

Prospectus

Parkland College

Champaign, IL Vol. 12, No. 18 12 pages Wednesday, February 14, 1979



Happy Valentines Day



Who is it they call St. Valentines ?

By Bill Cooper

As we celebrate St. Valentines Day, the question arises who is St. Valentine? Was he the bishop of Terni, a city eighty miles from Rome, or was he the Roman Priest?

There were two saints named Valentine. Some scholars have even suggested that the two were one in the same.

St. Valentine, in the third century, was ordered by the Roman Emperor Claudius II not to marry any two people who were of the Christian Faith. Valentine, not agreeing with him, married two people of the Christian Faith.

When the emperor found out he ordered Valentine imprisoned. But upon their meeting, Claudius II was so impressed by Valentine's

dignity that he attempted to convert Valentine to the Roman Gods, trying to save Valentine from execution. Valentine declined, clinging to his beliefs. Before he was beheaded, Valentine wrote a letter to a female friend and signed it, "from your "Valentine."

The next day, February 14, he was beheaded. The year is believed to have been between 270 and 273 AD.

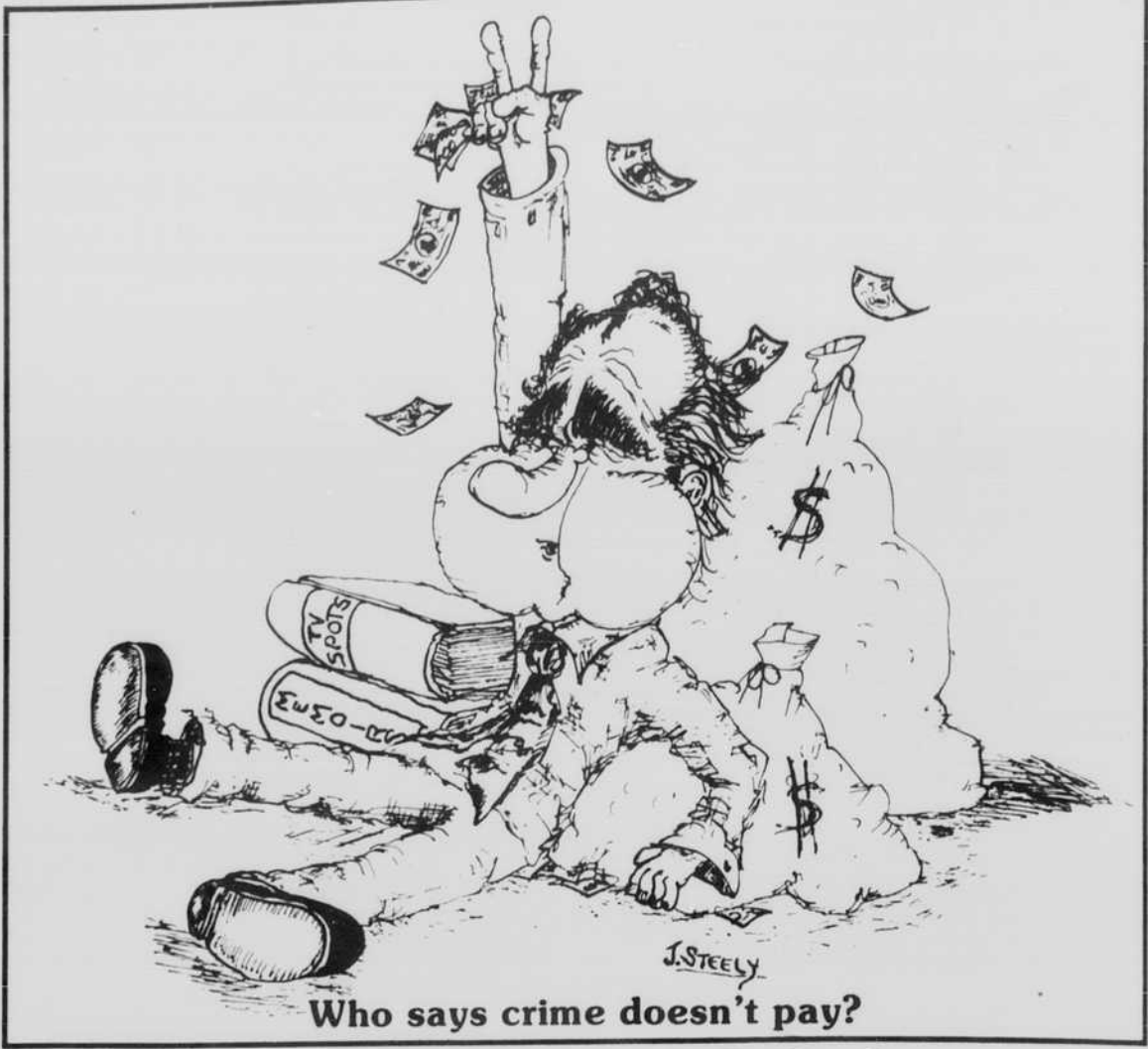
Our celebration of Valentines Day had its roots in the Pagan Roman holiday called Lupercalia. How the celebration became associated with St. Valentine seems to be accidental. For it was Geoffrey Chaucer who expressed the medieval European belief when he wrote, "For this was on Valentines Day when every bird cometh there to choose his mate."

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Special thanks to everyone who posed for the front photo. L-R are Tom Schmitz, Les Hall, Brian Wright, Jim Triplett, Tony Liocci, Dan Katz, Phil Gulley, Phil Campbell, Pete Rosenbery, Jerry Lower and Barb Morgan — the center of attention.



Who says crime doesn't pay?

Proposal before IOC for a central information board

By Charlene Szymusiak

Have you been trying to pick up a used textbook or find out when the next meeting of the Ski Club will be? How about locating a copy of the latest Student Government minutes?

A proposal is now before the Inter-Organizational Council (IOC) which would provide for one centralized space for multi-information exchange. This would not place further restrictions on existing bulletin boards. The thought is that one reliable source of posted information would alleviate some of the problems associated with the current hit or miss method of posted communication.

Colleges often have such a focal point for posting communication and teamed with peripheral bulletin boards, a greater percentage of the student body can be reached.

The area suggested for

Parkland's focal point would be the large supporting column upon which the clock hangs right next to the prime bake sale spot in the X wing. The clock would remain in its place.

The column has four sides and each side would serve a different purpose. One side would be strictly for organizations to post meeting dates and times and would be permanent throughout the semester.

Another side would be divided up for various forms of advertising.

One side would be a combination ride and housing board. The present board by the snack bar would be discontinued.

The remaining board would be for general interest meaning that current minutes of Student

Government and IOC would be posted there along with agendas for the next meeting. If the administration had any tidbits to pass on to us this might be the place.

This proposal was presented in a more detailed version before the IOC on Feb. 6 and 13. Club representatives are responsible for attaining feedback from their organizations and eventually when and if the idea goes to Stu-go, the officers will be responsible for knowing how the students feel about it.

Any student having an opinion he wishes to share can come to the Student Government offices in X-153 and let the officers know how they feel.

Directory published

The 24th edition of the Conservation Directory, a comprehensive listing of all organizations, agencies, and officials concerned with natural resource use and management in the U.S. and Canada, has just been published by the National Wildlife Federation.

As the largest such guide in the U.S., the 271-page 1979 Conservation Directory lists the names and addresses of about 1,650 conservation and environmental organizations and more than 11,000 individuals.

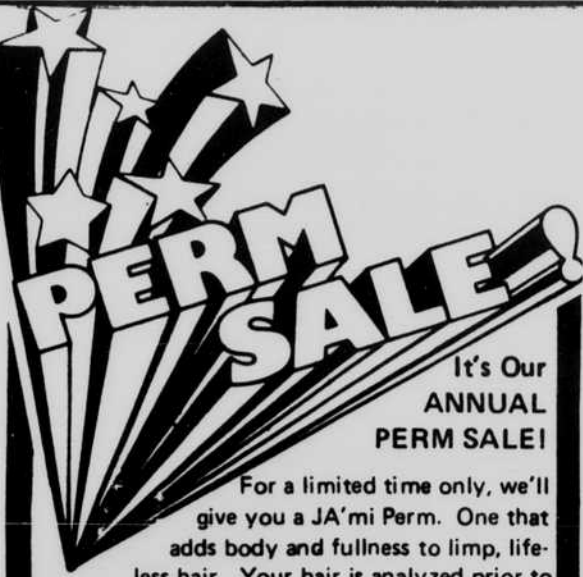
The directory lists key personnel in federal and state agencies and departments, members of

Congress and those Congressional committees concerned with conservation and natural resources.

There are sections on the major U.S. colleges and universities which offer professional training for careers in conservation and natural resources wildlife, environmental, and other conservation publications.

The annual publication also lists all U.S. National Wildlife Refuges, Forests, Parks, and Seashores.

Copies of the 1979 Conservation Directory are available from the National Wildlife Federation, 1412 16th St., Washington, D.C. 20036.



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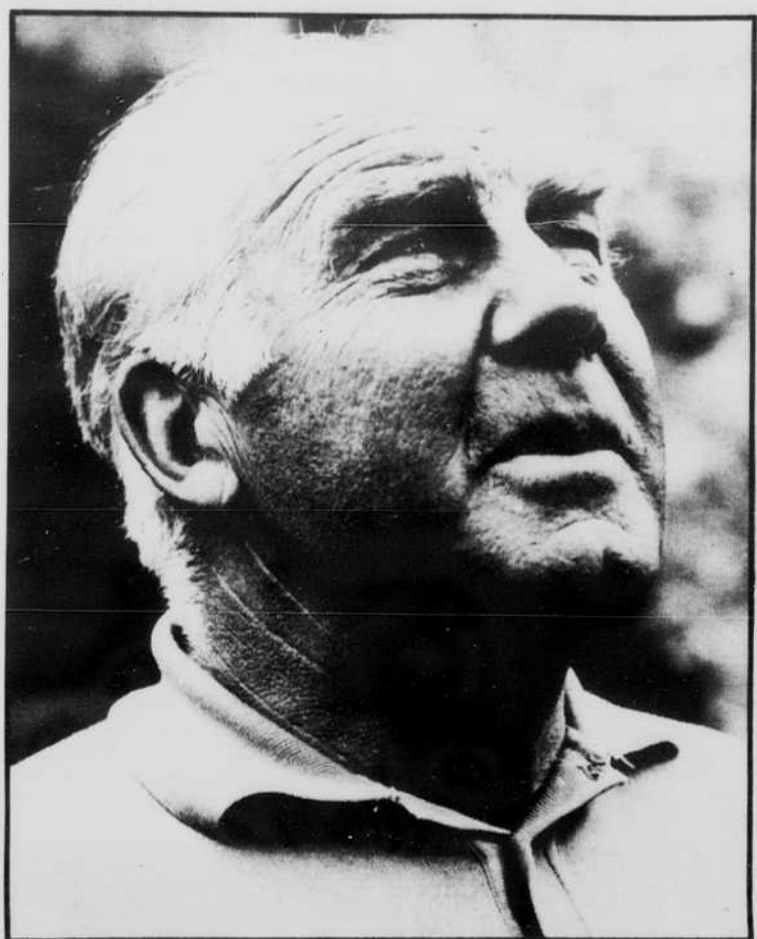
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'Mountain Man' lecturer coming to Parkland Feb. 22



Paul "mountain man" Petzoldt will speak at Parkland College on Feb. 22 about his experiences as a mountain climber. Here, he looks into the vast sky, perhaps at a mountain he had climbed or hopes to climb.

A one-hour lecture and slide presentation by Paul "mountain man" Petzoldt, a pioneer in the fields of mountaineering and experimental education will take place at Parkland College Thurs., Feb. 22 at noon in C-118.

Petzoldt has been an outdoorsman as long as he can remember. Much of his childhood was spent scrambling the walls of the Snake River Canyon; hunting, fishing, and trapping.

At sixteen, Petzoldt made one of the first ascents of the Grand Teton and immediately started a mountain guide service that did much to bring American mountaineering of age. Since then, he has climbed in many parts of the world pioneering many first ascents and also made a double traverse of the Swiss Matterhorn in one day.

He spent a month above 20,000 feet altitude and climbed to approximately 27,000 feet altitude without the use of artificial oxygen on K2, the second highest mountain in the world.

Petzoldt participated in several athletic activities while not in the mountains. He played football in the Coast Conference and also played competitive golf, water polo, and baseball. He became a hunting and fishing guide, but fail-

ed in his ambition to become a champion saddle bronc rider.

His education adventures include living at Windsor Castle, England for two years and studying under the Dean of Windsor, the the private chaplin to the King and Queen. He also studied at the Universities of Idaho, Utah, Louisiana, and Wyoming.

Petzoldt's education in agriculture, economics, and politics led to a job as a liaison officer for the Secretary of Agriculture in conjunction with the Lend-Lease program at the beginning of World War II.

Later he joined the Ski troops at Camp Hale, Colorado to work on the Standard Operation Procedure for mountain evacuation and rescue in the Tenth Mountain Division. He was with the first Americans in Berlin at the end of World War II, and became a member of the Control Council doing liaison with our allies supplying food for Germany.

From there he was sent to China, to be an assistant to K.Y. Chen, Chief of Transportation for Nationalist China, working again on food supplies.

After World War II, he came back to Wyoming to ranch and re-establish his Teton Mountain Guide service. He helped start America's first Outward Bound School in Colorado, where he was chief instructor until he decided to start the National Outdoor Leadership School in Wyoming. He then could teach his own techniques, philosophy of outdoorsmanship, and conservation.

He was elected to the American Academy of Achievement in 1971 with two famous Coloradians, Lowell Thomas and Robert Mitchener. He has received the highest award given by the Secretary of Interior; The Conservation Award. He is also listed in the "Who's Who" of the British Empire, "The National Social Register", and "Who's Who" in America.

During the past several years, Petzoldt has made regular attempts to climb the Grand Teton on New Year's Day. He hopes to make further climbs with friends and students.

As an author, he has written, *The Wilderness Handbook*, and *Petzoldt's Teton Trails*.

ISO presents program

By José Sutura

Have you ever thought about how you would feel being in a different country, where they use a strange language, have different customs, and a unique social atmosphere—in two words, another life?

What would you think about a person who came to your country without any knowledge of your language? Even words and phrases such as "Good morning," "Good afternoon," "Good night," and "Thank you" would be difficult.

Before some people leave their home countries, they do not know

whether to have feelings of joy or feelings of sorrow. Looking at all the friends they are going to leave makes it hard to go, but leaving their family makes it even harder.

Meeting a group of representatives from different countries helps take away the feeling of being a foreigner. At Parkland College this group is called the International Student Organization, whose purpose is to join together to confront the bad times and share the good times. In addition, they exchange knowledge, customs, and cultural differences.

The International Student's Organization (ISO) sees as most

important the fact of exchange and the offering of friendship to all the American people. To demonstrate these things, the ISO is going to present a program on Feb. 21, from 10 a.m. to 2 p.m., in the college center.

The International Student's Organization cordially invites you, the American student to share in this presentation and new learning experience.

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PC election results are announced

Parkland College's student government election results are in and, with the exception of two offices, are complete.

The office of vice-president went to Margaret (Meggie) Brown, secretary is Marian (Rene) Woodside, William E. Bradford was elected treasurer, and Steve McDonald is the new senator of campus organizations. Two hundred and twenty-two students voted in the election.

There were five students who were write in candidates for public relations senator and three for day senator. Because they were write-in votes, Mr. Karch, assistant dean of student activities and his secretary must check the records of all the candidates. The student government will either toss a coin or draw for lot to see who will get the office. They go through this procedure rather than conduct another election.

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Nursing honored

The Parkland College Associate Degree Nursing Program has been granted continuing accreditation from the National League for Nursing (NLN), New York.

The NLN accreditation recognizes that the Parkland Associate Degree Nursing Program has met exacting standards of national excellence. While accreditation by the State of Illinois Department of Registration and Education is necessary for operation of such a nursing program, NLN accreditation will enhance the prospects of Parkland graduates who wish to become professional nurses.

Recognition of excellence is nothing new to Parkland's Nursing Program. Ms. Joanne Huff, coordinator of the program since 1973 and one of the originators of the program since 1968, said that NLN accreditation was first received in 1970. After two years of operation, the Parkland Associate Degree Nursing Program was awarded initial

accreditation for the maximum eight-year period.

Since 1970, 521 Parkland students are enrolled in the program, 15 of them male.

Ms. Huff echoes national statistics in stating that the professional nurse is and will be in demand. Of 82 Parkland nursing graduates in 1978, 77 found jobs with clinics and hospitals in Champaign-Urbana.

Western rep. at PC Friday

A representative from Western Illinois University will be at the campus center from 10 a.m. to 1:30 p.m. this Friday, Feb. 16.

The representative will answer any questions about programs, courses, or transferring to W.I.U. If you have any questions call Russ Mills in the counseling center, ext. 260.

New mascot painting in gym

By Mark Sterkel

There is now something striking about the Parkland gym. A cobra, the Parkland mascot, has found a home beneath the scoreboard. The snaky masterpiece was painted by Mary Jo Wenger and donated to the Parkland P.E. department.

Mary Jo is a second year art student at Parkland. She works in the P.E. equipment room and has extended her artistic ability to the P.E. department in the form of displays and another painting which hangs in the P.E. conference room.

The idea for the Cobra originated with Harold Blackwell, the Parkland College trainer, and formally instigated by P.E. department head Joe Abby.

Mary Jo spent about 25 hours painting the Cobra using acrylic on illustration board.

She discovered her artistic abilities when she was three and did a finger painting which her mother framed.

In high school she decided on a career in the visual arts. Mary Jo has taken basic art courses at Parkland and has experimented with ceramics, macrame, painting and drawing. She hopes to transfer to the University of Illinois next fall and pursue a career in graphic design.

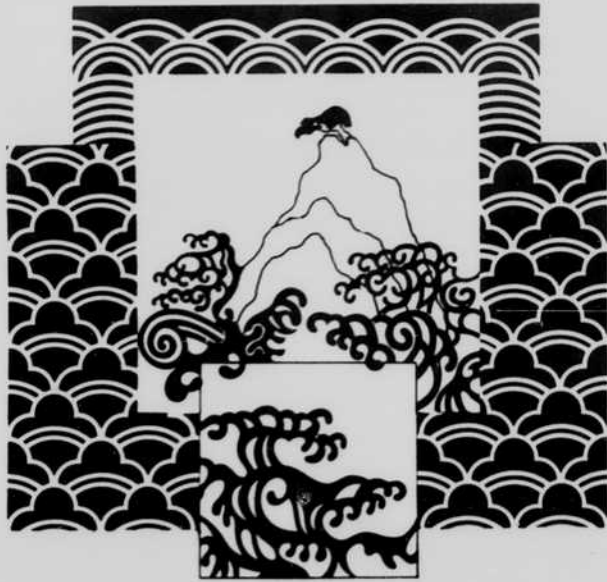


Mary Jo Wenger, an art student at Parkland College stands by the painting she did of the Parkland mascot, the Cobra. Wenger's art piece hangs in the Parkland gym over the scoreboard.

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Tickets go on sale 10 a.m. Monday, January 29 at Krannert Center and Illini Union.

Workshop coming

Parkland College will host a one-day workshop, "A Tornado Strikes: The Role of the EMT", on Sat., Mar. 3. The workshop, intended for emergency medical technicians and others involved in rescue training, is sponsored by Parkland, Carle Foundation Hospital, Urbana Fire Department, and Region VII Illinois Emergency Services and Disaster Agency.

Workshop objectives are: to help the EMT understand how communities can prepare for a tornado by gaining necessary information for protection; to become familiar with tornado tracking procedures; to understand the role of an on-site medical TRIAGE team; and to understand emotional responses to disaster.

There is a \$5 fee for the workshop. For more information or to register, contact Bob Owens at 351-2277.

PC enrollment is increasing

At the conclusion of late registration on Fri., Feb. 1, Parkland College enrollment figures totalled 6,693 students, which is an increase of 100 students over the Spring Semester statistics of 1978.

With other classes beginning at mid-term, in late March, more enrollments are expected. The full-time equivalent (F.T.E.) figures increased from 3,522 last spring to 3,627 this year.



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PC band is open to everyone

Any person who plays an instrument is invited to become a member of the Parkland College Community Band, which rehearses weekly on Thursdays at 7 p.m. in room C-148. There are no auditions or age requirements, but each member is expected to practice or be able to sight-read well, as there are only 13 rehearsals before two May concerts.

Parkland can furnish any percussion instruments needed and has a few brass and woodwind instruments available to band members as well. No fee is required to play in the band. Interested persons may complete registration at the first rehearsal attended.

The college jazz band also invites students from all areas of the college and community to bring their instruments out of the closet and join in the fun. The group will meet on Saturday mornings from 10 a.m. to noon. There are also some openings in the College jazz combos which meet Monday and Wednesday afternoons.

For further information regarding either group, contact Erwin Hoffman, band director, at 351-2343 or 351-2207.

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Good notes essential for good grades

An important factor in getting good grades in college is your ability to take clear, well-organized class notes. Listening carefully to the instructor's lecture and writing down the important points is the key to successful notetaking. A few basic techniques can help.

The purpose of class notes is to record the instructor's lesson in a manner that will allow you to review and understand the material afterwards. Your objective, therefore, is to outline the main and supporting ideas and facts so that they are clear and understandable.

Write rapidly in your own form of shorthand. Do not try to take down everything—keep to the main points. Develop your own style of abbreviating and condensing the important data. Some people leave out vowels, for instance, or use only the first syllable, and omit articles and obvious verbs. Common abbreviations and symbols found in most dictionaries can often be of great help.

Instructors' teaching methods will differ so you will have to be alert to each one's style and organization. Often they start each class with an overview or outline and use it as a framework for their lecture. This, of course, is a good reason for being punctual.

Outlines, diagrams or lists that instructors write on the board are usually important. It is a good idea to record these in your notebook, unless you know that the same material is already covered in your textbook.

Indenting and spacing will help make your notes more readable. Start a new line out to the left for an important heading. Indent subheads under this and so on.

Start a new page for each class, with the date and topic heading the page. When a new major topic or division is introduced, begin another new page so that you will have enough room to record the appropriate material under it.

A lined eight and a half by eleven inch notebook is recommended. On the front cover you can paste your work schedule, as well as your name, address and phone number in case you ever misplace it. You can keep all your class notes, and the instructor's handouts, in this one book by tabbing sections for each course. You can also add or delete notes or fresh paper as you need to.

Quotable Study Tips

Do not hesitate to ask an instructor specific questions. For example, does he hold you responsible for date, names, places, etc.? These are legitimate questions and most instructors are quite willing and even pleased to help a student if that student is really trying.

The principle of timely reading is basic to successful study. Timely reading means that you read your textbook assignments as the best possible time—before you go to class to hear the professor's lectures covering the material. This will assure better understanding of what the professor says and, thus, will insure that you take better notes during his lectures.

If you are willing to improve your desire to learn and your study habits, you will at least come to understand what knowledge is; how difficult it is to attain, how much industry, thoroughness, precision, and persistence it demands if you are even to have a distant glimpse of it.

The more time you permit to elapse between study and a test of what you learned, the less you will remember it. In planning your schedule, make time for studying each subject as close as possible to the time its class meets.

When taking notes, write on the right-hand side pages only. You can then make your own study, review or textbook notes on the left-hand pages.

Jot down questions as they occur to you in class and hold them for the appropriate moment. They might be answered or become unimportant in a few minutes. But if not, you will want to have them answered either in class or later.

Be alert to the instructor's tone, emphasis or questions. These may be clues to things that will appear on an exam. For example, if Professor Smith says, "Five important reasons for the treaty were..." or "Remember now..." you can be sure those are things to be recorded.

Class lectures and textbook assignments do not always parallel each other. Your class notes will reflect the instructor's approach to the topic, but you might find it helpful to make additional notes from your textbook on the left-hand page across from your class notes.

Design your notetaking system so that you have sufficient room to record the instructor's material, your reading notes AND your review notes on one page or two opposite pages.

Remember, review your class notes as soon as possible after the session has ended. In this way you will be able to correct, clarify or fill-in where necessary. This re-

view time will be critical in helping you remember the class material when it is fresh in your mind.

One style of notetaking, developed at Cornell University, has been very helpful to students. On every right-hand page, draw a vertical line from top to bottom, two and one half inches in from the left side. In class use the large six inch column on the right for recording the lecture material. After class and during study times, use the smaller left-hand column for making your own review notes.

By marking down the key word, idea or fact, it can help you remember what you are studying and help you review for exams. Some students find it helpful to use a colored marker or pen during review to underline the important words or phrases.

Completing textbook or reading assignments before each class will help minimize notetaking in class. You will know whether the material under discussion is in the text or not. You will already have underlined the important ideas in the book, so you will not have to duplicate these facts write "refer to textbook chapter."

Typing or rewriting notes is normally a waste of time, if they are legible, accurate and complete it is much more productive to spend your time reviewing the notes, reading your text and keeping up every day and every week with your studies.

Rape workshop to come to PC soon

By Eleanor Crittenden

Violence Against Women, a workshop co-sponsor with Women Against Rape, is part of a continuing series of Parkland College Women's Programs this spring. The workshop will be in X-117, Tues., Feb. 20 at 7 p.m.

The program will include a film and discussion on rape, battering, incest and the impact they have on women's lives as well as what can be done to counter the causes and effects. Nancy DiBello, community education coordinator for Women Against Rape, said the program will point out what violence looks like, what the social response is, and discuss the social forces that perpetuate tolerance. Violence is not limited to sexual assault and rape, but can also include battering and sexual harassment on the job according to DiBello.

In a study done by Women Against Rape in 1971-75, 221 cases of rape were reported to various police agencies in Champaign County.

However, the F.B.I. believes 10 to 30 percent of the cases of rape go unreported. Others feel that rape is 4 to 10 times greater than reported.

Two reasons for the unreported rapes is that women feel the police do not take them seriously or their assailants threatened them.

In 1977, the Women Against Rape organization in Champaign County had 200 cases of crimes against persons reported to their office. Two-thirds of these reported cases were rape and sexual assault.

The Champaign Rape Hot Line answered 561 calls last year. The calls concerned reports of attack or general information.

PC women to discuss best-seller

The Parkland College Women's Program will host a discussion of *The Women's Room*, the best-selling controversial novel by Marilyn French, on Wed., Feb. 21, from 7:30 to 9 p.m., in C-218 at the college.

The discussion is free and open to the public.

Agri-business seminar to continue Saturday

The Saturday Agri-Business Seminar Series focusing on topics of interest to homeowners continues Sat., Feb. 17, at Parkland College.

Seminar 5, "Ten Easy Steps To Home Lawn Establishment" (WKSP 706), features discussion of the recommended turfgrass species and varieties for this area, along with recommendations on how to successfully establish a lawn from seed.

Seminar 6 will consider the methods of "Selecting and Purchasing a Horse" (WKSP 709).

Both seminars will run from 8:20 a.m. to noon, as will be the procedure on each Saturday. Partici-

pants should select only one session per week; each costs \$5 per participant.

Odd-numbered seminars will be held in room B-124; even-numbered sessions will be held in B-133.

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Poetry reading at PC Feb. 22

The Parkland College Visiting Writers Program will sponsor a poetry reading featuring Jorie Graham and James Galvin, wife and husband, on Thurs., Feb. 22, at 7:30 p.m., in C-140 at the college.

Jorie Graham's works have been published in several literary journals, including *The Paris Review*, *The Virginia Quarterly Review*, and *Poetry Northwest*. In addition to teaching and writing she has been assistant director and assistant art director for films by Joseph Losey and Michelangelo Antonioni, and was an associate producer for NBC-News, New York.

James Galvin is currently poetry editor for *Crazy Horse*, and has done editing for several other literary magazines. His poems have appeared in *The New Yorker*, *The Nation*, *The Paris Review*, and *American Poetry Review*.

Galvin and Graham are both currently members of the English Department at Murray State University, Kentucky.

The public is invited to the poetry reading.

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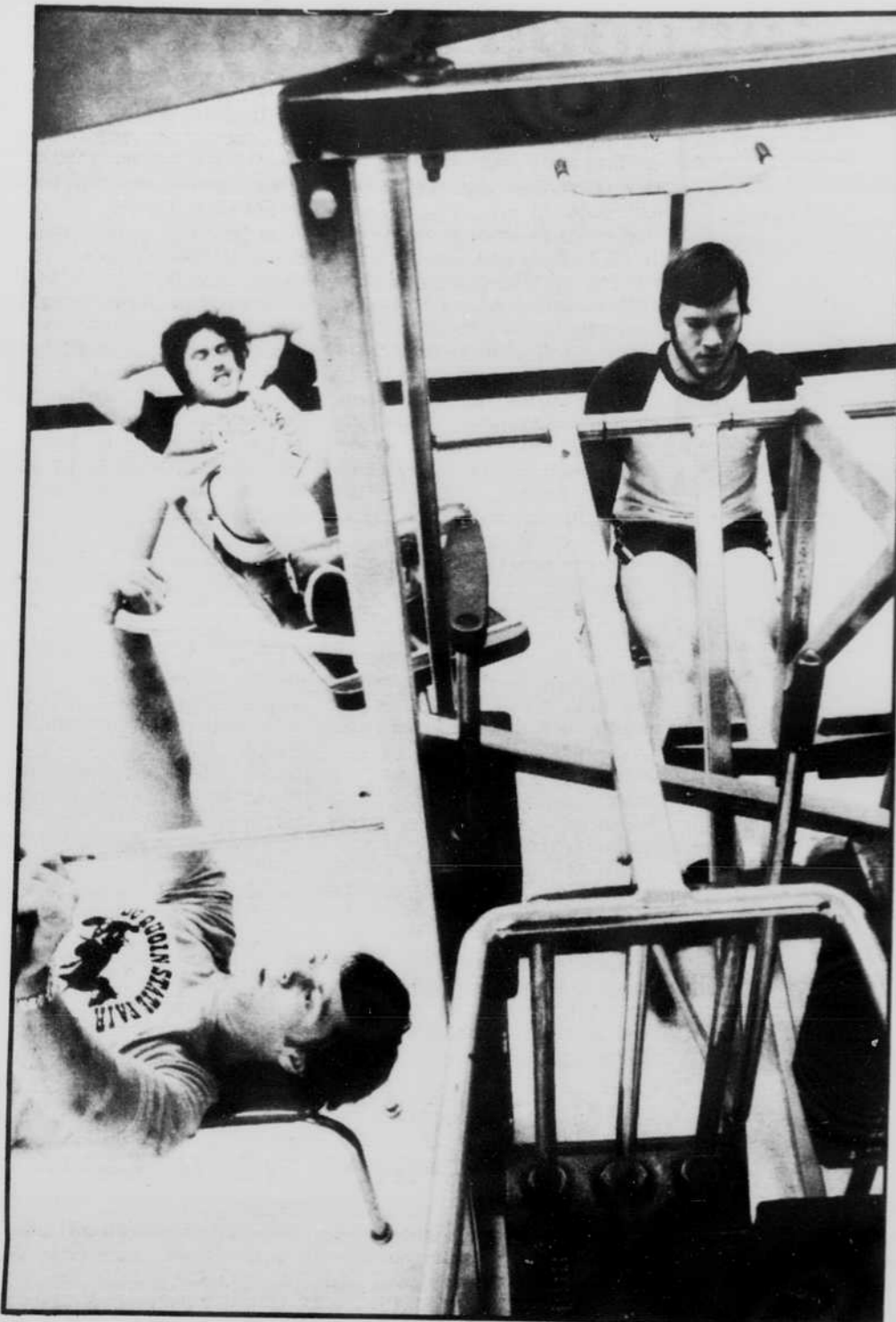
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Relieve your tensions at the Parkland gym

By Pete Rosenbery

Have you ever had that certain feeling of frustration from classes and do not know how to work it off? Why not shoot a few baskets, run a few laps or knock around a tennis ball.

When it is not in use by classes or special events, Parkland's three year old gym is the place you can go to play basketball, volleyball, jog, lift weights, fence, play badminton or tennis or even practice golf shots.

"Right now the gym is pretty well filled up," commented Parkland College trainer Harold "Blackie" Blackwell. "But during college hour (11-1 on Mon., Wed., Fri. and 12-1 on Tues. and Thurs.) you just need to come in and check out the equipment."

A schedule is posted across from the equipment room indicating when the gym is free of classes. "The gym is closed at night," Blackie said. "Except where there is an organized activity with instructors. During intramural basketball, the weight room is open."

Some of the activities might not be available at a certain time. Tennis, for instance, is available only when the tennis mats are rolled out.

Lockers are also available to rent for the semester. The initial cost is five dollars per semester for the use of the lock and clean towel service. At the end of the semester, return the towel and you will get back your \$3 deposit.

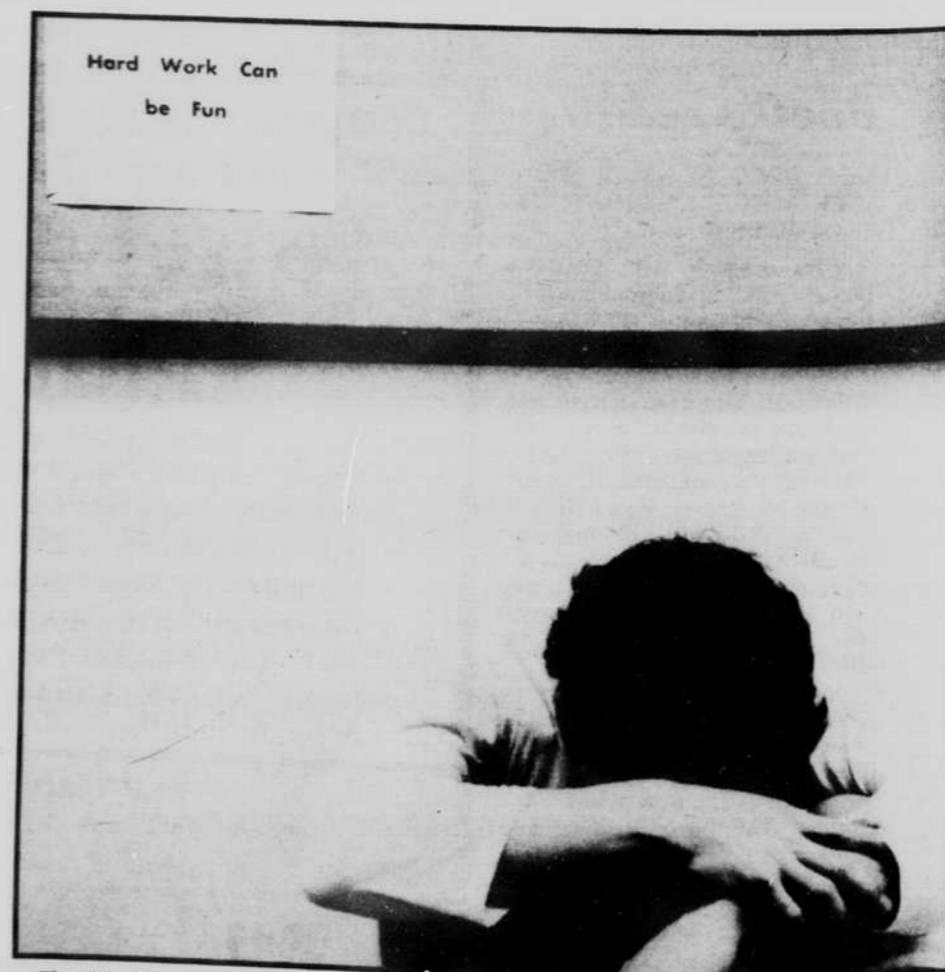
"We try to add to our equipment every year, especially for our classroom instruction," Blackie said.

In fact, the Parkland athletic program will be featured in the March issue of the *JUCO Review*, the official magazine of the National Junior College Athletic Association.

The gym is located to the north of the college center and is a good place to go and relieve tension from a hard day of studies.



Larry Brown and Kevin Cross get ready for the serve in a game of badminton.



The "fun" has gotten to this weary athlete who seems to find comfort in a solitude rest.



Harold "Blackie" Blackwell, trainer at Parkland signs as locker receipt in the equipment room.



Mary Jo Wenger, locker room attendant, offers soap and a towel for the best part of a workout—the shower.



One Parkland student goes nowhere fast on the stationary bicycle in the weight room at Parkland.



And a one, and a two... This group of exercise enthusiast enrolled in an exercise class at Parkland look like they enjoy the rigors of hard work.

Photos by
Jim Corley



To My Valentine

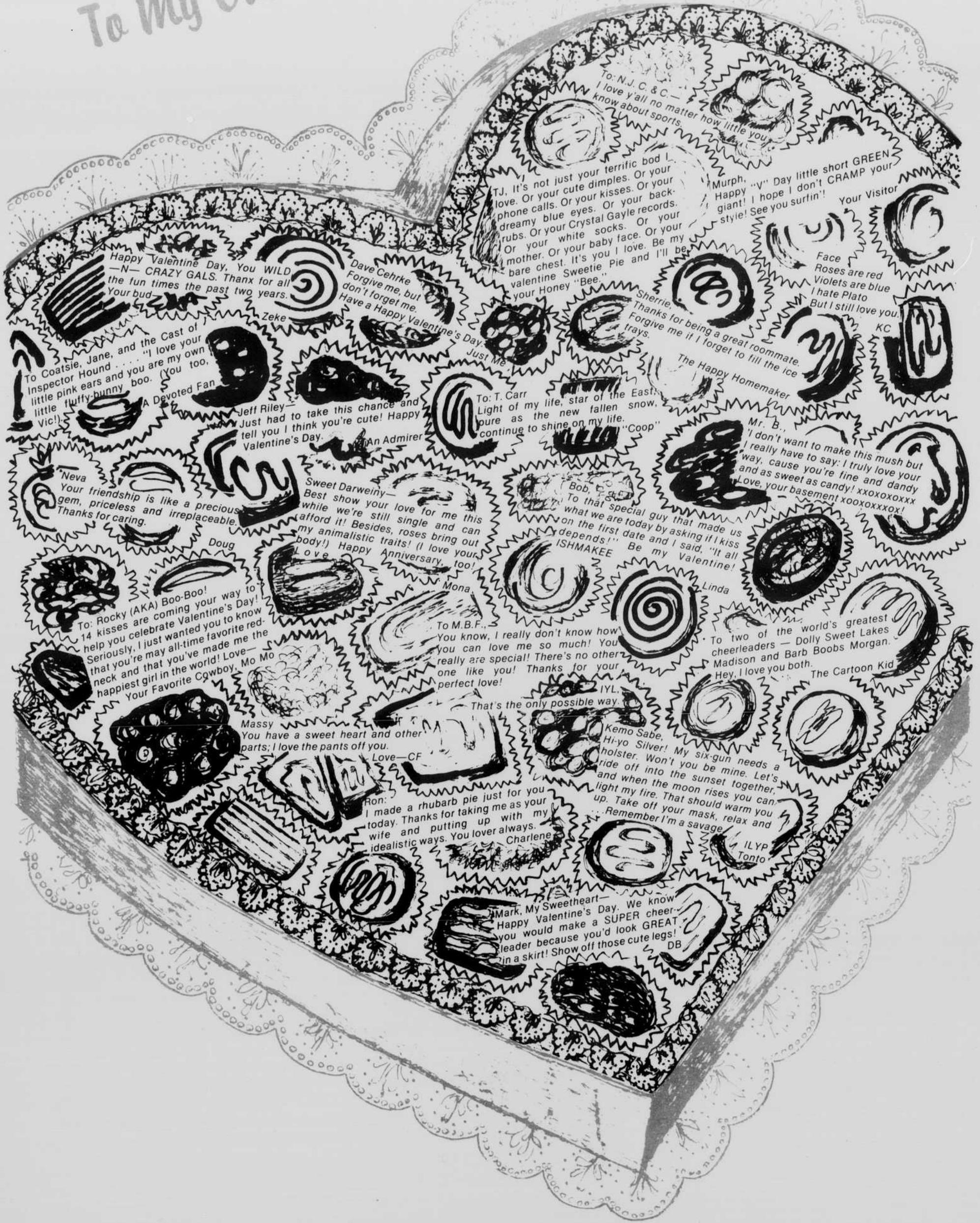


Illustration by Barb Morgan
Valentines continued on page 10

Happy Valentine Day, You WILD
—N— CRAZY GALS. Thank for all
the fun times the past two years.
Your bud—

Dave Cehrke
Forgive me, but
don't forget me.
Have a Happy Valentine's Day.
Just Me

To Coatsie, Jane, and the Cast of
Inspector Hound . . . "I love your
little pink ears and you are my own
little fluffy-bunny boo. (You too,
Vic!)"
A Devoted Fan

Jeff Riley
Just had to take this chance and
tell you I think you're cute! Happy
Valentine's Day.

Neva
Your friendship is like a precious
gem, priceless and irreplaceable.
Thanks for caring.

Sweet Darweiny—
Best show your love for me this
while we're still single and can
afford it! Besides, roses bring out
my animalistic traits! (I love your
body!) Happy Anniversary, too!
Love
Mona

Bob
To that special guy that made us
what we are today by asking if I kiss
on the first date and I said, "It all
depends!" Be my Valentine!
ISHMAKKEE

To Rocky (AKA) Boo-Boo!
14 kisses are coming your way to
help you celebrate Valentine's Day!
Seriously, I just wanted you to know
that you're my all-time favorite red-
neck and that you've made me the
happiest girl in the world! Love—
Your Favorite Cowboy, Mo Mo

To M.B.F.,
You know, I really don't know how
you can love me so much! You
really are special! There's no other
one like you! Thanks for your
perfect love!

Linda
To two of the world's greatest
cheerleaders — Dolly Sweet Lakes
Madison and Barb Boobs Morgan.
Hey, I love you both.

Massy
You have a sweet heart and other
parts; I love the pants off you.

That's the only possible way.
Kemo Sabe,
Hi-yo Silver! My six-gun needs a
holster. Won't you be mine. Let's
ride off into the sunset together,
and when the moon rises you can
light my fire. That should warm you
up. Take off your mask, relax and
Remember I'm a savage.
ILYP
Tonto

Ron
I made a rhubarb pie just for you
today. Thanks for taking me as your
wife and putting up with my
idealistic ways. You lover always.
Charlene

Mark, My Sweetheart—
Happy Valentine's Day. We know
you would make a SUPER cheer-
leader because you'd look GREAT
in a skirt! Show off those cute legs!
DB

To: N.J. C. & C.—
I love y'all no matter how little you
know about sports.

TJ, It's not just your terrific bod I
love. Or your cute dimples. Or your
phone calls. Or your kisses. Or your
dreamy blue eyes. Or your back-
rubs. Or your Crystal Gayle records.
Or your white socks. Or your
mother. Or your baby face. Or your
bare chest. It's you I love. Be my
valentine Sweetie Pie and I'll be
your Honey "Bee."

Murph, "v" Day little short GREEN
giant! I hope I don't CRAMP your
style! See you surlin'!

Your Visitor
Face
Roses are red
Violets are blue
I hate Plato
But I still love you.

Sherrrie,
Thanks for being a great roommate.
Forgive me if I forget to fill the ice
trays.

The Happy Homemaker

Mr. B.,
I don't want to make this mush but
I really have to say: I truly love your
way, cause you're fine and dandy
and as sweet as candy! xoxoxoxox
Love, your basement xoxoxoxox!

Linda

The Cartoon Kid



Snacks, part of America, are not always bad

Good or bad, snacks are here to stay. They accompany television and movie watching, entertaining socially, and are a part of the active American lifestyle.

Snacks can also be good or bad on your budget, waistline, and nutritional well-being.

First the bad.

With the price of food skyrocketing, most popular snacks have increased in price too. Potato chips once 69 cents for a bag are now selling for 85 cents. Corn curls have gone from 69 cents to 85 cents to 89 cents in a matter of months.

With candy, the packages get smaller, but the prices get higher. Snack cakes and pies, nuts and snack-type crackers have all greatly increased in price. It is time to reevaluate our eating habits to fit our budget.

The main purpose for eating is to supply our body with nutrients to keep it functioning properly. Empty calorie foods are those which provide little else to our body other than calories. Snacks such as soft drinks, candy and potato chips are prime examples.

Therefore it is advantageous to

both our budget, health and waistline to stay away from empty calorie foods and buy and consume those snacks which do us some good nutritionally.

With candy, the packages get smaller, but the prices get higher.

On the other hand, snacks are not all bad. Wisely chosen snacks can play an important role toward better nutrition by supplementing

meals, and they need not be expensive nor fattening.

To make snacks good for you choose foods that do more than satisfy an appetite. Snacks should be rich in nutrients.

Food surveys in Illinois and throughout the country have shown that calcium and vitamin C are the two nutrients most often in short supply. Snacks of dairy products, fruits and vegetables could correct the deficiencies in many Illinois diets.

If children or adults are not milk drinkers, serve calcium rich snacks. These include mild shakes, cheese, ice cream, cheese pizza, and milk puddings.

Many fruits and vegetables, properly handled, are good sources of vitamin A and vitamin C. Consider serving apricots, peaches, cantaloupes, tomatoes, prunes, and carrots as good source or vitamin A.

On the other hand, snacks are not all bad.

Good vitamin C snacks include citrus fruits and juices, cantaloupes, strawberries and tomatoes. Citrus fruits and juices are currently good buys at the grocery store.

Snacking can make the nibbler overweight, but you can be a weight-watcher and a snacker too. People who have problems with weight control may find that eating a number of small meals is more satisfying than eating fewer larger meals. Snacks should be low in calories but high in nutrients.

Consider the following low calorie snacking ideas:

1. Inexpensive ice creams contain less milk fat and therefore fewer calories. Ice milk is also a slimming substitute for ice cream.
2. Snack on pumpkin and sunflower seeds. Buy the in-shell variety as they are less expensive and since you must shell them, you will eat less.
3. Unbuttered popcorn is very economical and contains only 25 calories per cup. Flavor it with onion or garlic salt.
4. Neufchatel cheese has three fourths the calories of cream cheese and can be used in all the same ways like in dips or or cheese balls.
5. Prepare packaged pudding mixes with skim milk and eliminate 40 calories per half cup serving.
6. Have raw vegetable snacks cut and ready for snacking in the refrigerator.

Good food buying habits start with reading the labels for nutrient information, calorie content and ingredients of the snack foods you are considering. Do not shop when you are hungry or those munchy snack foods in tempting displays will likely be reducing your budget adding to your waistline.

PC teacher writes book

by Cathy Butler

"Part of living is dying."

This statement may be confusing to some people, but to Phyllis Hughes, a Parkland College instructor and author of a children's book on death, it is very clear.

"Death does happen," she said. "Children see death all the time. They see it on TV, in literature, and real life, but no one talks to them about it and there is really nothing for children to read on death and dying."

The book she had authored, *Dying Is Different*, starts with insignificant deaths and ends up finally reaching people. The book treats the subject of death, as Hughes puts it, "matter of factly."

Written in verse, the book lends itself to youngsters between the age of 4 and 8. It is also the first book on the market that is hand silk screened.

The response from the book is, "very, very exciting," Hughes commented. The first ones on the market were sold out in three days. They are presently available at the Parkland College Bookstore, Book Emporium, Follett's and Carson Pirie Scott.

Having a book published that you wrote and illustrated might be enough for some people, but Hughes is not slowing down. She also has developed and is currently teaching a class at Parkland called Death and Dying while also teaching abnormal psychology here. In the community she facilitates two private groups, Compassionate Friends and Survivors of Suicide and Other Death Experiences (SOS). She also works with cancer patients and their families. Lectures at the University of Illinois in Thanatology, the study of death and dying, are also included in her busy schedule.

Hughes said she does not think the book would have been nearly as successful as it is if it had not been for her husband, John. That, she explains, is why the book is dedicated to him.

"You've heard that saying behind every good man there is a good woman. 'Well, in this case,' she said with a laugh. 'It's the other way around.'"



Phyllis Hughes, author of "Dying Is Different," a book on death and dying for children is an instructor at Parkland College.

Happy Valentines Day from the staff of the Prospectus



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WANTED—PA amps-PA equipment (mikes, stands, etc.) bass amp, bass guitar. Call 892-4462 after 3:30.

A MEETING FOR ALL STUDENTS interested in organizing a Philosophy Club at Parkland will be tomorrow at 1 p.m. on the second floor of the Communications division in the faculty-student module.

Valentines

Mary,
Happy Love Day, U.S.A., Mom! Thanks for being there every time. Love,
Bonnie

WPCD Staff and Management—
It's been a great year, thanks to "Sweethearts" like you.
Soph. Jock

P.S. That means you too, Ed!

To Andy,
Happy Valentine's Day Sweetheart—
Love — Pam

To My Lil' turtle—
Happy Valentine's Day!! I love you very much. From your number 1 Lady and only ADA.
Loving You — Ada

To J.C.!!
Happy V.D. Sign The
B.M.

Valentines

Dabran,
Daddy and I wish you a very Happy Valentine's Day.
Lots of Love,
Emily

SCOTT STEVENS: I know now that you are a figment of my imagination. If you care to prove me wrong, call me. I would appreciate it!
Cynthia

Jill B.
I hope Steve gives you a (his) heart for Valentine's Day. If not try to have a Happy Valentine's Day anyway.
Saddiehorn

To Esther
Have a Happy Valentine's Day because I always remember your name from those various girls in that group. You are very special to me.
Brian

Mick,
I love you; but I can't tell you how much. So, I'll have to show you.
Cathy

Eric, Jack and Kelly #N-254
We want your sexy bodies in our apartment! Show up sometime and see what happens. Maybe we'll make whoopies!?
3 wild and crazy girls

Happy Valentine's Day to my two favorite roommates, P.L. and Smell.
Love — V.F.

Mark McHale,
It's good luck to have someone on Valentine's Day..... Wanna get lucky?!?
A friend in Soc.

Happy Valentine's Day Chuckie Poo. I'm still waiting for my anniversary dinner.
Growing Hungry

HAPPY VALENTINE'S DAY SIGMA THETA OMEGA BIG BROTHERS!
From your LITTLE SISTERS

TO MY SWEETEST SWEETHEART,
May you have a very, very happy Valentine's Day.
Tony

Happy Valentine's Day KURT! Love —
The Marx Brothers

Janet,
Thanks for being such a great person, friend, and co-worker. Happy Valentine's Day!
Deanne

To—Coach Cooper and Gerhardt and all the Cobra Basketball Men
Happy Valentine's Day "Practice makes perfect," so work hard and together to be SUPER-GREAT! SUPERSTARS SHINE SUCCESS! Good Luck and we're with you all the way! Your "Rah-Rah" cheerleader—
Dollie

TIMEKEEPER,
I Luv you not only for what you are, but for what I am when I am with you.
Echo

Melva,
Happy 45th day of the year, you nut. Smile, there's only 320 days left.
Bon

HAPPY VALENTINE'S DAY Mike Mumm. Will you be mine?
Your secret admirer!

Valentines

Happy Valentine's Day to everyone who works at Prospectus. Do not forget the Valentine Party at Cat's on Saturday night.
Lois Lane

Lil' Stevie,
Keep smilin' and keep the faith! Would you be my Valentine friend?
Spacey

MR. ILLINI!
I'm still waiting for my cookie!
T-E-R-E-S-A

To my fellow students and Teachers of AFD —
Happy Valentine's Day
Big M

Ram Bar Shar, Sand, Just Beth and C. Richardson
Happy Valentine's Day Cobra Cheerleaders and sponsor! Let's cheer our team, sweeties on to VICTORY!
Dollie

BOO,
Here's to a very happy valentine's day and a lifetime of happiness together! I love you!
Mark

HAPPY VALENTINE'S DAY, TONY — I love you. Your Sweet Heart
Vicki

KAREN,
No but seriously, I'm not mad! Happy Valentine's Day.
Love — Don

To Mona and Gerry:
Members of the I.B.T. Club — Happy Valentine's Day!
The Doublemint Twins

To Rosaleen
Happy Valentine's Day
In many different ways
Have a good day
Brian

Happy Valentine's Day Zeppo!
Love — Groucho, Harpo and Chico!

Happy Valentine's Day Andy Hamilton! We are all for ya!
Love — the girls in the lounge!

Happy Valentine's Day Lisa!
Love — your little sis
Kelly

The moon shines on valentine
Lv. S

Kris,
Friends are forever! Happy Valentine's Day.
Love —
Ginny

Bill,
Only 10 more days of freedom left! — take advantage. Love —
Denise

I love you Irwin. Happy Valentine's Day. Your loving wife.
Julia

Big Baby Noogs
I love your guts! xxxooo
Little Baby Noogs

Super Jock,
You can keep me warm anytime!
Your loving fan club

Valentines

GOOD LUCK to all the new F.C. Rowdies — You'll need it!
Guess Who?

S. Sue D.
I hope my brother wasn't too mean to you. Wish you luck with your special someone. Have a Happy Valentine's Day, and smile.
His "little sis"

Dana—
Haven't you figured out who your admirer is yet? Well... it's me. Happy Valentine's Day.
M.D.

To Mooney and Jacoby
Happy V.D. from your lucky friends.

Becky Freed—
It's no longer a secret. I know it's you! Happy Valentine's Day Love—
Earl

Turkey,
Don't forget you owe me for my bowling score of over 100. Next time we're together, OK? (I'll take the phone off the hook!) I love you,
Pudgy

To all my PLATO friends —
Have a Happy Valentine's Day.
USMC

TO THE PEOPLE THAT USE ME AND NOT ABUSE ME — HAPPY VALENTINE'S DAY.
PLATO

Think of you Steve, Irv. Jr.
Mom and Dad

To all my fellow sophomore TR students:
The past two years have been real. One semester to go — see ya at graduation.
Guess Who?

Happy heart day honey, and mine is all yours! Put your thumb, first and little finger up — "K-know" (and forever!) Num'nums for my Tveyt!
Love,
Your di

HAPPY VALENTINE'S DAY CRYSTAL!
Love, Kelly

To Betty Jo
We can stand tall together. All my love
Biscuit Lips

Steve, Carl, and Mike:
Happy Valentine's Day! The invitation is still yours! We love you!
B30

DOGMASTER
My best C.B. Buddy. I love you a whole big bunch.
Shirttail

HAPPY VALENTINE'S DAY J.A.P.!
I love you!
KAB!

HAPPY VALENTINE'S DAY
"Cheers!"
Love — "Buns"

Dear A-V Room Staff —
I just wanted to take the time to say — Gee, Thanks! Your continuous presence and sunshine faces really add spice to my day. Keep working hard — and STOP having so much fun! Special thanks to the runners!
Your Boss
Barbara

P.S. The couch and microwave are on order!

To the V.A. People At Parkland—
Thanks for all your help. Happy Valentine's Day.
Mike

Curtis Mathes

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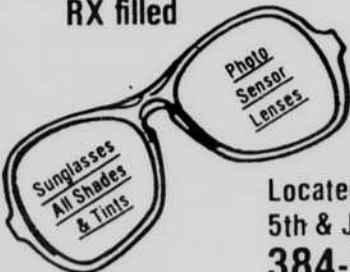
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SPIDERMAN
by John Romita



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Choosing a sports school

By Tom Schmitz

A high school athlete had decided that he would like to compete on the collegiate level. Now he must decide which college to attend.

Of course, athletes would like to be able to compete on the high levels of competition and at the well known colleges, but is this the best route for many freshman athletes? What if the athlete has the potential, but is not good enough for this competition? Will he just be sucked up in the vastness of it all?

Junior colleges offer strong competition but are still small enough for athletes to improve their abilities without getting lost in the big college shuffle.

Major colleges offer more than junior colleges. Scholarships, major games or meets, television and more news coverage, and large stadiums and facilities can lure the athlete from the comparatively pitiful two year school.

But psychologically, economically, and competitively—junior colleges are as good if not better than their four year counterparts.

Which ever college one goes to, he is going to be taught for the major he has chosen. It is who is doing the teaching that makes the difference. Most junior colleges require at least a Master's degree from their instructors. Many times a University's professor is replaced in the classroom by a teacher's assistant, a graduate student teaching to earn his way through school.

Where the professor can be reached is usually not known by the students, but in a junior college, a one-to-one correspondence with the teacher is possible.

The first person the athlete meets is the coach. If someone is a good or bad coach is usually an opinion, but no matter what college level, most coaches are qualified.

An athlete will have to decide his opinion of the coach from his talks with him, but the athlete can see what he has to work with.

The facilities at a junior college are usually good but, they will not have the greatness a university has. And junior colleges do not have everything. Sometimes the facilities used are actually a neighboring high school's.

However, the quality of an athlete and the quality of the playing field are not directly proportional. For example, St. Louis community college at Meramec continually produces national contending track teams (12th last year). They use a neighboring high school's run down cinder track in the spring and have no indoor facilities.



A junior college's tuition and fees are usually cheaper than the four year school's. Most junior colleges are in the \$10-13/hour range, which is easily less expensive than any four year college or university.

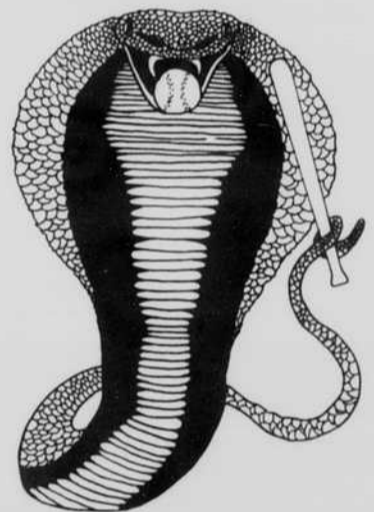
The larger universities tend to have cheaper tuition rates than the smaller four years, but most students and athletes are also paying

room and board. Most junior college students/athletes are still living at home.

Where the athlete is concerned, athletic scholarships are the difference between the junior college and the major college's cost. What the athlete actually pays at a four year may be less than at a junior college if he had earned a scholarship that defrays the cost.

However, scholarships are limited and the better athlete is going to receive one, which means most athletes are going to have to pay anyway. Even if an athlete can find a small four year that can give him a scholarship, the cost may still be more than a junior college and the competition is probably out of his class.

Usually, most people feel the level of competition of the junior college does not even compare with the larger college. Mainly because of the age difference is there any difference at all. Nationwide, junior colleges can rank among most of the NCAA Division II and Division III schools, but only a few in Division I.



But the competition is there. Kerry Bethel ran for Essex County College, New Jersey, last May in the national junior college meet. Bethel won the 110 meter high hurdles, the 400 meter intermediate hurdles and anchored the 400 meter relay team to a first place finish in leading Essex to a first place team finish. Bethel is now perhaps the premier hurdler in the U.S.

But there is something else about the competition—it is not all that good for every region as it is nationally. In Illinois, the competitive level is much lower in the track and cross county sports. Parkland's own James McDaniel was the only track All-American and Lincoln Land's Jim Scruton the only cross country All-American from Illinois in 1978.

However, Illinois basketball and wrestling in the junior colleges are competitive nationally. DuPage and Okaw Valley were ranked 1 and 3 most of the season last year, and Joliet and Triton are national contenders in wrestling.

The lower competitiveness can be good for the potentially better athlete who has not come of age yet. He can compete on a level that will not discourage him, and yet can still improve to the level of competition available on the junior college level, which then can lead to competitiveness on the larger scale.

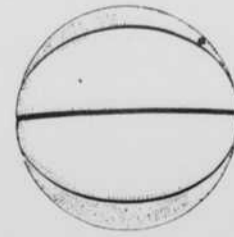
For the new college athlete's psychological situation, junior colleges appear to have the greater advantage over the larger schools. The competition is not always over his head, he can compete with other schools, not behind them. Said Parkland's wrestling coach Marty Williams, the junior college level is "...good for kids because

they get a chance to build their confidence, which is really good." He had also stated he wished he had started in a junior college instead of the University of Illinois. Williams was a high school state champion and All-American in wrestling.

Another point Williams and track coach Lee LaBadie have brought out is that junior colleges are also psychologically better in the academic area. Students are in smaller classrooms of 20 to 30 compared to 500 to 1500 in some university classes. Students get a better understanding of the subject because they have this better teacher-student ratio and relationship.

So an athlete may transfer after two years with experience and confidence in his sport and studies. Not only is this good for the athlete,

but the coach on the receiving end of the transfer is getting a better all-round athlete.



Meramec track and cross county coach Roger Bowen believes "junior colleges are a thing of the future." Bowen receives letters from as far as Ohio from coaches and athletes wanting to go to Meramec.

"Ohio has a university on every block," Bowen remarked, but they do not have junior colleges, which obviously these athletes and their

coaches feel is the best route, mainly because of the psychological benefits.

When recruiting, Coach LaBadie stresses the same philosophy and points out these psychological benefits. Many coaches use this to recruit because they have no scholarships to offer and this is what separates the two year school from the university.

It is harder to recruit without scholarships and big facilities, and usually junior colleges do not get the publicity they sometimes deserve (which may be why most people do not think they are comparatively as good—they never hear about the school), but with the psychology and cost factors there are reasons for an athlete to start his academic career in a junior college.

Cubs visit C-U

By Pete Rosenbery

Hey, Hey!! Anyone who is even remotely familiar with baseball knows that those two words mean only one thing. The Chicago Cubs are in town.

Last Monday, Cubs general manager Bob Kennedy and publicity director Buck Peden made a stop in the twin cities to outline what the Cubs have, what they need and what to expect for the '79 season.

Being a Cub fan, as some have been in the past couple years, has been an extremely frustrating experience. Since 1945, the Cubs have not won a pennant even though having some great players.

"Our needs going into spring training," Kennedy said. "Are a left-handed pitcher and a catcher. Or anything to help the ballclub. The interleague trading period (Feb. 15-March 15) is really a bad time for trades to go on because at the most, you might get to see a player play in five games. The player cannot show what he can do and the club doesn't get a chance to see. The timing of the trading period is just bad."

"I would like to get a catcher," Kennedy continued. "But it's tough because to get the good catcher you might have to give up two play-

ers, then deleting two positions."

"Last year, key injuries at certain times of the year hurt the ballclub. Kingman, Murcer, Reuschal, Sutter and Ontiveros all were injured at one time or another last season and that hurt the club. We expect Bobby to have a good year," Kennedy stated.

Remember the scream that went up when the Cubs traded Rodney Scott to Montreal for Sam Mejias? Well, Kennedy expects a lot from his new player and he is happy with the trade.

"Mejias is an outstanding player," Kennedy said. "Herman (Franks) might possibly platoon him with Scott Thompson, who had a good year in the minors and even saw a little action with the club last year. "In my opinion," Kennedy stated. "Mejias has the best arm in baseball while he hit .323 in the minors last season."

The pitching staff will be of major concern to the entire club Kennedy emphasized. He expects a lot from Ray Burris, the pitcher who after a fine year in 1977, tailed off badly in 1978.

"Ray feels the pressure, and he presses more than anyone else to

cont. on pg. 12

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Parkland defeats number 1 school

Parkland's basketball team defeated the number one rated junior college in the state with an 80-66 convincing victory at Danville Saturday night.

The host school was hardly in contention until with about eight minutes left in the game they came back from a 42-32 halftime deficit to tie it at 57-57.

But the Cobras bounced back after a timeout, led by Robert Sangster's two field goals and a basket a piece by Gary Rucks and Terry Turner to put the Cobras in command again.

Parkland started the game on a tear as they shot to a 12-2 lead and did not let the Jaguars get any closer than four points.

Turner put out a 27 point effort to lead the scoring department.

Rucks also aided the winners with a 24 point total. Danville's Mike Shunik put in 22 points to put in his bid toward his team's losing effort.

To add to the Danville win, PC had won two games earlier in the week. The first win was against the Milliken junior varsity in Decatur. The game was called off early because it was running late into the varsity scheduled time and PC was in the lead 66-61. The game ended a streak of Cobra losses that were wins until the last ten minutes of the games. Rodney Davis led scores with 15 points.

In Lincoln on Thursday, Gary Rucks sparked the victory with his 22 point output and 11 rebounds. The return of Terry Turner helped the Cobras to their 79-71 win as he scored 19 points and had 7 assists.



Parkland defeated the Danville Jaguars, the number one rated junior college in the state, in a harder fought game than the 80-66 score may indicate. PC and DJC will go at it again on Feb. 19 here at 4 p.m. and could possibly see each other Saturday in the final game of the Sectional tournament. Above, Matt Bennett shoots over an opponent. (photo by Jim Corley)

PC to host basketball tourney

Parkland College will host the Section VII Men's Basketball Tournament on Tue., Feb. 20, and Fri. and Sat., Feb. 23 and 24. The five participating teams are: Danville, Lake Land, Olney, Lincoln Trail, and Parkland.

Four of these five teams are ranked in the Top Ten of community colleges in the state of Illinois. They are Danville, Lake

Land, Parkland, and Lincoln Trail.

Competition will commence at 7:30 p.m. on Tue., Feb. 20 with Lake Land opposing Olney. On Fri., Feb. 23 at 7:30 p.m. Lincoln Trail will take on Parkland and at 9 p.m., Danville will play the winner of the Lake Land-Olney game from Tuesday.

The championship game will be held at 7:30 p.m. on Sat., Feb. 24.

The winner of the Section VII Tournament will represent the area in the Region IV State Tournament at Danville Junior College on March 1-3.

PC relay team places third

Parkland's mile relay team placed third in a photo finish in the college division of the Mason-Dixon games in Louisville, Ky. last weekend. The mile relay was the only Parkland entry accepted to go to the meet.

The team ran a 3:21.2 time which was the same time given to the second place finisher and was a second behind the winning team's time.

Leading off Cameron Clark ran a 50.0 split and was followed with two 51s from Brent Barth and Bill Toland. Clifton Hill anchored with a 49.2.

The meet was ran on a board track.



Gary Rucks grabs one of his four rebounds in the Danville game Saturday. Rucks also gained 24 points in the Cobra victory. He also led in both rebounding and scoring categories against Lincoln two nights before. (photo by Jim Corley)

cont. from page 11

Cubs visit twin cities

improve. He's worried, but what can you expect when someone might pick up a paper one morning and find out that he's been traded and will have to pack up and move his family."

What about Bruce Sutter? Remember that August day when Ken Griffey hit a grand slam homer off him? After that, Sutter was not nearly effective. But Kennedy says that is natural and he is not worried about it.

"Sutter had that same thing to him tha happened to Johnny Miller. Remember that great streak that Miller had in golf a couple of years ago? Well, Miller had a super streak and then just lost it. So did Bruce," Kennedy said. "He had that streak and then just lost a little feel, a little finesse.

With Griffey that day, Bruce had thrown Griffey the same pitch that he eventually homered off of a ball before and Griffey had fouled it off. The only thing you can get upset about is when a guy makes a fundamental mistake."

Dave Kingman was also a big help to Chicago in 1978, even though at times it seemed like he went after some pretty bad pitches. But Kennedy seemed satisfied with his star.

"You have to remember, that Dave only struck out 11 times last year and missed five weeks of the season because of an injury," Kennedy commented. "Even though he might of struck out a little more, with 30 or so at bats, he might have hit 10 or more homers and I'll take that."



Dodie Dunson goes up for a shot against Danville. Dunson's shooting hand wasn't as hot as his rebounding efforts as he had led the Cobras in this department with nine. The Cobra win set their record to 11-6 overall and 2-3 in the conference. (photo by Jim Corley)

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