

# News

## Condom Wrapper Design Contest Helps Raise HIV/AIDS Awareness

By Evan Kravitz, Staff Writer

It's a creative way to help fight HIV and AIDS, and also a way to promote safe sex.

Students from Montgomery County Community College are invited to design a condom wrapper based on the theme of "HIV aware-

ness, care and support."

The deadline to enter the "Custom Condom Design Art Contest" is Nov. 15; students can submit more than one design.

Voting takes place during the county's observance of "World AIDS Day" on Dec. 1 at the county Health Department's Health and

Human Services Center in Norristown.

The winning design will be announced Feb. 14, which apart from being Valentine's Day is also "National Condom Day."

The prize: 25 condoms packaged in the winning artist's wrapper. Another 1,000 condoms will be distributed to students.

Besides the contest, the Health Department and Project Hope will also host and display the "Names Project AIDS Quilt" from 1 p.m. to 7 p.m. at the "Worlds AIDS Day" commemoration. Additionally, the department will also conduct free and rapid HIV testing and HIV and AIDS awareness programs.

Shaista Ajaz, the Health Department's HIV/STD supervisor, said the contest is unique in that it informs young people about the risks of practicing unsafe sex.

According to the U.S. Centers for Disease Control and Prevention, an individual infected with a sexually transmitted disease is at least two to five times more likely to acquire an HIV infection through sexual contact than an individual not infected with an STD.

For more information on the contest or HIV or AIDS prevention, contact the Montgomery County Health Department at 610-278-5117.

### VETERANS APPRECIATION BREAKFAST



ALL STUDENTS, FACULTY, AND STAFF WITH U.S. MILITARY EXPERIENCE ARE INVITED!

WHEN: 8:00 - 11:00 AM  
WEDNESDAY  
NOVEMBER 11, 2009

WHERE: COLLEGE HALL  
FACULTY-STAFF DINING ROOM

MEET OTHER PEOPLE WHO ARE SERVING NOW OR HAVE SERVED IN THE UNITED STATES MILITARY FORCES.

Montgomery County Community College

### Wellness Center Open to All in MCCC Community

The Physical Education Center offers a Wellness Center that's free to all Montgomery County Community College students, faculty, staff and alumni.

Located on the first floor in Room 109 at the Central Campus, the Wellness Center only requires users to complete a waiver and release form before their first workout.

The Wellness Center features three treadmills, three elliptical cross-trainers, one stair-stepper, one upper-body ergometer (a type of rowing machine), 16 dual-weight machines and a comprehensive free weight area.

Fall semester hours are:

Monday and Wednesday: 8 a.m. – 10 a.m.; 11:15 a.m. – 1:15 p.m.; and 3 p.m. to 6:30 p.m.

Tuesday and Thursday: 9:30 a.m. – 2 p.m.; and 4 p.m. – 7 p.m.

Friday: 8 a.m. – 10 a.m.; 11:15 a.m. – 4 p.m.