

What every women should know

By **Tramaine Harrison**
Capital Times Staff Writer

Consider these alarming statistics about rape: every six minutes a rape occurs; one out every three women has been raped; and every 21 hours a rape is committed on a college campus. Ten times as many rapes are committed as are reported. These sobering statistics pose many concerns, chief among them how women can protect themselves from becoming a victim and potentially save their lives.

These are some of the topics covered during a Rape Aggression Defense

System information session held at Penn State Harrisburg Feb. 7. PSH Police Officer Marlene Jarbeck instructs this new program at Capital College.

RAD is a comprehensive self-defense system for women. The program provides instruction on awareness, prevention, risk reduction and avoidance, along with

available options or attack maneuvers. Twelve lessons make up the program. In addition to learning physical defense education, participants also learn verbalization and distraction techniques and how to develop an action plan if involved in a confrontation.

A fact that is stressed throughout the RAD program is that strength is not a key factor in overcoming a perpetrator. Any

be taught to defend herself."

Amanda Parsons, co-president of POWER, said "I think this will be a good opportunity for women to come together and learn how to defend themselves." If you are wondering whether to join the program, consider the advice Marlene Jarbeck offered attendees: "The 12 hours you will spend learning this rape aggression defense system will become invaluable to you. You will survive [if confronted by an aggressor]."

"The 12 hours you will spend learning this rape aggression defense system will become invaluable to you. You will survive [if confronted by an aggressor]."

woman, regardless of her size or shape, can learn the RAD system.

Women eager to learn about RAD attended the recent information session. Inspiring quotes were posted around the room, including Susan B. Anthony's empowering quote: "Women must not depend on the protection of men but must

sor]."

Women are welcome to bring their daughters to the RAD sessions so they, too, can learn the system.

For more information on the RAD program, contact Marlene H. Jarbeck at 717-948-6762 or by e-mail at mhg4@psu.edu.

IRS e-file

**the shortest
distance between
you and your
refund**



Use IRS e-file, specify Direct Deposit to your account, and you could get your tax refund back in as little as ten days. Ask your tax preparer for full details or visit us at www.irs.gov

The Internal Revenue Service
Working to put service first

 **TOYOTA**

CALL IT START UP MONEY.

**New
TOYOTA'S COLLEGE GRADUATE
FINANCE PLAN INCLUDES \$500
TO GET YOU GOING!**

There's sure to be a Toyota that's just right for you....

And now there's a Toyota College Graduate Finance Program that's just right, too. Here are some of the advantages:

- No Down Payment
- No Payment for 90 days
- Finance up to 72 months
- Get \$500 Cash Back From Toyota...
in addition to any other current Toyota customer incentives!

So if you're within 4 months of graduation —
or if you graduated within the past 2 years —
Ask your Toyota dealer for all the details.

www.gettoyota.com

Toyota College Graduate Finance Program available to qualified applicants thru Toyota Financial Services. Not all applicants will qualify. Some restrictions and limitations apply. Cash back offer subject to geographic limitations and offer expires 6/30/01. See dealer for details.

MR2



Celica



Echo



Solara



Corolla

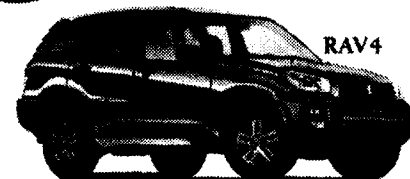


Camry

Tacoma



RAV4



Highlander



Tundra