

Wednesday, November 22, 1978



Vol. 12, No. 13 Champaign, III. 12 pages



# Happy Thanksgiving!

## Thanksgiving recipes on page 5



Wednesday, November 22, 1978

## IOC president is impeached

was automatically Emery impeached at the stu-go meeting last week because of his absence at three consecutive meetings. Mike

### A note of thanks

To the Editor:

I want to say thanks; I really enjoyed reading the short stories in the Prospectus last week and would enjoy seeing more in future papers

Karla Ellis

Thank you, Karla. We try. Val Wallace Editor, Prospectus

IOC president and senator Mike Hethke is the new IOC senator and office to RIF will be sworn in at the next meeting

Virginia Allen resigned as stu-go secretary. Janice Deverick will be the new secretary, also to be sworn in next week

The motion for purchasing a van was read for the second time and was passed in a roll call vote. The van will be a 12 to 16 passenger vehicle for student activities, and its purchase will be on bids.

The motion was passed for sending condolences to the family/ of Mark Roux, a Parkland student who recently died.

The motion was also passed for donating the excess books on the shelf in the student government

The vote on the amendment was approved and the motion also passed for the Parkland Bookstore to close at 4 p.m. on Fridays, instead of 5 p.m.

Student Services Senator, Mary Tangora, has ten people working with her on the Christmas decorations committee. Athletics committee spokeswoman, Sandi Taylor, suggested that Parkland have a mascot.

The Newman Club will meet for the first time on Dec. 8 at 11 a.m.

The-Parkland game room now has backgammon and Yahtzee.

The stu-go members decided against Sandi Taylor's idea for a year book at Parkland because they felt there would be a lack of interest

A band will be better than a dicso at Parkland's coming formal dinner dance, stu-go decided.

Still under consideration is who is to replace former Public Relations Senator, Alice Giddings.

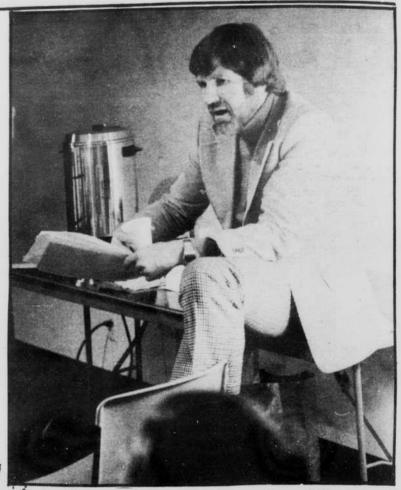
### **Death and dying** subject of talk

"Death and Dying--A Personal and Practical Point of View" will be Phyllis Hughes' topic when she speaks with Parkland students at 11:30 a.m. next Tuesday in X117.

Death has replaced sex as the last taboo subject in our society, according to Hughes, a coordinator of psychology who developed and teaches the course on death and dying.

"Dying is an event that no one really wants to discuss," she said. "yet most of us will experience the death of a loved one at some time in our lives and all of us will eventually die.'

The last of the Student Health Service's fall programs, next week's forum will discuss personal views on death, the grief process, the death rituals of other societies. The program is open to any Femalesexuality interested students.



Dale Neaville wa one of the speakers at a recent presentation sponsored (By Joy Dargan) by the Parkland Health Center.

### PC may go to 4-day week in summer to save \$ week since no classes are held on

Parkland College pres. William Staerkel told the board of trustees at a meeting last week that a study is underway to determine if Parkland should go to a four day work week during the summer to conserve energy

Staerkel said other colleges and universities that have done so have shown considerable savings. Parkland could save as much as \$8,000 in engery costs with no diffi-

culties added by going to a four day

feelings,

and

For

Women's

If the college chooses to shorten the week, the four days would be extended to nine hours instead of the current eight hours, he said.

The study should be completed by the next regular board meeting in 1 December. Another study underway,

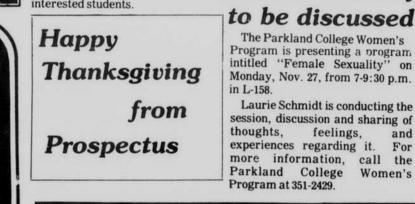
Fridays in the summer, he said.

according to Staerkel, regards the increasing quotas of foreign students. This is the first year that Parkland has set quotas for foreign students, and more students are requesting admission than can be accomodated.

However, Staerkel said the college does not want to move too fast on the issue before the impact of such a decision is known. He said there are some indications that there is an increased burden on the learning lab now

In view of the vandalism just reported at Brookens Jr. High School in Urbana, board president Harold Miller told the board members that security should be stepped up at Parkland. "I take a great deal of pride in the facility, as all of you do, and I would hate to see anything like that happen here." President Staerkel said he will speak to security about the matter.







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Bob Abbuehl, intramurals coordinator, spoke to the board about the strides made in the Intramural Program since its inception. Parkland's IM program is unique in that it depends upon student personnel for organization and implementation of its programs.

Dr. Staerkel expressed concern over the recent failure of the blue ballot amendment and its implications for Parkland. Parkland could lose 15 percent of its total revenue of about \$6660,000 if the legislature does not act quickly to initiate a replacement tax.



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Cheerleaders for the Parkland College Cobras 1978-79 Basketball season are: Front, Ramona Smith, Urbana; Center (left to right) Sandi Taylor, LaSalle; Sharon Huette, Fairbury; Barb Morgan, LeRoy; Beth Leeper, Champaign; Dollie Lewis, Urbana. Top, Justine Kirby, LeRoy.

## When the snow comes . . .

### By Jane Melin

When it's snowing hard on a cold winter's night, some key people around Parkland can count on a long, sleepless night.

James Glasa, director of the physical plant, keeps in touch with Bob Hambrick, the lead groundsman, on the progress of snow removal. To keep pace with accumulating snow, grounds crewmen will be called out at night to report for work, and it may be necessary to call in heavy equipment from Champaign Asphalt Co.

Last winter the college was closed for a total of seven days. In such an instance, all local radio and TV stations are notified, as well as stations in Rantoul, Decatur and Monticello.

### Brownlee to head WPCD's new team

Willie Brownlee, WPCD sports director, is now heading the playby-play team since the station started carrying Parkland Cobra basketball games yesterday, Nov. 21. The games will be covered exclusively by WPCD.

Brownlee is a graduate of Centennial High School and had been sports director of the station since its first day of operation last January.

He will be joined in the play-byplay action by freshmen and sophmore students in the Parkland broadcasting program. Dr. Staerkel's office tries to make an announcement by 2 or 3 p.m., to notify students and staff if evening classes will not be held, and by 6 a.m. if daytime classes will be cancelled.

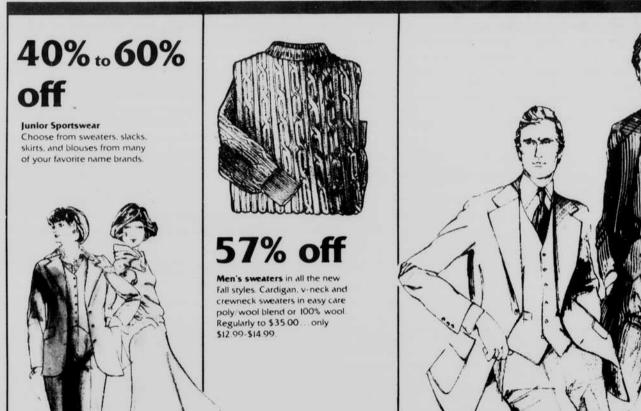
Dr. Staerkel's secretary, Rachel Schroeder, noted that a code or

other means is used to veryify that the call is coming from the president's office.



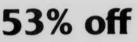


# A little buys a lot at Christmas ...

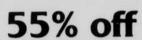


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Wednesday, November 22, 1978

Mountaineering #4.

THE OPTIMUM

MOMENT

## Coming to Parkland College-Voices From The Earth

Voices From The Earth, the traveling communications group of the American Indian newspaper, Akwesasne Notes, will present a program at Parkland Tuesday, Nov. 28, as part of its visit to Champaign-Urbana and U of I and Parkland campuses. The

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Voices From The Earth, the program is from 8 a.m. to noon in

Voices From The Earth has visited hundreds of campuses and communities in the U.S. and abroad. The group consists of 10-16 people representing various Indian Nations. Coordinator for the group is Mike Myers, Seneca Nation. He was a coordinator of the United Nations Conference on the Indigenous People of the Americas held in Geneva, Switzerland in September, 1977.

Myers also has worked with the Institute for the Development of Indian Law in Washington, D.C. prior to coming to Akwesansne Notes. The stated purpose of Voices From The Earth is to "provide an experience and insight into the direction of Native life from several viewpoints and to bring about better understanding of Native peoples, their goals, desires, and possibly to show some alternatives to the conditions we all face as human beings."

Voices From The Earth provides an intensive program of lectures, discussion groups, workshops, films, craft exhibit and sale, and cultural presentations of music and dance and presents and opportunity to learn about the Native American movement from Native people.

The group's presentation is sponsored by the Native American Support Group, the Department of Anthropology, College of Education, Department of Sociology, Center for Latin American and Caribbean Studies, YMCA, Undergraduate Student Association, Council of Presidents, McKinley Foundation, Wesley Foundation, Educational Resources in Environmental Science, Parkland College, and YMCA.

The schedule for Voices From The Earth at Parkland on Nov. 28 is as follows:

8 a.m. Lecture: Lakota History and Treaty Law—a history of the Sioux Nation and U.S. colonial policy toward Indian people, Lakota Hardin Location: L-111 Craft Exhibit until 1:00 p.m.

Dianne Powless Donna Rockwell Keith Printup Location: College Center

9:30 Lecture: Survival Schools— Alternative Education of Native People—a history of the socialization effects of the schooling process and educational policies in Indian education, Lakota Hardin Location: L-111

10 a.m. Films until 1 p.m. (National Film Board of Canada) "The Man Who Chose the Bush"

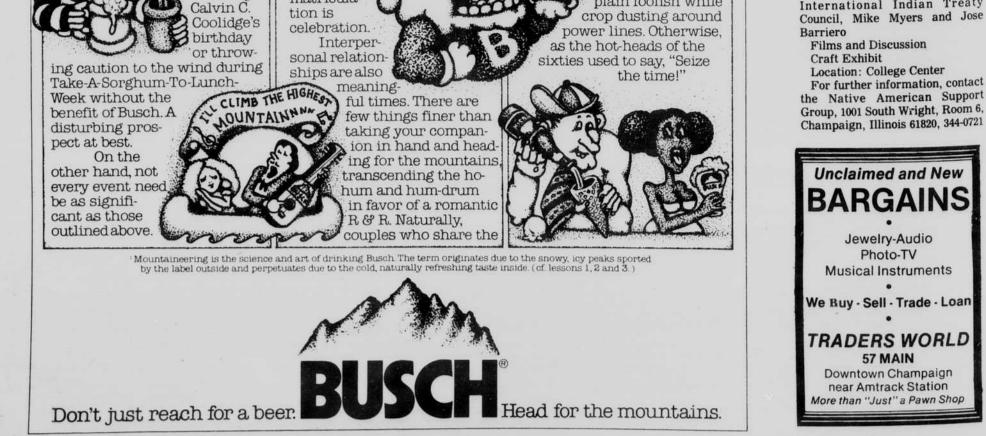
"Who Were The Ones"

"Ballad of Crowfoot" "Mohawk Nation"

"Environmental Conditions of

the World" "Charlie Squash Goes to Town" Location: College Center

11 a.m. to 1 p.m. College Hour VOICES FROM THE EARTH Cultural Presentation Tracy Shenandoah Tracy Thomas Pete Shenandoah International Trety Conference —a discussion of The International Indian Treaty Council Mike Myers and Jose



Mountaineering' is a skill of timing as well as technique. The wrong moment, like the wrong method, marks the gap between amateur and

aficionado. So the key to successful mountaineering is to choose the occasions wisely and well. When, then, is it appropriate to slowly quaff the smooth, refreshing mountains of Busch Beer?

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Celebrations, of course, are both expected and excellent opportunities to test your mountaineering mettle. Indeed, on major holidays it is virtually

> mandatory to do so. Imagine ushering in the fiscal new year or commemorating Calvin C. Coolidge's

Small

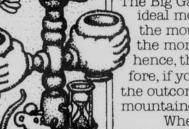
victories like exams passed, papers completed or classes attended are equally acceptable. Remember the mountaineer's motto: matriculation is pleasures of mountaineering run the risk of being labeled social climbers. But such cheap shots are to be ignored. They are the work of cynics, nay-sayers and chronic malcontents.

Similarly, the ambience of an athletic afternoon (e.g. The Big Game) is another ideal moment. Downing the mountains elevates the morale of the fan and, hence, the team. Therefore, if you care at all about the outcome, it is your duty to mountaineer.

When should one <u>not</u> enjoy the invigoration of the mountains? Here, you'll be happy to learn, the list is much briefer.

Mountaineering is considered declassé with dessert, improper

dessert, improper during judicial proceedings and just plain foolish while rop dusting around



Wednesday, November 22, 1978

# ur

This special edition of College Cuisine is brought to you with many wishes for a successful Thanksgiving feast and a Happy Thanksgiving from the staff of

Prospectus. The following recipes were collected by

Terri Anderson, Cathy Butler, Barb Morgan, and Val Wallace.



Whipped Cream

Dressing

4 T sugar

2 t dry mustard dash cayenne

4 slightly beaten egg yolks

2 t salt

11/2 cups milk

1 T butter or margarine

Mix ingredients: add egg volks and niik: stir in double boiler till whipbed vinegar and butter: niix well and cool.

1 1 Outter or marganne <sup>1</sup>/<sub>4</sub> cup heavy cream, whipped

Va cup vinegar

A T enriched flour

# Corn Relish Salad

3 small cans corn 1 cup chopped onions 1/2 to 1 cup chopped green pep-

The

- pers
- 2 T salt
- 1 T pepper

Pecan Pie 1 (9 inch) unbaked pie shell

1 cup naro wa 1 tsp. vanilla

1 (9 Incri) unbaked pie snell 4 large eggs (slightly beaten) 1 cup Karo waffle syrup 1 cup wonille

I cup white sugar

1/4 tsp. salt

2 T. melted butter

Pour all ingredients, except vinegar, Add into bowl. Mix thoroughly. Add vinegar. Garnish with parsley or other colorful favorite. Wallah! Serves eight.

Cranberry Salad

1/4 ISP. Salt of crust with pecan Cover bottom of crust vogether and Cover mix all ingredients at 375 degrees halves; mo pie and silver knife when pour into pie and silver knife when until brown out clean.

1 pkg. strawberry gelatin (or other flavor with red hue) 11/2 c. hot water 1 7-oz. can jellied cranberry 8 marshmallows 2 apples chopped 1/2 c. chopped pecans (or other 1/4 pt. heavy cream, whipped Dissolve strawberry gelatin in hot Dissolve strawberry gelatin in hot water. Add cranberry sauce and marsh-mallows; stir until dissolved. Refriger-ate until partially congealed. Add re-maining ingredients and congeal. Makes

### **Cheese Ball**

2 pkgs. Philadelphia cream cheese 2 pkgs. grated cheddar cheese 1 small pkg. blue cheese (crumbled) 1 small onion (chopped fine)

garlic salt (to taste) chopped nuts

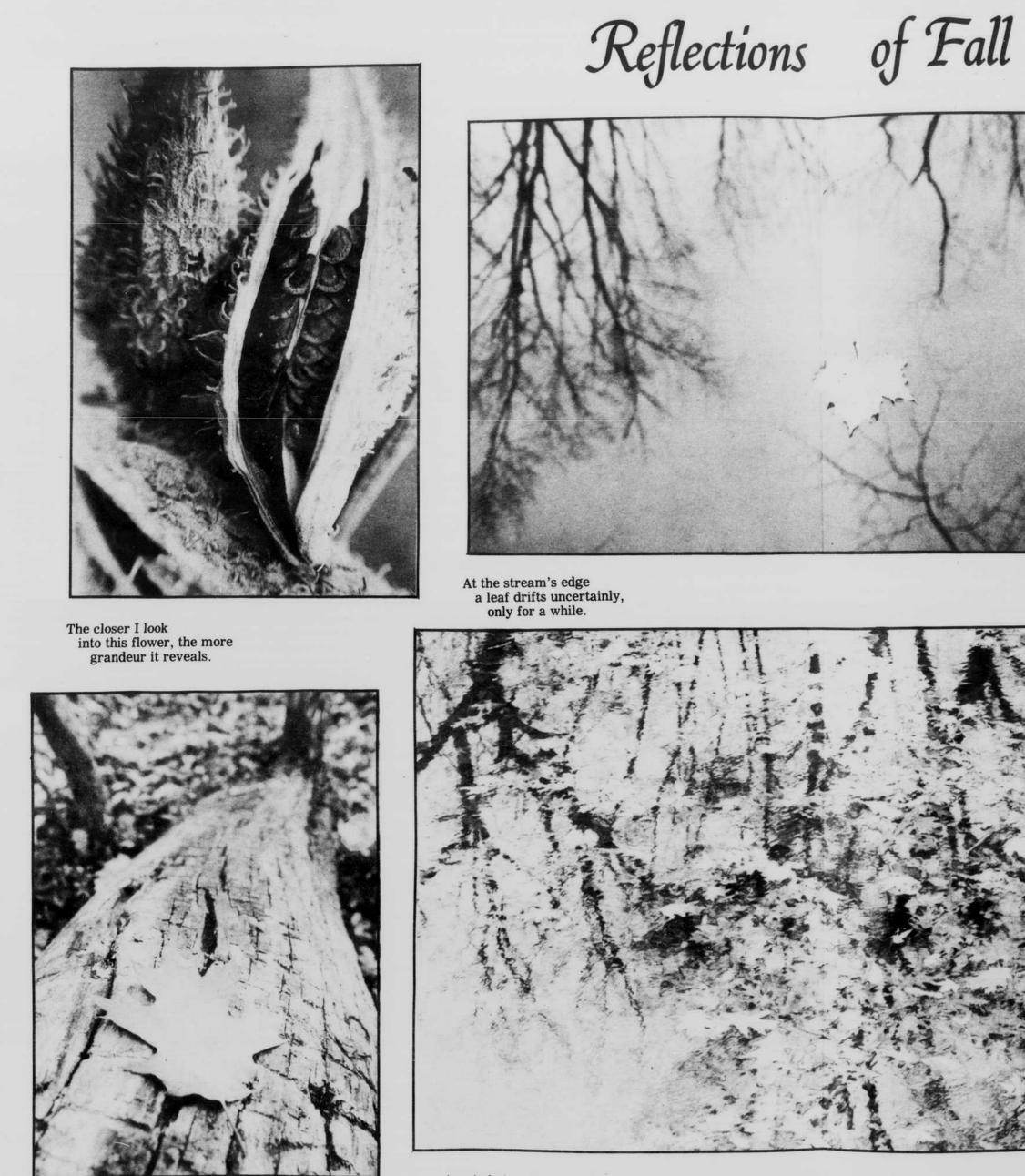
Let cheese stand to room temperature. Mix all ingredients, except nuts, together until well blended. Roll into ball. Cover with chopped nuts. Chill.

## **Dressing** for 4

1 loaf bread (stale) 4 eggs 1/4 tsp. salt 1/4 tsp. pepper Turkey or chicken broth Break the bread up into small pieces. Stale bread absorbs the broth better. Add broth until the bread is very moist. It will dry out when cooked. Beat in the 4 eggs and add salt and pepper. At this time, oysters, onions, celery, etc. may be added. Pour the mixture in a greased pan and bake at 350° for one hour.

Waldorf Salad 2 cups diced apples 1 cup chopped celery 1/2 cup oroxen nues 1/2 cup dressing (whipped-cream V<sub>2</sub> cup broken nuts dressing best) Pare apples, if desired. If prepared in advance, squeeze juice of one-half lemon over apples to keep their colori light. Combine instredients and chill thoroughly. Serve on crisp lettuce. Makes six servings. Variations of Cranberry Waldorf Salad: Slice jellied cranberry sauce in rings. Place on lettuce and top with Waldorf Salad. Waldorf Salad Date-Apple Salad: Reduce celery to 1/2 cup; add 1/2 cup pitted, chopped dates and 4 marshamallows, quartered. Salad. Orange-Apple Salad: Reduce celery to 1/2 cup; add 1/2 cup sliced orange sections.



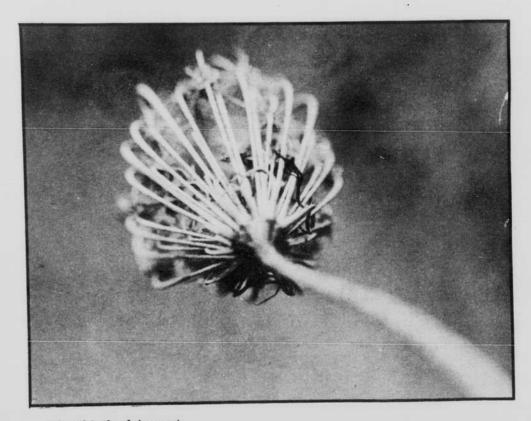


Lone leaf nests on a fallen trunk of an old oak, waiting for a ride. Jim Corley

As wind gives way to calm the stream smoothes, revealing its treasure of leaves

Parkland Prospectus 6 and 7





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The thistle dries out into every spine, to seed the autumn breeze.

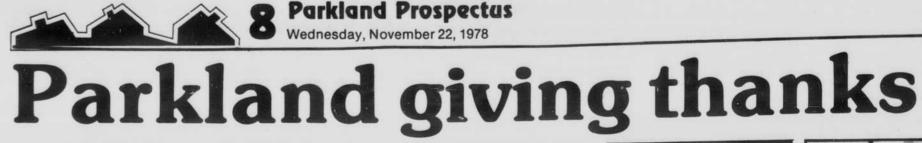


Photos by Jim Corley

poems by James Hackett from Haiku Poetry volumes 2 and 4



Now when thought cease and mind gives heed to the eye— a world of autumn!



As the Thanksgiving holidays ap- is thankful "for my job, for being proach us, Prospectus thought it would be a good idea to ask some Parkland students what they were most thankful for. Here are some of the answers, some crazy and some serious, that they gave.

Zephyr Watson, law enforcement student, is thankful "to be as fortunate as I am.'

Broadcasting student, Brian Jackson, is thankful "that Parkland's radio station, WPCD, will be broadcasting some basketball games soon.'

Ann Neely, librarian at Parkland

3

happy at home, and the peace there is in the world, though I wish there were more.'

Automotive farm diesel student, Sidney Bailey is thankful "for being alive this day."

A wonderful, healthy family and his full-time employment at Parkland is what Tim Westjohn, route man for Canteen is thankful for.

Jan Vlack, lab monitor for the biology department at parkland could not pick just one thing he was thankful for. "For everything," he said. "If I had to name anything

specific, I'd have to name zillions and zillions of things.

Her family is what Mary Cottingham, receptionist at admissions and records is most thankful for.

A visitor to Parkland, Henry Nykaza is thankful "for the good food I'm going to get when I go home for Thanksgiving."

Donna Drysdale, photo instructor, is thankful for many things. "I'm thankful for a healthy family, good friends, and especially for getting into photography. That has always meant much to me and to students who increase my enthusiasm for it all the time."



For a movie I saw the realize that America is one of the only countries left that still has good democracy and people still have a choice. Becky Robinson, physical education student.



That I got some furniture other day that made me of my own and got rid of Parkland Terrace's. Also Parkland will be hiring a part-time braillest and I'm thankful for the part I play in that. Bon Kirk, braille instructor, liberal arts.



Thanksgiving.





and that I'm normal





TTTTTTTTTTTT



For my friends, my family and the chance to be alive. Lenora Stewart, physical education student.



Wednesday, November 22, 1978



The Miracle Worker showerd the positive potential of the Parkland Players. Here are seen Jane Dudley (Helen), Donna Rozicka, Karl Potthoff, and Donald Kallembach in an early scene in the performance. (By Rich Berbaum)

## 'Miracle Worker' 'miraculous' play

### **By Carla Rodgers**

Thursday night The performance of "The Miracle Worker" proved to be a "miraculous" performance by the Parkland students who displayed tremendous talent to an almost full-house, with few seats to spare.

The performance was so realistic that the audience seemd to be hypnotized during the entire two hours it lasted.

Jane Dudley, who portrayed Helen Keller, and Margie Foote, portraying Anne Sullivan, fit the parts so well that the audience was spellbound as they wrestled with each other, knocking a bed partly off stage twice. The students also

mastered the accents of the individuals they portrayed, and the costumes and furniture made the setting appear from the 1880's.

At the climax of the performance, in which Helen Keller discovers the word for "water," the audience seemed to be entranced, for the auditorium was motionless except for those on the stage.

If Director Jim Coates was worried about the concentration and hard work by his students, he need not have bothered, for the tear-jerking performance was received by a standing ovation from an audience overtaken with emotion.

## Turkey tips for beginners and other frantic folks

Those of you who will be responsible for preparing a Thanksgiving feast for the first time this year are probably searching frantically for helpful turkey tips. Well, search no more because following is a collection of turkey tactics gathered from the Farm Journal Christmas Book. For the fortunate people who have mom or grandmom preparing the feast, read the tips anyway and take home some of this valuable knowledge with you to impress the folks.

Hopefully by now you have purchased a plump, juicy turkey from the market. According to the Farm Journal, 90 percent of the turkeys now purchased are forzen and it is most likely that you will have to thaw a bird.

The Farm Journal offered some thawing methods that have the endorsement of the Poultry and Egg National Board and the National Turkey Federation.

Thawing in water

Leave turkey in its original wrap. Thaw in cool water, changing water frequently, or place turkey under slow running tap (never use warm or hot water). Thawing time is three to four hours for turkey weighing 5 to 9 pounds; four to seven hours for turkey over nine pounds.

When turkey is pliable, take it out of the plastic bag, remove giblets and neck from body cavity, cover with saran, foil or waxed paper and refrigerate until ready to roast (or roast immediately).

### Thawing in paper bag

Leave turkey in original wrap. Place in a closed brown paper bag or wrap carefully in two or three layers of newspaper. Place on tray or in baking pan. Thaw at room temperature. Thawing time is: 8-121

Parti-

4-10 pounds, 6-10 hours; 10-16 pounds, 10-14 hours; 16-24 pounds, 14-18 hours. Refrigerate or cook thawed turkey immediately.

Thawing at room temperature without protection of paper bag is not recommended. Roomtemperature thawing can expose the outside surface of the b ird for a period long enough, and at a temperature high enough, for bacteria to multiply rapidly. But if bird is kept in its plastic wrap and placed in a closed paper bag, the atmosphere inside the bag will be only slightly warmer than the atmosphere in a refrigerator. Thus, the bird can be thawed completely without exposing the surface to temperature higher against turkey. This shortens than 55 degrees. cooking time by letting heat than 55 degrees.

### Preparing turkey for oven

Rinse turkey inside and out; pat dry. For roasting unstuffed bird, rub inside with salt (about 1/4 tsp.per lb.). Do not rub with salt if you stuff bird. Allow one cup of Tests for Doneness stuffing per pound of turkey. Fill neck cavity lightly-do not pack. Fasten neck skin to back of turkey with skrewer. Stuf body cavity lightly. Shake the bird to settle stuffing, but do not pack.

Tuck legs under band of skin at tail, or tie with heavy string. Tuck wing tips behind shoulder joints: Life each wing up and out, forcing Carving the Turkey tip back until it rets flat against back shoulder.

shortening, oil or melted butter. body. At the same time, cut Insert meat thermometer in through skin between leg and thickest part of inside thigh muscle turkey. Joint connecting leg to or breast. Do not touch bone.

### **Roasting Guide**

Ready-to-cook Cook Weight	Appr
6-8 lbs.	
8-19 lbs	31

12-16 lbs. 16-20 lbs. 20-24 lbs.

When turkey is done, remove from oven, cover tightly with aluminum foil and let stand about 20 minutes for easiest carving

### **Roast Turkey**

Place breast side up on rack in shallow pan. Do not cover pan or add water. Cook in slow oven (325), basting occasionally with fat (optional). This method of cooking gives the most attractive roast turkey for carving at the table. When turkey is two-thirds done (see Roasting Guide) cut band of skin or cord that holds drumsticks penetrate to inside of thighs.

To prevent excessive browning, cover turkey loosely with foil tent or lay a fat moistened cloth over legs and breast.

1. Always make the pinch test; protecting your thumb and forefinger with paper or cloth, pinch thickest part of drumstick. Turkey is done if meat feels very soft.

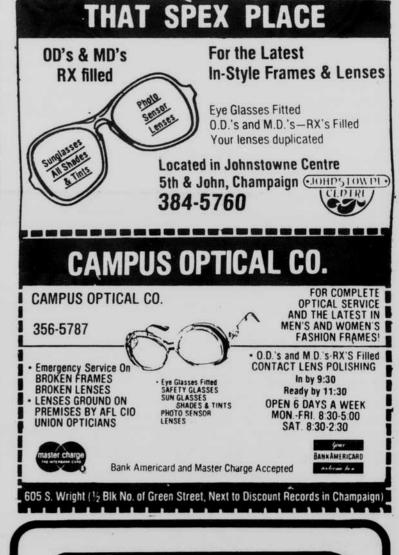
2. Turkey should be done when thermometer reads 180 to 185 degrees.

To remove entire leg (drumstick and thigh)-hold drumstick firmly Brush entire bird with with fingers and pull it away from backbone will oftentime snap free, or may be easily severed with knife point.

ox. Oven Time Slicing Breast Meat-Insert fork t 325\* (Stuffed) 3-31/2 hours into breast of bird. Remove wing by making vertical cut between 2-41/2 hours

41/2-51/2 hours wing and body of turkey. 51/2-61/2 hours wing on the extra plate. Just above 61/2-7 hours joint from which wing was removed, start carving thin slices of white meat. Work upward, always cutting parallel to the breastbone.

For second servings, turn platter and carve other side of turkey in the same manner



# WEDNESDAY, NOVEMBER 29th...

cipate

## Wear the Parkland Colors on **GREEN** and GOLD Day

MEET THE COBRA ATHLETES, COACHES, AND CHEERLEADERS . . .

PEP RALLY begins at 12 noon in College Center



Wednesday, November 22, 1978



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### SPRING SEMESTER "Six for Five"

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 For Sale FOR SALE-1962 Oldsmobile

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### Help Wanted

HELP WANTED-\$10 Guaranteed as representative for Home Showcase Party Plan new to area. Call Becky. 356-6835. 

### Wanted

WANTED-Guitar Amphlifier! Between 300-375 watts. Call 893-9176, leave number and name! After 5:00.

WANTED-Female roommate to share 2 bedroom furnished apartment at Parkland Terrace Apartments. \$117.50 monthly. Room available in December or next semester. Call 398-0100.

WANTED-Two wild and crazy guys for two wild and crazy girls. If interested, meet at Snack Bar at midnight tonight. We'll check out each other's bulges!!

All men intereted in starting a FRATERNITY here at Parkland please attend a meeting in X-160 on Wednesday, 11/19/78 at 12 noon or contact Steve Pagel, Scott Trail, or Chris Moyer.

TYPING

Downtown Champaign

VISA, MASTERCHARGE

accepted

Call Ronie at the Plantroom

356-8423 or 359-0836

The fish-mobile may ride again,

but if Little Lynnette is driving, this

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Hinny,

all | care!

Rumor has it, that Patty is definitely deeply in love with you!!!! Alfie

STEVENSON'S TYPING 384-1064

## **WPCD** 88.7 FM

WPCD's Top 10

for the week of Nov. 20

Summer

Ambrosia

Nick Gilder

-Kenny Loggins

Ronstadt

-Captain and Tenille

Murray

1. MacArthur Park-Donna

2. Double Vision-Foreigner

Flowers-Neil and Barbara

3. How Much | Feel-

4. You Need Me-Anne

5. You Don't Bring Me

6. Hot Child In The City-

7. Kiss You All Over-Exile

8. I Just Wanna Stop-Vanelli

9. Whenever I Call You Friend

10. You Never Done It Like That

**Top 5 Albums** 

mer

**Top 5 Country** 

Bed-Barbara Mandrell

Love—The Kendells

Margo Smith

Eddie Rabbitt

Tillis

1. Sleeping Single in a Double

2. Sweet Desire/Old Fashioned

3. Little Things Mean A Lot-

4. I Just Want to Love You-

5. Ain't No California—Mel

Live and More-Donna Sum-

52nd Street-Billy Joel

3. Double Vision—Foreigner

4. Living in the USA—Linda

5. Soundtrack of Grease

2.

### **Guess Who**

Ken-you're full of #2. Ma Bell

TO THE PERSON who found the PCA Presidents' notebook: Would you please return the book to the information desk? The information contained in the book is worthless to anyone other than the PCA President, but would be very difficult to

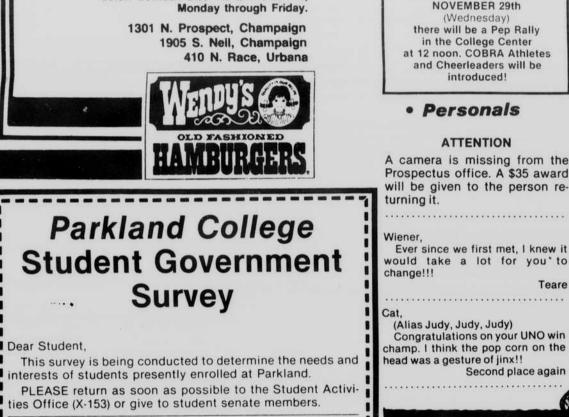
reproduce. Thank you. Kevin Northrup

om.
Isn't it fun working with girls who
now so much about sports?
Sectionally yours
N, J, Č, & C

Big Duck, Beware!! ?? I don't think so. I think you are quacking our legs. Ali

Thanks for putting my name in the paper Speed Demon. I'm happy and also sad. You spelled my name wrong. It's not Ronnel, it's Ronell.

ANYONE INTERESTED in forming a Sport Parachute Club call Bill 351-7745.



Personal Data

Sex: 🗆 Male Female **Give** a gift of Health

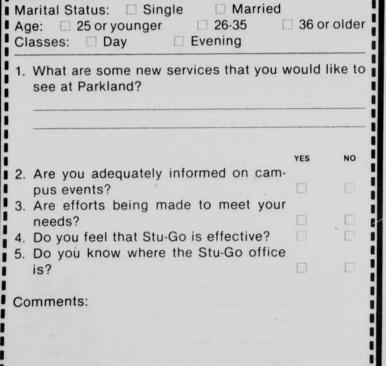
DON'T FORGET **NOVEMBER 29th** 

in the College Center at 12 noon. COBRA Athletes

A camera is missing from the Prospectus office. A \$35 award will be given to the person re-

membership from

occasion.



**Nautilus Fitness Center** Show screeone you care by giving them a gift NAUTILUS FITNESS **CENTER.** A great idea at Christmas or for any CHAMPAIGN Gift Memberships start at\$25.00

Just 1/4 mi. east of Parkland College!

Wednesday, November 22, 1978

## Karate—more than defense a local instructor believes

### **By Terri Anderson**

Imagine a freezing cold, winter night, you are bundled up in winter garments, concealed from the harsh weather, racing through a parking lot to your parked car with an armful of books or shopping bags. You lean over to unlock your car door and someone takes you by force from behind, threatening you. What do you do?

Your first reaction, most likely, will be to defend yourself. But you are probably still questioning what method of self-defense to use and that is where the possible answer-Karate-comes in.

'There is really no difference between the definitions of Karate and self-defense," Dave Hammann, head Karate instructor at Phil Koeppel School of Karate in Champaign said.

Hammann has a black belt in Karate (pronounced Karate) and has taught the art for over three years at Phil Koeppel in Cham-paign. He took up Karate after graduating from high school as a sport and for the self-defense aspect.

Hammann, along with other instructors at the school teach men, women, handicapped persons and a junior group ranging from ages 5-13 the Asian system of self-

"Karate means a lot to me," Hammann said. "It is a means by which people develop their body, character, sincerity, emotions, a lot of things. Most people don't realize all this. They only seem to realize the self-defense side of it.'

Eventually, Hammann hopes that Karate will mean the same things to his students as it does to him. "I don't care who you are," he said. "There is something you can get out of Karate."

Men and women have different purposes for learning Karate. As Hammann said, "Women are concerned with a different type of self-defense. Men have fought since boyhood and most are not afraid to fight back. Where as most women are inhibited about throwing punches.'

Hammann attempts to teach women students not to be afraid to strike back. He does this by starting his students on an introductory program which teaches basic Karate moves against common self-defense situations. Hammann works personally with the student, finding his attitude and ability. The student is not obligated to continue with the program after finishing the trial program consisting of five private lessons.

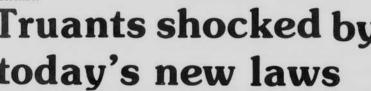
For students who continue,

program for them to improve endurance, shape up and improve their health. Then he starts them on their way to earning a belt. According to Hammann, the different colors of belts in Karate represent levels of ability. The different colors in order of ability are: white, yellow, green, purple, brown and black. According to Hammann, it takes 3 to 5 years to earn a black belt.

Hammann said when Karate first started in the Orient, there was only the student and instructor and no ranks of the belt. The colors originated because as the student practiced his Karate more and more, the white belt became old and dirty and changed colors.

Watching Hammann at the Phil Koeppel School, it is very evident that he takes Karate seriously. When students enter the school they bow to the instructor and remove their shoes and socks before entering the classroom. Hammann says that part is the tradition of Karate.

Whether or not you think Karate is for you, take heed in what one of the head instructors of the oldest Karate schools in Illinois has to say, "Your best self-defense in any situation is to get out of there but knowing something is better than knowing nothing.



The child's shock comes when

learn that the truant situation is

office. Following the first hearing, Steigmann sets

sets for some delinquent youth.





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Wednesday, November 22, 1978

### PARKLAND WOMEN'S BASKETBALL SCHEDULE

DATE	OPPONENT	TIME	PLACE
Dec. 1	Spoon River	6 P.M.	Here
Dec. 6	Illinois Central	7 P.M.	Here
Dec. 8	Lincoln	5:15	Here
Dec. 9	Thornton	5 P.M.	South Holland
Dec. 12	Eastern Illinois University	7 P.M.	Here
Dec. 16	Olney Central	5:15	Here
Jan. 5	Thornton	7 P.M.	Here
Jan. 9	College of St. Francis	7 P.M.	Here
Jan. 12	Indiana State	6 P.M.	Vincennes, Inc
Jan. 13	Vicennes University	2 P.M.	Vicennes, Ind.
Jan. 17**	Lake Land	5:15	Mattoon
Jan. 18	Millikin	7 p.m.	Decatur
Jan. 20**	Lincoln Land	5:15	Here
Jan. 25	Lincoln Trail	5:30	Robinson
Jan. 27**	Danville	5:15	Here
Jan. 30**	Kankakee	6 P.M.	Kankakee
Feb. 3**	Lake Land	5:15	Here
Feb. 8	Lincoln	5:15	Lincoln
Feb. 10**	Danville	5:15	Danville
Feb. 13**	Kankakee	6 P.M.	Here
Feb. 16**	Lincoln Land	5:30	Springfield
Feb. 21	Illinois Central	7 P.M.	Peoria
Feb. 23-24	Sectional Tournament	TBA	Mattoon
Mar. 1-3	Region IV State Tourn.	TBA	Here
and the second sec			

\*\*Conference Counter

## — Bouncing Bob —

	J
Game	1 Cincinnati at Long Beach State
Game	2 lowa at Colorado State
Game	3 Indiana State at Evansville
Game	4 Illinois at Tulane
Game	5 Morehead State at Indiana
Game	6 LaSalle at Kentucky
Game	7 Loyola at Minnesota
Game	8 Purdue at Nebraska
Game	9 Michigan at Alabama
Game	10 Rice at Northwestern
Game 1	11 Ohio State at West Virginia
Game 1	<b>12</b> Utah at USC

Tie-Breaker (Pick a score)

San Francisco ( ) at Nevada-Las Vegas (UNLV) (

N	9	m	0	
1.4	a		0	

Phone.

Address

NOTE: Entries for this contest will be accepted until Friday, Dec. 1, at noon. The contest rules for the contest are the same as for Fast Freddy. The contest will remain as long as the interest warrants it.

### **Fast Freddy Contest**

- Everyone, off campus or on, except newspaper staff members, their families and Fast Freddy, is eligible.
- 2. This official entry blank must be used.
- Only one entry per person will be accepted. Entries sent through the campus mail system will NOT be accepted. Entries must be brought to PROSPECTUS office (X155) in person or by U.S. Mail.
- 4. No individual can win the contest prize more than twice during the season.
- All entry blanks are due in the PROSPECTUS office by 12 noon on the Friday before the games. No entries will be accepted after this time under any circumstances.
- The winner will be announced in the following Wednesday's PROSPECTUS and will receive a cash prize of \$5.00.
- 7. Circle the team you think will win in each game. Cir-



1978-1979 Parkland Women's Basketball Team. In the front row form left to right are Julee Arthur, Mary Kay Stenger, Lois Geshwlin, Dana Bowyer, Julie Hinthorn, LaDonna Schrock, Julie Floyd, Ann Scouffas. In the back row from left to right is coach Lynette Trout, Trudy Lorenzen, Liz Hamilton, Mona McEwen, Natalie Franklin, Rita Adamitis, Jeanne Campbell, Lynn Peters, and Teri Stoerger.

## Women's coach hopes to beat record

### By Pete Rosenbery

With the start of the girls' basketball season only a week and a half away, Cobra coach Lynette Trout is hopeful on improving last year's mark of 12-9.

"The girls so far have been working real hard and it's getting easier each day during practice. We'll be having double sessions over both the Thanksgiving break and Christmas break," she continued. "And by then we will start to jell as a team."

Parkland will have five

returnees from last year's squad. Julie Hinthorn, Dana Bowyer, Teri Stoerger, Natalie Franklin and Jeanne Campbell should help provide some stability to the large freshman turnout. Eleven freshmen are on the squad, which doesn't seem to worry coach Trout a bit.

"We've got a lot of good freshmen out and I plan on doing a lot of substituting. With the kind of offense that we hope to run," she continued, "it will help to keep people fresh."

"There's a lot more depth on this

squad this year than last, and a good combination of speed and height. We hope to be able to fast break a lot and press on defense."

When the season opener comes up Dec. 1 against Spoon River, Parkland will begin on an incredible homestand, playing seven of their first eight games in Champaign. The lone away game in the group will be Dec. 9 against Thornton at South Holland.

"The girls are really looking forward to playing in the first game," Trout said, "and I hope we do good."

## Fast Freddy ends today

This week's edition of the Fast Freddy contest will be the last regular season contest for the year. There will be one more contest after this and it will deal with the bowl games.

Also take note of the deadline for the contest. The deadline for all entries will be at 3 p.m. today instead of the usual Friday noon deadline. This deadline is because of Thanksgiving vacation.

Last week's contest proved to be very difficult as the best score by any of our 70 contestants was three wrong. Six of those people missed three and even after the tie breaker, we still had tri-winners.

The winners of the contest for this week are Dick Bennett, Tim Kelley, and Jack Stroud. They all pikced the tie breaker score as a seven point differential between USC and UCLA. Others who missed three are Tibi Marcusiu, Alan Peterson, and Bud Northrup.

The problems came in abundance last week. They were Georigia's 22-22 tie with Auburn, Iowa State's 20-16 win over Colorado, Yale beating Harvard, Iowa upsetting Wisconsin by 14, Kansas State shellacking Kansas, and Missouri's not so-surprising upset of Nebraska 35-31.

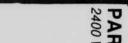
This week's contest will have some big matchups which will decide bowl berths and also some traditional rivalries which are always tough to pick.

One game that will decide who goes to the Rose Bowl and will be the tie breaker is the traditional showdown between Michigan and Ohio State in Columbus. The Bucks have battled back from an earlier loss to Purdue and have stayed in the thick of the Big Ten while Michigan has kept going since its loss to Michigan State early. This game will probably be the usual tough defensive struggle with a slight edge in offense to Michigan. The loser goes to the Gator Bowl.

The other Big Ten battles will be Indiana at Peach Bowl bound Purdue, Iowa at Michigan State, and Minneapolis at Wisconsin.

Scores of last week's games were: Arkansas 26, Texas A&M 7; Georiga 22, Auburn 22; Iowa State 20, Colorado 16; Yale 35, Harvard 28; Minnesota 24, Illinois 6; Ohio State 21, Indiana 18; Jowa 38, Wisconsin 24; Kansas State 36, Kansas 20; Michigan 24, Purdue 6; Missouri 35, Nebraska 31; Michigan State 52, Northwestern 3; Oklahoma 62, Oklahoma State 7; and USC 17, UCLA 10.

IM Basketball Standings



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cle both teams for a tie. The tie-breaker games will be used only in case of ties and will not count in the total of twelve games to be predicted. Pick a score for the tie-breaker game.

### Winner is Person who selects the most game-winners correctly.

Game	1 Arizona State at Arizona	ļ
Game	2 Florida at Florida State	ļ
Game	3 Southern U. at Grambling	
Game	4 Notre Dame at USC	
Game	5 Indiana at Purdue	
Game	6 Oregon at Oregon State	
Game	7 Iowa at Michigan State	ģ
Game	8 Pittsburgh at Penn State	
Game	9 Utah at Utah State	
Game	10 Washington at Washington State	
Game	11 Minnesota at Wisconsin	
Game	12 Mississippi at Mississippi State	

Tie-Breaker (pick a score) Michigan () at Ohio State (

Name	
Phone	
Address	
NOTE: All Fast Freddy entries for the games are for the weekend of Nov. 25	is week's contest must be in by 3 P.M. TODAY. These , so they must be in on time.

### After Nov. 15

### GOLD

-	GOLD	
	Winnebagos	
	No Names	
	Challengers	
	Sky Jammers	1-2
	Gear Heads	1-2
	Debonaires	0-3

### GREEN

Suds	•	•							•		•			4-0
Bilalians	•	×.				•		•		•				2-0
In The Hoop		•	•											2-1
<b>Question Mark</b>		•												2-2
Cobras														
Court Jester														
<b>Rolling Stones</b>														

### WHITE

Hoop Express			2.5														1-0
Court Master.	÷	•				•		2									1-0
WPCD		• •			•	•									 		 1-1
High Times	•	• •	ς,												 		1-1
Wizzards	•			•	•		•		•	•	•	•			•		0-1
Bullets	•	•		•	•	•					•	•		•		•	0-1

