fashion Study Collection. Until the 20th century, women's sports were limited to swimming, badminton, archery, rowing and walking, which Heaven says were "more for social interaction than for

OUTFIT #1

Perfect for "going for the burn," as Jane Fonda encouraged in her workout videos.

HEADBAND Olivia Newton-John convinced us that a headband was essential for keeping luscious locks in place in her 1981 music video "Physical."

LEOTARD Taken straight from dance, leotards were worn by both sexes, often low cut and accessorized with a belt. Women wore them over bright or pastel colored leggings; men under spandex pants.

LEG WARMERS The stars of "Fame" helped popularize this fitness fashion trend. Leg warmers in various colors, textures and styles were the perfect finish to the '80s workout outfit. Is it any wonder they've made a comeback?

OUTFIT #2

Athlete inspired, these suits helped revive Adidas.

TRACKSUIT Popular with sports and fitness coaches, the tracksuit is a classic. Colorful and versatile, it isn't restricted to the gym. Musicians from Bob Marley and Run-D.M.C. to Madonna and Missy Elliot have kept Adidas versions stylish since the early '80s.

exercise." In the 1920s and 1930s, women began playing tennis and hiking, but the concept of "working out" didn't really exist until the late 1970s and 1980s. That's when gyms (often called health spas) proliferated for men and women. Chicago based Women's Workout World opened in 1982, and celebrity workout instructors like Jane Fonda and Richard Simmons became household

names, "making [fitness] fun and accessible" says Heaven. Workout wear became a niche of its own, and fashion designers influenced its styles in dramatic and sometimes strange ways. While Heaven appreciates the '80s fitness craze, she acknowledges that at least some of the outfits were a little over-the-top. "Personally, I drew the line at headbands," she says.

With all this in mind, *Echo* decided to take a nostalgic look back at '80s fitness fashion.

OUTFIT #3

Fitness wear as Fashion wear

SWEATBAND Originally intended to absorb sweat during a workout, the headband soon became a fashion statement of its own.

TORN SWEATSHIRT Often worn inside out and off the shoulder, the torn sweatshirt became especially popular in 1983 after Jennifer Beal modeled the style in "Flashdance."

STRETCH PANTS WITH STIRRUPS Like leggings, these pants were worn tight, often with shorts and thick, colorful socks.

SNEAKERS Sneakers from the '80s have a cult following; many are now collectibles. Women wore sneakers while commuting, then slipped into heels at work. Younger people made a statement by keeping them unlaced.

OUTFIT #4

Color anyone?

SHELL SUIT Designed in the bright colors so dear to the hearts of '80s fashion designers, these were the perfect transitional outfits to take the wearer from the gym to the home. Shell suits were usually lined, with elastic at the waist, ankles and wrists, and separate zippered tops.

ILLUSTRATION BY ASHLEY BEDORE



Intern 101

How to land an internship and get the most out of it.

BY BETHEL SWIFT

In the first two weeks of my internship, I learned more than my first year at school," says Ryan Buckley-Shaklee, a television major at Columbia College Chicago.

Successful students advocate interning early and often. "Start looking for internships as soon as you can," says Jamie Fleischhauer, a Columbia College graduate who majored in product design and interned with Ford Motor Co. "Almost any industry is going to require a lot of experience and this is the only way you are going to get it," adds Columbia grad Brian Torney.

John Dylong, internship coordinator for several departments at Columbia College, says there are three main reasons for doing an internship while you are in college: learning new skills, testing your existing skills, and determining whether the career you thought you wanted is right for you.

For Columbia graduate Melissa Perez, the experience of interning with Kurtis Productions solidified her passion for the field. "I worked on research for the A&E documentary show 'Cold Case Files.' I looked for cold cases in newspapers—a lot of Lexis Nexis stuff." Internships can also clarify what you *don't* want to

do. "I know a lot of people who have come out of an internship and said they were glad they did it, because they know now that they don't want to do that," says Torney. That wasn't his experience, however; his internship with Devils Due Publishing led to a full-time job. "After I left, about three weeks later, I was hired by the company."

So how do you land a great internship?

Up to 12 months in advance: **Save up**

"If you know you want to do an internship that is unpaid, save up some money," says Amanda Garcia, former design intern with Relevant Media Group in Orlando, Fla. "Anything can help."

If your parents are helping pay your bills, discuss your projected needs. Consider the costs of transportation, housing and basic necessities like food. If you are pursuing an out-of-state internship, consider staying with family members or

friends and subletting your place back home. Consider working a part time job as long as it won't keep you from giving your all to the internship. If you use loans to cover your expenses, be prepared for debt. "I was OK with it then, but when I get out [of school] and have to pay, I won't be OK with it," admits Buckley-Shaklee, who supported himself with loans while interning with Towers Productions Inc.

Six to eight months in advance: **Start looking**

Meet with your department's internship coordinator. Also let your family and friends know what type of internship you are seeking. Fleischhauer was able to find a paid internship through a relative who worked for Ford in her hometown of Dearborn, Mich. You never know who might have good connections, and it helps to have someone rooting for you from the inside.

Four to six months in advance: **Apply**

Write a brief cover letter with your application, making it clear that you are familiar with the company and have the kind of skills the internship requires. If you know someone in the company, or even know that someone in the company

graduated from your school, be sure to make the connection.

"I got lucky with finding my internship," says Perez. "My mom's boss knew a person who worked at Kurtis Productions and he told her about me." Once on the job, Perez also found a Columbia graduate who put in a good word for her. "They knew good students come out of Columbia."

Include letters of recommendation or the names and phone numbers of several references.

One to two months ahead: **Interview**

Treat the interview as you would a job interview. "Research the company and find out as much as you can so you can hit the ground running," recommends Torney.

"Go in with an open mind," adds Perez. "Ask questions. When you ask questions, they know you are really interested."

Sizzling summer jobs

Seven hot options for working outdoors

BY REBECCA MICHUDA

Don't want to miss out on a killer suntan this summer because you're stuck in a boring office? Here are seven jobs that will have you whistling your way to work. (Note: The hourly rate doesn't include tips or bonuses.)

Just say 'yes'

BY REBECCA MICHUDA

Twenty-year-old Eric Bednarowicz credits craigslist.org for giving him the pleasure of bumping into Busta Rhymes and keeping it real with Queen Latifah.

"Craigslist made my life," he says. It started humbly when he landed a job with Submedia after seeing an advertisement on the popular site. Bednarowicz filmed the motion advertisements on the CTA's Blue Line—a series of frames that appear animated to riders when a train is in motion. "It wasn't really a Martin Scorsese piece or anything like that, but it was OK," he says.

After finding a few other gigs to build his resume, Bednarowicz came upon a small ad for a production assistant. Gotham Casting was producing a television show for Fuse TV called

**How to help
a stranger
in danger**

Handle with care

BY BETHEL SWIFT

Domestic violence

I was maneuvering my parents' Astro Van through heavy traffic on Western Avenue. "Hey," my younger brother said, pointing. "It looked like that man was choking that lady."

"They're probably just play-fighting," I replied, but I circled the block anyway to get another look. A small, muscular man was holding a slightly taller female against the side of a brick building. I pulled up sharply to the curb and called out through the passenger window, "Ma'am are you all right?"

"No, ma'am, I am not all right," she answered with a fearful look in her eyes.

"She's all right, She's all right," the man countered.

"No, I am not," the woman repeated, louder this time.

"Why you gonna go and say that, bitch?" he yelled, shoving her against the wall again and holding up a threatening fist.

I honked my horn and loudly informed the man that I was calling the police. As I dialed 911, the woman staggered toward our van, her assailant following close behind. Just as she reached for the handle, he grabbed her again and slammed her to the ground. Her head narrowly missed the curb. My hands shook as I told the emergency operator what was happening.

As the woman stood up, another van pulled over and the driver jumped out, yelling. The man ran

'Sir, do I need to call the police?"

"Call the fuckin' police, bitch. I don't care!"

The man screaming expletives at me was holding a young woman pinned against a wall. Now that he was distracted, she wrestled free of his grasp.

"Ma'am, get in the van!" I commanded. She limped toward me with her attacker close behind. As they drew near my van, I realized that she was no longer the only one in danger.

It has been two years since my first encounter with domestic violence. Since then I have witnessed several other incidents and learned better ways of handling them. The choices I've made were safer for me, but they left me wondering what I could have or should have done differently.

What, I wondered, should a good Samaritan do?

toward a car and the woman climbed into our van. I peeled out after his vehicle, trying to get a license plate number for the police.

Was this the best way to handle the situation? Lacey Harris, a Chicago police officer with the 15th District, says rolling down my window and confronting the man was not wise. "What if he had a gun?" Harris asks. "It's hard sometimes to think logically in these situations when emotions are involved, but there are safe ways of doing good."

Harris says honking the horn to attract attention was a good approach. "Just letting that individual know that someone is aware of what's going on [helps]," he says. Then, Harris recommends calling 911 immediately. "Let him [the aggressor] know you are calling, but from a safe distance." Give the emergency operator a good description of the attacker and the victim, the location and a detailed description of what you saw happening. "I tell people: 'Tell me exactly what you know,'" says Harris. "People think, 'I'm not going to tell them everything, I'll just leave out these small pieces.' Well, those small pieces often solve the case."

Harris doesn't recommend chasing an aggressor on foot or in a car: "Don't follow the car, but try to give as much of a description of it as you can," he

says. "I hate to sound like an old third-grade teacher or something, but safety first. You can't help anyone if your safety is challenged."

Child neglect

It was getting dark as I hurried toward the Brown Line 'L' stop. As I approached, I saw a child sitting on a mail deposit box. I realized I'd seen the same little boy sitting there on my way to work several hours earlier. As I got closer, I recognized his mother, too. They had both visited the bookstore where I work one week earlier. The mother, who struggled with drug addiction, had thanked me for calling a shelter and helping her "get her life back on track."

Now she was standing with a group of other adults about 10 feet away from her eight-year-old son, smoking a cigarette, a glazed look in her eyes. She didn't recognize me until I touched her arm and asked how life at the shelter was working out. She mechanically took another puff from her cigarette and dryly informed me that she'd been forced to leave the shelter.

Her son hopped down from his perch and stood next to his mother. His round face was all smiles, even as his mother told me they had been kicked

out of the shelter because her son had started a fight at school. I knew she was lying, but I didn't know what I could do about it.

Unpleasant options ran through my head: Call DCFS and report her? It seemed cold-hearted to make a call that could result in a child being separated from his mother. Call the police? I wasn't sure what to report. I didn't know what to do, so sadly, I did nothing. Later that day, I couldn't help wondering if the boy had anything to eat, and I chastised myself for not at least buying him a sandwich.

Robert Hugh Farley, a consultant on crimes against children and former commander of the Cook County Sheriff's Child Abuse Unit, says this type of situation is particularly difficult to report. "Under the law, you have to show immediate danger," Farley says. Neglect can be hard to prove with a parent nearby, even if the situation looks grim. But if the parent or caretaker leaves the child, even for a moment, you have a much easier case, says Farley. "You see a kid left alone in a car because mom went for a couple of hours on a gambling boat. Now, the average Joe doesn't know what the parent is doing, but they can call," he says.

Farley notes that good Samaritans in this type of situation shouldn't hesitate to act. "What everybody's afraid of is lawsuits," says Farley, but adds: "That [parent] can't sue, even if they just ran into the 7-Eleven for a few minutes."

Michael Smith, associate professor at The Chicago School of Professional Psychology, agrees. "They think, if I call the police and I'm wrong, I'm going to be embarrassed and maybe get in trouble. If they are right, they think they may get involved in more legal proceedings and have to testify or something," Farley says that concern is mostly unfounded. "If you make a call, you automatically have immunity from any type of civil or criminal suit as long as [the report] is made in good faith."

So what should I have done in this situation? Harris suggests reporting iffy incidents like this one to Chicago's help line, 311, and letting the Chicago Department of Human Services determine the severity of the situation. "If something doesn't seem right, usually it's not right," he says.

Farley agrees, but stresses the importance of noting everything that appears wrong. If the child is dressed inappropriately for the weather or appears unkempt, include this information when you call. In the case I witnessed, Farley says report-

ing it might have been easier than I thought. "Call police and say, 'Shouldn't this child be in school? She [his mother] is with a bunch of trashed-out guys and I am concerned for the child's safety.'"

And what about saying something to the mother? "My personal belief is that it is valuable for the child to hear [someone say to the parent], 'No, what you're doing is not good,'" says Kerri Bradley-Rönne, associate professor at the Chicago School of Professional Psychology.

Child abuse

A drunken woman staggered toward me as I walked down Chicago Avenue. She was dragging a very small boy, probably about two years old, by his arm. The little boy was sobbing as she yanked him, yelling, "Come on!" As I watched, she abruptly darted into traffic and crossed all four lanes without looking for oncoming cars. Once again, I considered calling the police, but feared I couldn't give enough information to be useful.

"With a parent inebriated or high on drugs—that's a life-threatening situation," Farley says. Again, I should have called and reported the incident to the police, along with a good description and location.

"In most of these types of cases, you can call police and make an anonymous report," says Bradley-Rönne. "I think more people might call if they were aware of that." Farley recommends calling both the police department and the Department of Children and Family Services.

If I were to address the parent directly, Farley suggests saying something like, "Do you really

need to do that? You are putting your child in danger."

"A lot of times that is all you have to do for them to snap out of it," he says. "If they say, 'It's none of your business,' you can say, 'Well, I'll call the police and see if it is their business.'"

If, however, a confrontation would put you or the child at greater risk, or if the abuse is not overt, Harris suggests hanging back and watching "to see if the parent jerks or hits the child."

While I debated calling the police in this situation, I wondered if it would be a good idea to follow the woman to give the police a more accurate location. "If you could, that would help," says Harris, provided it wasn't dangerous to do so.

"They very well could turn that aggression on you," warns Bradley-Rönne.

Lessons learned

So, why was it so easy for me to get involved with a violent confrontation between two adults, but not to intercede on behalf of a helpless child? "The first rationalization is that somebody else will call," says Smith.

"In a lot of these situations, things happen very fast," Bradley-Rönne adds. "Oftentimes it is over before you can think how to react."

Sometimes we're afraid to intrude. "I think—and this is something we have a long historical sociological explanation for—we really value the parent rule of the home. We are socialized to think that is not our business," Smith says.

And sometimes we fear we can't do any good. "There is some research showing that people are more likely to help if they know they have some knowledge to allow them to help effectively," says Bradley-Rönne.

The solution to all of these inhibitions is to understand what good Samaritans are able and allowed to do. You can make a difference by keeping a woman from being beaten or a child from being neglected. And you can do it without endangering yourself, physically or legally. (See "Your Legal Limits" sidebar, at left.)

But there will be times when you don't act, too. In these cases, you may struggle with feelings of guilt.

"Recognize that these bad feelings signify something good about yourself," says Bradley-Rönne. "It is also important to realize that, yeah, maybe I could have done something, and then to learn for next time."

YOUR LEGAL PROTECTION

Civil immunity and liability laws vary around the country, but all states have good Samaritan laws.

"While the standards for applying such laws vary among the jurisdictions, generally speaking they are designed to shield those who volunteer to offer assistance to others in emergency situations from being found liable for wrongdoing," says Hideki Yamada, an attorney in Hennepin County, Minnesota. However, great care must be taken in order to properly understand the coverage of the good Samaritan law in different jurisdictions, as well as the standards that must be met in order for the good Samaritan law to kick in."

In Illinois, civilians aren't required to help strangers who are injured or at risk of injury. But once a person voluntarily assists someone, he or she becomes liable for any injuries caused by failure to act carefully and responsibly as a good Samaritan.

NUMBERS TO KNOW

DOMESTIC VIOLENCE:

National Domestic Violence Hotline

24-Hour Crisis Line: 800.799.SAFE

Illinois Coalition Against Domestic Violence

217.789.2830

Between Friends

HOTLINE: 800.603.HELP

773.274.5232

Life Span

24-Hour Crisis Line: 847.824.4454

847.824.0382

CHILD NEGLECT & ABUSE:

Illinois Department of Children and Family Services

800.25.ABUSE or 800.252.2873

Missing Child help line

866.503.0184

Illinois Department of Human Services

800.843.6154

1 Match our hometown rivals, the Cubs and the White Sox, with their World Series Championship wins:

- A. 1906
- B. 1907
- C. 1908
- D. 1917
- E. 2005

15 The Bears won the Super Bowl in what year?

14 True or false? Between their six championship wins in the 1990s, the Bulls had two disappointing seasons.

13 How many times have the Chicago Wolves won the Calder Cup?

- A. 1
- B. 2
- C. 3
- D. 4
- E. 5

12 How many times have the Chicago Blackhawks won the Stanley Cup?

- A. 1
- B. 2
- C. 3
- D. 4
- E. 5

2 Why was the name "Chicago Shamrox" chosen for Chicago's National Lacrosse League team?

- A. Chicago's Irish heritage
- B. It won an Internet voting contest
- C. Mayor Daley recommended the name
- D. It was chosen out of a hat
- E. A leprechaun suggested it

3 Which two teams were featured in the Saturday Night Live "Bill Swerski's Super Fans" skit in the 1990s?

4 Jennie Finch, Olympic medalist and Chicago Bandits fast pitch softball player, named her son after what three-letter baseball term?

5 Which one of the following names was *not* suggested for Chicago's WNBA team, Chicago Sky?

- A. Bullettes
- B. Deep Dishers
- C. Chicago Red Hots
- D. Chicago Breeze
- E. Heifers

6 In 2005, which Pro Football Hall of Fame inductee and former Bears coach became an owner of Chicago's arena football team, Chicago Rush?

7 What are the names of two Bulls halftime entertainment teams that are as different as Beauty and the Beast?

8 Match these teams with the years they played their inaugural games:

- 1. Chicago Bandits (fast pitch softball)
- 2. Chicago Rush (arena football)

3. Chicago Shamrox (national league indoor lacrosse)	league outdoor lacrosse)
4. Chicago Storm (major league indoor soccer)	A. 2001
5. Chicago Sky (WNBA) & Chicago Machine (major league outdoor lacrosse)	B. 2004
	C. 2005
	D. 2006
	E. 2007

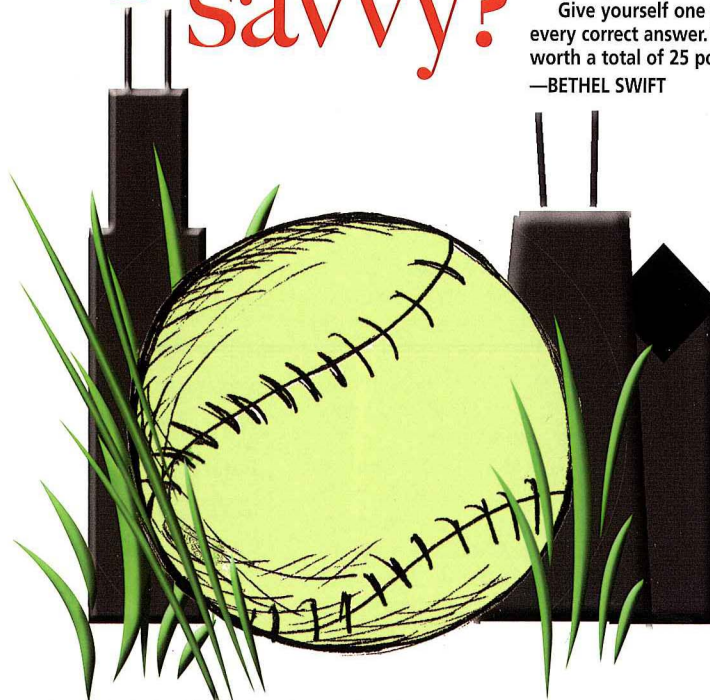
11 True or false? The Chicago Fire (soccer) and Chicago Machine (outdoor lacrosse) both play their home games at the Bridgeview Toyota Park.

10 The Chicago Fire announced its team name on the 126th anniversary of what Chicago event?

9 Richard Klein, the Bulls' first owner, chose the team's name because:

- A. It was just one syllable
- B. It was part of a remark made by his son
- C. It honored the Chicago stockyards
- D. It suggested strength and power
- E. All of the above

Sports savvy?



WITH GREAT HOPE FOR an inspiring year of Chicago sports, here's a quiz full of local trivia about Chicago's professional sports teams. Get into the game and test your sports knowledge! Give yourself one point for every correct answer. The quiz is worth a total of 25 points.
—BETHEL SWIFT

ILLUSTRATION BY ALANA CRISCI

Answers
 1) Cubs: 1907 and 1908; White Sox: 1906, 1917 and 2005
 2) B: Won out in an Internet voting contest
 3) 'Da Bears' and 'Da Bulls'
 4) Ace
 5) D: Chicago Breeze
 6) Mike Ditka
 7) Luvabulls and Matadors
 8) 1-C, 2-A, 3-E, 4-B, 5-D
 9) E: All of the above
 10) The Great Chicago Fire
 11) True
 12) C - 3
 13) A - 1
 14) True: 93/94 and 94/95 seasons
 15) 1986

CALCULATE YOUR CHICAGO SPORTS FAN POINTS

21-25 points Start doing the Super Bowl Shuffle. You are like the Bulls in the golden age of Jordan, the Bears in that glorious 1985 season...heck, the White Sox owe you a parade!
16-20 points So what if you didn't

win the big game? You got to the playoffs!
11-15 points You are all over the larger Chicago Sports scene, but you need to brush up on the lesser-known teams.
6-10 points Google can be your best friend! Now that you know the answers, improve your fan status by quizzing your friends.

0-5 points You are just the type to somehow win the NBA Playoffs Bracket and make all your friends and coworkers (who invested hundreds of dollars and their time studying statistics, praying and dreaming of winning the pot) seriously contemplate your murder.