



Hallways at Richland Community College are less filled than at Parkland.

Parkland reps visit Richland

by Robert Ashby

On Wednesday, Nov. 10, Richland Community College in Decatur extended an invitation to Lakeland, Danville Community College, and Parkland College to attend a meeting of junior colleges to find out how each took care of problems concerning Student Government, clubs, administration, and the students in general.

Six of the 22 persons in attendance at Richland were from Parkland. The six were Dick Karch, Mark Murphy, Doug Hurt, John Bloom, photographer Mabyn Beck, and yours truly as reporter, Robert Ashby, all from Parkland. Danville had three representatives and Lakeland had four.

The meeting began with a presentation consisting of tape and

slides. It explained about Richland's Government, activities, and its newspaper, The Communicator.

Each college was then taken on a tour, in separate groups, around the main building. Any questions we had were readily answered and questions were encouraged. If we had a certain part of the building that we wanted to see then we were quickly escorted to it. The major points of interest were the library, the electronics lab, and the computer lab.

The tour lasted for about half an hour and then we were taken to the conference room for a meeting. The meeting consisted of asking questions that were written on a blackboard. The questions, numbered 1-13, were sent in from the different colleges. Richland

began asking the questions and the answers went in order from Lakeland, Parkland, Danville, and then Richland. There was no time limit put on the questions, so some of the answers were requested. All were encouraged to participate and add their opinion.

The questions stemmed anywhere from "How is the money allocated to the clubs" to "How do you keep the lines of communication open between StuGo and the Administration?" All discussion was open and frank, but some of the colleges seemed inhibited to speak their mind. During the meeting, we got an unexpected visitor, John M. Kirk, the president of Richland. He thanked us for coming, and then the meeting resumed. The questions were asked by our hosts Dawn

continued to page 10

news digest

AMSTERDAM—Alfred Heineken, beer magnate, was kidnapped last week outside his Amsterdam offices. The company has received a note from the kidnappers and they have demanded a complete press blackout of all negotiations.

WASHINGTON—George Darden was sworn in last week to serve out the remainder of the term of the late Rep. Larry McDonald. Mr. McDonald was killed in the Soviet attack on KAL 007.

GRENADA—The island has been secured and a free government has been installed on Grenada, in the place of the regime that was overthrown on Oct. 25 by an American-led invasion of the Caribbean island. U.S. troops seized hundreds of guns and other arms.

JAPAN—President Reagan visited Japan last week and tried to ease relations with the Japanese over trade problems. Most people think the President will have little success since he cannot convince the Japanese to lower their huge trade surplus to the United States, and cannot convince them to allow more U.S. competition.

ARGENTINA—For the first time since 1932, the Peronists lost an election here. A middle wing left candidate, Alfonso, handily defeated the Peronists.

DETROIT—Nissan Motor Corp. is recalling 328,318 Datsun B210 hatchback coupes from the 1974 through 1978 model years because a fuel tank support could rust and break, particularly in the Snow Belt where salt is put on the roads.

SPRINGFIELD—The murder conviction and death sentence of Monroe Lampkin, accused of slaying two police officers and injuring a third officer near Paxton, Ill., in 1977, were overturned by the State Supreme Court because the court felt Lampkin got an unfair trial because of prejudicial testimony and prosecution remarks during Lampkin's trial.

PARKLAND PROSPECTUS

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Wednesday, November 16, 1983
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Claussen chairs Business department

by Robert Ashby

"I figured that I had to go to College to get a good job and to make good money," states this week's profile, Kent Claussen. Mr. Claussen has been employed as Division Chairman for the Business section for about 4½ years.

Claussen went to high school at Rock Island High in Rock Island, Ill., where he took college prep courses because "I knew that I was

going to college." After high school, he went directly to college at Bradley University in Peoria for 4 years where earned his Bachelor's Degree in Business Administration. He then obtained his Masters at Northern Illinois University at DeKalb. "I actually went to college to become an engineer, but I found that it wasn't for me. So I switched to Business."

Mr. Claussen was working at Blackhawk East Community College in Kewanee, Ill., when he found out about the job opening at

Parkland. "I looked through 'Chronical for Higher Education' for job openings and then I had found out about a flyer that Parkland had sent." He came to Parkland in August of 1979 because "Parkland is a good school. It has a fine reputation in the state. It is a very well-managed school with nice people to work with," Claussen remarked.

Kent Claussen mused in closing that "I am NOT the White Shadow! People always say I look like him, but I'm not!"



Kent Claussen
Head of Business Department

opinions

Prospectus not serving as mediator

As the semester is nearing its end, I, as Co-editor of this paper, realize the many and various issues that should have been discussed earlier in the semester, instead of being argued over throughout the entire semester in letters to the editor and the like. My main sympathy goes out to

those who used the Prospectus as their go-between in arguments that could have been dealt with face to face. The Prospectus is not your mediator in that way. Yes, it does accept and print letters to the editor. No, it will not continue to accept these letters if it is being used as your middle-man.

All letters printed in the opinions page of the Prospectus are simply that, the opinions of the author. Complaints over any printed letter should not be brought to the newspaper office, but to the author of the submitted letter.

Chris Heffley, Co-editor

Smokeout set for tomorrow

Join the millions of American people who will participate in the American Cancer Society's Great American Smokeout, Thursday, Nov. 17, 1983.

"In addition to meeting the educational needs of people, we at Parkland are interested in helping the student discover the path to a healthy lifestyle," said Sheila

Sullivan, Coordinator of Parkland Health Service.

The Great American Smokeout Information Booth will be in the College Center, sponsored through Center for Health Information and Health Service, on Wednesday, Nov. 16, and Thursday, Nov. 17. Posters, pamphlets, buttons, and other information will be avail-

able. People can help each other in a number of ways, some are:

Adopt a smoker

Sign a pledge not to smoke for a day

Throw your pack away in exchange for an apple

Wear a button

Understanding bacterial tumbling

Bacteria move by swimming and tumbling, and scientists watch the tiny creatures for clues to the fundamental basis of sensation and movement in more complex organisms.

One such scientist is George Ordal, a professor of biochemistry. "Our goal is to understand the molecular mechanisms of behavior," Ordal said, and the organism he chose to look at is the soil bacterium *Bacillus subtilis*.

"We believe the process we are studying in this bacterium is an ancient process," he said. "It's the first evolutionary example of a stimulus-response network, and probably all other stimulus-response networks are related to this one."

"Our approach is similar to studying Latin to get insight into English."

Generally speaking, bacteria spend their time in one of two modes: either swimming or tumbling. They can swim only in

one direction—straight ahead—so they must tumble chaotically to change directions.

Tumbling changes the bacteria's direction randomly, however. If they're not satisfied with their new direction, they must tumble again to change it, again randomly. Ordal can manipulate the bacteria so they spend relatively more time in one or the other of the two modes.

Bacteria will swim toward chemical substances they find attractive, and will tumble from those they find repellant, Ordal said. This determination of direction in response to chemicals is termed chemotaxis.

Many of the substances bacteria find repellant are totally artificial, or man-made, Ordal said, yet the bacteria are very sensitive to them. This observation is important because it means that the bacteria are responding without having had the opportunity to evolve specific receptors for the

man-made chemicals.

"So many things that are harmful to both bacteria and humans are recognized by the bacteria without specific evolution-derived receptors," Ordal said. "The drugs are also active in bacteria in about the same concentrations as in humans."

Studying chemotaxis is much easier in bacteria than in complex, multicellular organisms, and the information gained from the tiny creatures may help scientists understand some aspects of human sensory-motor behavior as well.

"There may be some remnants of the chemotaxis system in human," Ordal said, "but we don't know enough yet about the bacterial system to say for sure."

Almost surely, though, some of the bacterial information will be useful.

"We're very impressed with the commonality of organisms," Ordal said.

Stu-Go happenings

The Parkland Student Government held their 15th meeting of the year Tuesday, Nov. 8. At the meeting they discussed the nominees for the program "Who's Who Among Students in Junior Colleges." This program is open to second year students at Parkland College. Any student can become a candidate as long as they are actively involved in a club or organization at Parkland. If you were not on this list, but interested in becoming a candidate, you are encouraged to join a club of your choice next year.

Student Government is in the primary stage of possibly buying a bus for Parkland student use. Eventually the athletics department will be paying for the bus, but it will be set up where organizations can have access to it, also. Keep posted for more information.

The athletics committee reported that 5-on-5 basketball is beginning and next week racquetball will start.

The student services committee reported a project they have going on for Thanksgiving. They are sponsoring a Turkey-Hunt! All students attending Parkland are encouraged to join in on the fun. A turkey will be hidden somewhere on

campus (in the main building) and your job is to find it. The winner will receive a gift certificate for two free dinners at a restaurant of your choice with the certificate being valued at \$30. Periodically, hints will flash across the media board to aim you in the right direction. The committee reported that the program was set back a week due to the lack of coverage by the Prospectus newspaper. Although Student Government's IOC allocates \$14,000 a year to the Prospectus, another \$40 was pumped out in order to buy an ad in the paper to publicize this event.

Other projects that Student Government is working on include hiring a drama troupe to perform at Parkland and developing a system where mail can be sent from within the campus building.

The chartering of an archeology club was approved by Student Government and it shows promise of becoming a very active club.

If you have any ideas you want to present to Parkland Student Government, feel free to talk to a Senator at the senator's table on Wednesdays between 11 and 3 in the college center; or stop by their office any time in Room X160.

PC Happenings

Choral Union honors

John Kennedy shot! It hardly seems possible that the horrible news was 20 years ago. The Parkland Choral Union will honor Kennedy and other great men in our history in their Thanksgiving concert his coming Tuesday.

The Theatre Dept will present various excerpts from speeches of Lincoln, King, Kennedy and others coupled with song celebrating their contributions to American history.

For the first time in Parkland history, the concert will be held in Room C118, where the atmosphere will be quieter and more conducive to the mood of the concert. The date is Nov. 22, the anniversary of Kennedy's assassination, Tuesday at 12 noon. Come share their memory with us.

Student Services

Parkland College's Student Services' Committee of Student Government has chartered three buses for its annual shopping trip to Woodfield Shopping Center, located on the Northwest side of Chicago and known as the "largest self-contained shopping center in the world."

This center has three levels and has such well-known stores as Sears, Penneys, Lord and Taylor's, and Marshall Fields' and over 250 other stores.

Because of logistics of the trip, ALL "shoppers" board the buses at the College's circle drive entrance on the East side of the campus.

All students will be charged \$8 each (upon presentation of ID card). This includes a round-trip in a spacious, chartered bus. Faculty, college staff, and guests may attend for \$12 each. There will be a \$3 service charge for all cancellation previous to NOON, Wednesday, Nov. 30. No refunds after noon, Wednesday, Nov. 30.

If you are interested in participating in this trip, please contact the Office of Student Activities at 351-2200, Ext. 264 or visit them in the College Center in Room X-153.

Lifelong Learners

"The Challenge of Change—How to Adapt to Changes in Your Life," is the topic for the next meeting of the Parkland Lifelong Learners' Club, Tuesday, Nov. 22, at Bishop's Buffet, Market Place Mall, Champaign. Group members may meet at 1 p.m. for lunch, if they choose; the program will follow at 2 p.m.

Lifelong Learners' is an organization of men and women over 55 who are interested in intellectual stimulation during retirement. New members or guests are welcome to attend this meeting.

Guest speaker Lu Snyder, Parkland psychology instructor, will discuss the psychological implications of change in everyday situations such as retirement, widowhood, moving to a new community, and second marriages.

Additional information about the Lifelong Learners' Club is available from Joan Krohn, coordinator of the Parkland Program for the Long Living, 351-2229.

StuGo update

It's that time again. Time for turkey and stuffing, apple cider and pumpkin pie. It's also time for Parkland's own Celebrate the Arts Week, which will be held Nov. 21-23. We will be having performances of music, dance, drama, and art in the college center as well as C118. Many of our own faculty and students will be performing, along with special guests from outside the college.

Ernie Hoffman, Victor Bright, Gold Company, and many others will be bringing you the pleasure of their talents from 11 a.m. to 3 p.m. on all 3 days, and on Monday and Tuesday evenings. Don't miss the fun and excitement!!!

For your convenience, we are providing a complete schedule that you can use to be sure you catch all the wonderful performances we are presenting for your enjoyment. Please join us. The Arts Week is sponsored by the Parkland Music Association.

IOC update

IOC is getting back to normal after all the events of Halloween. Right now IOC is concerned about getting all the proper nominees for "Who's Who Among Students in Junior College." All club presidents and any outstanding organization member are eligible for this award, as long as they are a second year student. If you are in this category and have not been nominated, please contact the activities office.

At the last IOC meeting Karen Grothe, from Parkland Recreation Association, gave a report on food sales. Karen offered a great deal of good suggestions for a successful food sale. If your club is interested in these ideas and suggestions, pick up a copy of the IOC minutes. The IOC minutes are located on the table below the student mailboxes outside the activities office.

Also, at the last IOC meeting the Archeological Club was approved. If you are interested in joining this club, please contact activities office.

Last Wednesday, Nov. 9, Parkland Student Government representatives attended an ideas seminar held at Richland Community College, Decatur, Ill. It was an informative get together where students discussed similar problems experienced by the other schools. Danville and Lakeland Colleges were also represented at this seminar.

EMT workshops

Parkland has scheduled two programs for EMTs this fall: an evening Refresher class and a Winter Emergencies workshop. The Refresher class will meet from 7 to 10 p.m. on Tuesdays and Thursdays, Nov. 29-Dec. 20, in room L143 at the College. Winter Emergencies is scheduled for 8 a.m.-5 p.m., Saturday, Dec. 3, in room L111.

Participants should register by Nov. 21. Registration forms and additional information may be obtained from Parkland's Life Science Division Office, 351-2224.

Attendance at the Refresher workshop will fulfill Section 1-A requirements toward Illinois and National Registry recertification; those attending the Winter Emergencies workshop will be awarded continuing education credit.

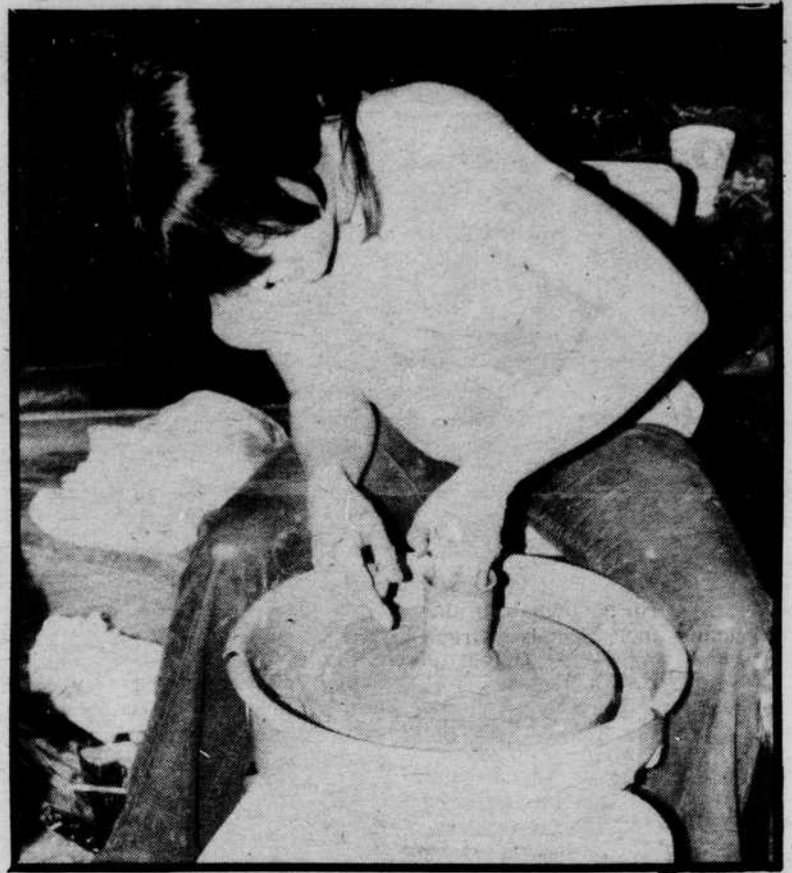
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Chuck Tripp celebrated the arts by playing his guitar, last year.



Cathy Farris demonstrates art and skill at the potter's wheel.

Celebrate the arts

On Nov. 21, 22, and 23 the Parkland Music Association will present the 1983 edition of Celebrate the Arts Week. Various people from the college as well as guests will perform for Parkland students at the College Center and C118 on those three days.

The following is the schedule for the Celebrate the Arts Week:

Monday, Nov. 21

College Center

- 11:00—Bill Chapman; guitarist, singing folk and original compositions
- 12:00—Showcase of the Stars, starring Debbie Stroh, Carolyn Hudspath, Linda Garuek, Cindy Grafton, Jill Walthall, Kim Martini, James Costa, and Brian Holden and Co.
- 1:00—Gospel Favorites: Victor Bright, Pianist; Martha Calhoun, Vocalist
- 2:30-4:00—Parkland Jazz Combo; Director: Ernie Hoffman
- 6:00—The Parkland Camerata; Director: Craig Westendorf
- 7:00—The Parkland Orchestra; Director: Jack Ranney

C118

- 12:00—U of I Opera Group; opera scenes
- 1:00—Parkland Theatre Dept.; Director: Tina Salamone, featuring one acts

Tuesday, Nov. 22

College Center

- 11:00—The Gold Company; the Parkland Swing Choir; Director: Sandy Pondy
- 12:00—Theo Ann Brown; folk guitarist and vocalist
- 1:00—JIVA: non-defined music: Patrick Clarke, Chuck Haughes
- 2:00—Chuck Tripp; Guest Jazz Guitarist

C118

- 11:00—Lu Snyder; Dramatic Monologues
- 12:00—Parkland Choral Union; featuring "In Honor of Great Men" Director: Sandy Pondy
- 1:00—Musical Theatre at the Turn of the Century; Ernie Hoffman and Muriel Lyke

Wednesday, Nov. 23

College Center

- 10:20—Dance/Music Collaboration; Debra Noble, Mark Dziuba
- 11:00—Contemporary Gospel Review; Pam Kelley and Debbie Creech
- 12:00—Barkan the Magician, guest
- 1:00—Lea Velle Jazz Trio, guest
- 2:00—Jethro Cole Jr.; guest vocalist

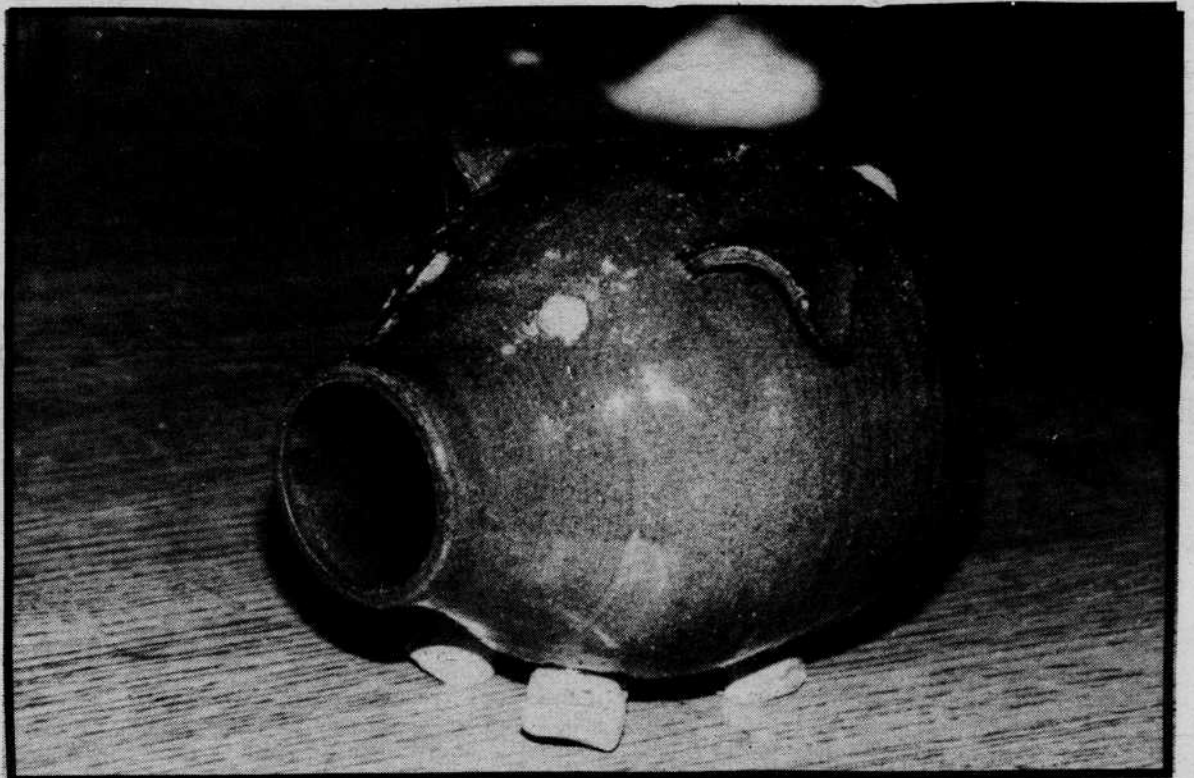
C118

- 12:00—Parkland Theatre Dept.; One Acts; Director: Tina Salamone

There will also be continuous exhibits around the college center. They include:

- Readers Theatre on tape—Dave Jones, sponsor.
- Pottery and ceramics class—Joann Groth, sponsor.
- Video Techniques—Dan Maglione, sponsor.
- Photo Exhibit

All are welcome to support Celebrate the Arts Week.



This pottery pig was one of the several thrown pottery pieces on display last year.



John Thomas, center, is a featured vocalist with the Parkland Jazz Combo.

Question: Do you think StuGo is doing enough to help students?

by Robert Ashby



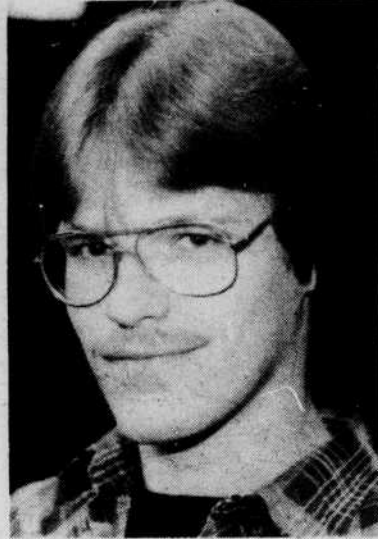
Randy Phillips, Rantoul: "No, because their power is too limited to tackle the really important issues."



Sandy Pondy, Champaign: "Yes I do! I think they're the one organization to keep communication open between students and administration."



Tim Sulaski, Bloomington: "No, because they aren't involved enough in the school."



Dave Welch, Villa Grove: "I don't know. I haven't heard about anything that they have done."



Martha Calhoun, Chicago: "Yes, because they help the ones who can't afford to go to school get loans and grants."

Caveman's food has been misunderstood

Sausage is one of the world's oldest, most popular foods. It is also one of the most misunderstood foods.

Cavemen were enjoying man's first convenience food long before recorded history began. Prehistoric hunters relied on sausage as they roamed, just as we rely on cold cuts for brown-bag lunches today.

In the old days, you never quite knew what might be included in a package labeled "sausage." Now, though, there's no mystery about what goes into sausages.

All sausages can be defined as

"chopped or ground beef, pork, lamb, veal, or poultry — often in combination — with various seasonings and spices." These meat products must carry an ingredient label, so you know exactly what you're getting.

Consumers often believe — mistakenly — that sausages are made from inferior quality meats. The meats used are of the highest quality, and are chosen for the proper ratio of lean to fat.

The difference in the more than 200 sausage varieties available come not only from the meats and spices used, but also from the

processing method employed.

After the meat is chopped or ground, seasonings are added. The product is then placed in casings or pans, and is cooked, smoked or cured. Sausages and ready-to-serve meats are usually classified according to the way they are processed.

Fresh sausage is made from top-quality fresh meats that have not been cured. Because it has not been cooked or smoked, fresh sausage should be refrigerated and thoroughly cooked before serving. In the home, it should not be kept for more than a week.

Fresh sausage varieties include fresh pork and beef sausages, bratwurst, brockwurst and fresh country-style pork sausage.

Fresh smoked sausage has been smoked, but not cooked. It should also be refrigerated for no more than one week, and cooked thoroughly before serving. Country-style pork sausage is the most popular fresh smoked sausage.

Cooked sausages are made mostly from fresh meats, but may include some cured meats. These are fully cooked and ready to serve, but must be refrigerated. They should be used within two weeks after they are opened.

Cooked smoked sausage, as their name implies, are made of fresh meats that have been both cooked and smoked. Although they are ready to eat, some taste best when heated before serving. They will stay fresh for about two weeks and must be refrigerated.

The two most popular cooked smoked sausages are hot dogs and bologna. Others in this group are knackwurst, kielbasa, Vienna sausage and smoked links.

Dry and semi-dry sausages are hard sausages that are ready to eat. If properly refrigerated, they

will stay fresh for two to three weeks. Summer sausage, Italian salami and German salami are the most popular of these meats.

Ready-to-serve meats, commonly called luncheon meats, are fully cooked sausages. These meats must be kept refrigerated and will stay fresh for about a week after they are opened. Common ready-to-serve meats include olive loaf, peppered loaf, honey loaf, head cheese and pickle and pimiento loaf.

All sausages should be tightly wrapped for home storage. All processed meats can be successfully frozen, but prolonged storage should be avoided.

Inspection regulations vary, but all sausage is inspected by the federal or state government. All sausage sold in supermarkets today will carry the following information on its label:

1. Name of the product.
2. Listing of ingredients, in descending order of amounts used.
3. The quantity of contents in pounds and/or ounces.
4. Name and address of the firm that prepared or distributes the product.
5. A federal or state inspection seal.

U.S. abolishes death penalty

The United States might already have joined the majority of western nations in abolishing capital punishment if the criminal justice system were working properly, a University of Illinois sociologist says.

Instead, fear and anger over the increase in crime in recent years — an increase produced largely by arbitrary and inefficient enforcement of criminal law — has caused a corresponding growth in public demand for the death penalty, sociology professor Jan Gorecki said.

Gorecki is the author of "Capital Punishment: Criminal and Social Evolution," published recently by the Columbia University Press. It continues a theme he developed in a 1980 book, "A Theory of Criminal Justice," that increasing crime is linked to the growth of sweeping administrative discretion to enforce, or not to enforce, criminal penalties, and to overpunish or underpunish offenders.

The latter book was cited with approval by Chief Justice Warren Burger, in a 1981 speech at the University of Nebraska.

"The tendency of cultural evolution is toward decreasing severity of criminal punishments," Gorecki said, and the United States followed the typical evolutionary sequence through the mid 1960s, when anti-death penalty sentiment reached its peak.

But the trend has reversed sharply in recent years, and U.S. Supreme Court decisions in the 1970s sustaining capital punishment reflect this more punitive mood.

At the heart of the shift in attitude are fear and anger over the continued growth in crime, which in turn is directly tied to the broad discretion given to those who

administer criminal justice — the courts, police and prosecutors, Gorecki said.

One result of this broad discretion is that the overwhelming majority of criminals go free, partly because judges and prosecutors have tended toward leniency, and partly because the sheer number of criminals makes consistent enforcement difficult, Gorecki said. On the other hand, some offenders receive unduly harsh penalties, he said.

Such uneven enforcement not only fails to deter criminal behavior, but actually reinforces it, he said.

"The tendency of intermittent punishment to reinforce rather than suppress undesired behavior has been clearly demonstrated in numerous experiments on humans and animals alike."

Worse yet, Gorecki said, uneven enforcement is perceived as unfair.

"The unjust character of arbitrary and negotiated penalties makes them void of persuasive moral influence and in this way destroys whatever educative power they might have," he said.

"The arbitrariness occurs in all steps of the criminal process from arrest and arraignment to decisions of granting parole, but is most conspicuous within the framework of plea bargaining, a practice that encourages defendants to plead guilty and to consent to conviction without trial in return for mitigation of the sentence."

Plea bargaining not only allows the guilty to receive disproportionately light punishments, but discriminates in favor of the habitual criminal hardened to the system, and against the guilt ridden, ignorant or poor defendant,

Gorecki said.

"For example, a guilt ridden defendant may plead guilty without considering any negotiations. And an ignorant defendant may not know about the possibility of bargaining or may misunderstand the bargaining process."

Conversely, habitual criminals will know how to manipulate the system through such tactics as feigning regret and informing on accomplices, Gorecki said.

The way to reduce uncertain and unjust enforcement, and so to reduce crime, is to remove excessive discretion from the system, he said.

"If the suspect's guilt can be expected to be proved in court, the prosecutor should be duty bound to charge him with the crime committed. And, especially, judges should be duty bound to impose prescribed punishment for every crime."

"It is not the presence or absence of capital punishment, but these reforms that are essential for the effective functioning of the criminal justice system in this country."

"These reforms will bring us closer to a state where a just punishment follows every crime committed. This, in turn, through a number of psychological processes, will bring about a sweeping decline in criminal behavior."

"With crime under control, the anger and fear that pervade this society will disappear, demand for harsh penalties will subsequently decline, and the tendency toward declining harshness of criminal punishments, including abolition of the death penalty, will start working again."

Car seats save lives

by Susan Ancell

According to the mother of an 11 month old girl, any person not using a child restraining car seat is "playing Russian roulette with a child's life."

Every year in this country about 1,500 children under the age of five die in automobile accidents.

In the 1970's approximately 100,000 child seats were sold annually. The figure is now two million nationwide.

The reason for the rise in usage and sales is that 41 states, including Illinois, have adopted laws requiring children under the age of five to be placed in a car seat while in a moving vehicle.

A Champaign policeman said most people know about the law but also know it is "not a police priority." Safety, not fear of breaking the law, is in his opinion the main reason for using the seats.

Tennessee was the first state to adopt the seat law in 1977. Since then, the number of children killed in auto accidents there dropped 70 percent.

Dr. Richard Sanders, of the American Academy of Pediatrics, said last week, "Only one of 80 pre-

schoolers killed in autos over the last five years in Tennessee was in a car seat."

Even though more seats are being used, misuse is still a problem. A recent study shows that only 16 percent of seats requiring tethering were correctly installed. A Champaign mother of two small children said she used her seat incorrectly for over a year before a friend told her what she was doing wrong. She said the instructions that came with the seat were not clear enough.

Dr. Sanders said the Academy would like to see seats that pass crash tests even if not tethered, labels to show correct lap-belt route, and more detailed warnings on the hazards of misuse.

The parents of two-year-old Troy said their son has never liked being in his car seat. He finds it too confining and occasionally "throws a fit" about it. Even so, they said it would be a mistake to give in. "We'd never get him in it again if we did." Both parents find driving easier, especially a stick shift car, with Troy in his car seat.

His mother said, "After reading the statistics, I'd feel guilty if I let him loose in the car just to save myself a few minutes."



Most of the fields have been harvested and will lie empty until spring.



Many plants, including this milkweed, shed their seeds during the late fall.

From fall

photos by Paul Bishop

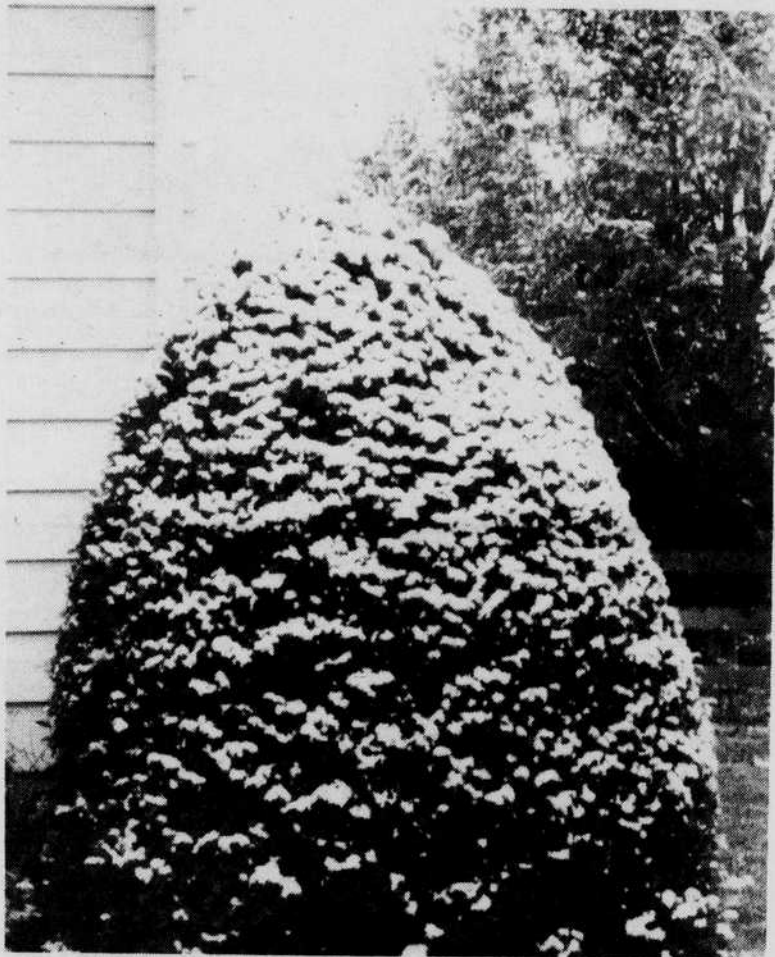


The trees around Parkland have lost the majority of their leaves.

... To winter



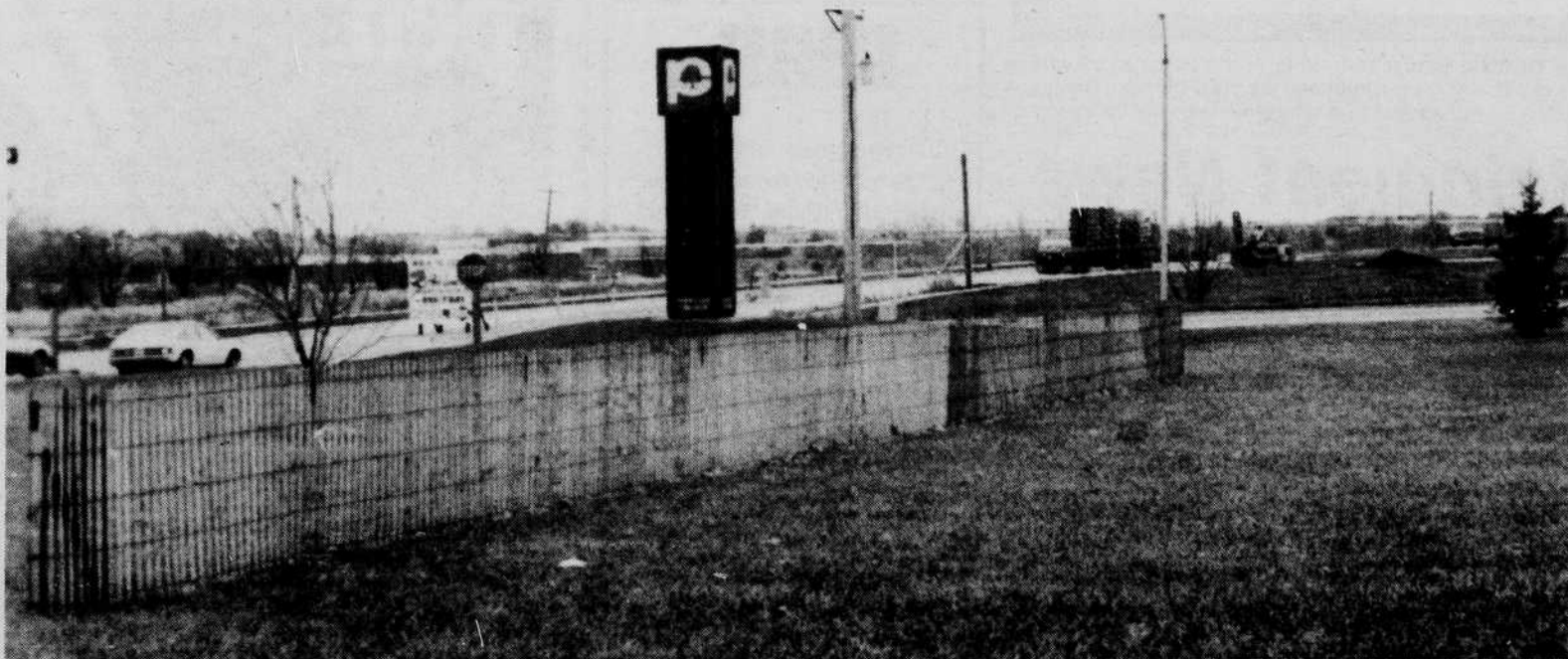
Houses with fireplaces have been collecting wood in preparation for the winter.



The first snow is always a good sign that winter is coming.



The light snow on Sunday morning left interesting patterns on the ground.



Parkland has prepared for a harsh Illinois winter by putting up snow fences.

entertainment

Coast-to-coast birthday party set for 'Doctor Who'

To celebrate "Doctor Who" as the longest-running series in the history of BBC-TV and on the occasion of the premiere of the sci-fi star's twentieth season, Lionheart Television will stage on Nov. 23, a coast-to-coast birthday party stretching from New York to California and involving over 80 U.S. stations, it was announced this week by Wynn Nathan, President of Lionheart.

"We're shooting for the Guinness Book of Records for the biggest party ever—with over 7,000,000 U.S. fans singing 'Happy Birthday' to our hero, 'Doctor Who.'" Mr. Nathan added.

"Over 30 stations have already agreed to join in the event via telecasts of the new 'Doctor Who' 90-minute special ('The Five Doctors') and local fan club parties," Mr. Nathan continued.

Markets already set include: Chicago, Philadelphia, Miami, Minneapolis-St. Paul, Tampa-St. Petersburg, Denver, Kansas City, New Orleans, Charlotte, NC, Oklahoma City, Raleigh-Durham, Charleston-Huntington, Tulsa, Syracuse and San Jose.

"Further, all U.S. 'Doctor Who' fans are encouraged to send birthday cards for the occasion to DOCTOR WHO BIRTHDAY PARTY, P.O. BOX 215, PEARL RIVER, N.Y. 10965. All cards received will be forwarded to BBC Enterprises to go on display in the 'Doctor Who' production rehearsal rooms," Mr. Nathan continued.

The "Doctor Who" series, still in production, and which has

featured five different actors during its 20-year run, is currently being distributed in the United States by Lionheart Television. One hundred seventy-two half-hours are available starring Tom Baker and 78 starring Peter Davison.

In addition to the half-hours, "Doctor Who" is also available from Lionheart for telecasting as feature-length movies.

A BBC-TV hit since 1963, "Doctor Who" is now seen weekly by 98 million fans in 38 countries via BBC Enterprises. Lionheart Television has been distributing the series in the United States since 1980.

Following is a synopsis of the story of "The Five Doctors" supplied by WILL/Channel 12. The special will air Nov. 23 at 9 p.m.

The Doctor (Peter Davison) and his otherselves, in the form of Hartnell, Troughton and Pertwee, have been lifted out of Time and placed in the Death Zone on Gallifrey, whilst the Doctor, as portrayed by Tom Baker, is trapped in a temporal void. Also Time-scooped to the Zone are some of the Doctor's former companions: Sarah Jane Smith, Brigadier Lethbridge-Stewart and Susan Foreman. Also present are Turlough and Tegan.

Meanwhile, on Gallifrey, Lord President Borusa, the Castellan and Thalia, who make up the inner cabinet of Time Lords, concerned by events, enlist the help of the Master, who, in return for the power to regenerate, agrees to

enter the Zone and rescue the Doctors.

Eventually the Doctors learn that the reason for their being in the Zone is to play the Game of Rassilon—a series of problem-solving situations with a loser's

prize of instant death, delivered by various foes including the Cybermen, Daleks and Yeti.

But there is far more to the Game than they realize. The Doctors adventures and the final discovery and motivation of their

adversary makes for an exciting tale in Time and Space.

Producer John Nathan-Turner
Director Peter Moffatt
Writer Terrance Dicks



This is a publicity photo from "The Five Doctors" 90-minute "Doctor Who" special to be telecast worldwide on the occasion of the show's 20th anniversary season—beginning Nov. 23, 1983. (Left to right) Richard Hurndal (playing the first Doctor, William Hartnell, deceased); Nicholas Courtney (the Brigadier—who has played in stories with all five Doctors); Peter Davison (the current Doctor); Tom Baker (Doctor No. 4); Patrick Troughton (Doctor No. 2); Jon Pertwee (Doctor No. 3); Elisabeth Sladen (Sarah Jane Smith) and Carol Ann Ford (as Susan, the Doctor's granddaughter). The special will air locally on WILL, Channel 12 on the 23rd at 9 p.m.

Raisins shine with spontaneity

by Jimm Scott

The Raisins are a Cincinnati, Ohio, based quartet of rocking musicians who have had the honor of having their very first record album produced by local boy Adrian Belew who has been enjoying a smashing success with his current long-player "Twang Bar King."

The Raisins are one of the new groups today that are able to put New-wave and Rock and Roll together in a successful manner. Unlike the other groups who would make up their peer group, they refuse to be contrived but more the opposite, a spontaneous group of young fellows who in a gesture to flaunt their Rock and Roll souls perform a frantic version of the Rolling Stone's "19th Nervous Breakdown" as their last tune on the album.

These guys don't do cover songs because they can't write either...

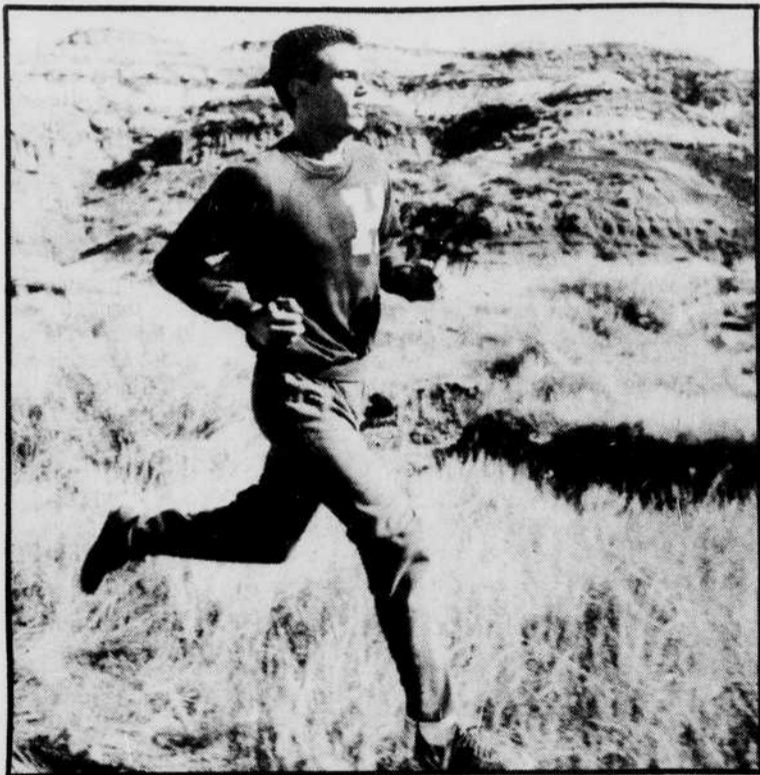
this album makes it clear that the Raisins don't just have pudding (any flavor) between their ears... as it were.

"Teacher's Little Pet" is a song from side B, I found very amusing, about compromising positions between a teacher and a student. A bit of extra credit work... but to whose benefit?

Another song that really stands out on that side would be "A Little Discipline," a song about a very

personal experience which you can probably guess from the song's title.

The songs on the first side have more obvious subjects and titles but are still high quality compositions, such as "Obsession of the Heart," a song about the pettyness of falling in love on a one-night stand. Then there is always "Miserable World" with the catchline "Heaven must be a lonely place."



Robby Benson plays Olympic runner Billy Mills in the new film "Running Brave." The film tells of Mill's real-life triumph at the 1964 Olympic Games. A review of "Running Brave" will appear in a future issue of the Prospectus.

Entertainment News

Compiled by Brian Lindstrand

The Rolling Stones' video version of their new single "Undercover," will be shown on MTV. The network was debating the fact because the video had been banned from being shown on British television.

Warner Home Video will be trying their \$39.98 again when "Risky Business" will be released Dec. 5. Originally, the company was planning to release the cassette at \$69.95 because of previous cassettes not selling well at the lower price.

After Dec. 2, "NBC News Overnight" will be cancelled. Also on the late-night news front, CBS cut their "News Nightwatch" program from four to two hours earlier this year, and ABC is expected to cut "Nightline" down to half an hour.

Insiders are buzzing... over the new Michael Jackson "Thriller" video. Directed by John ("The Blues Brothers") Landis, costing close to \$1,000,000 and running about 14 minutes, the video may be opening for certain films in theaters instead of being played on television.

men

If you're a man who is eighteen or within a month of your eighteenth birthday, you should be registering with Selective Service. To register, just go to any U.S. Post Office and pick up a registration form. Fill out the form, sign it and hand it to a postal clerk. It only takes about five minutes. That's not a lot to ask for a country as great as ours.

Register. It's quick. It's easy.
And it's the law.



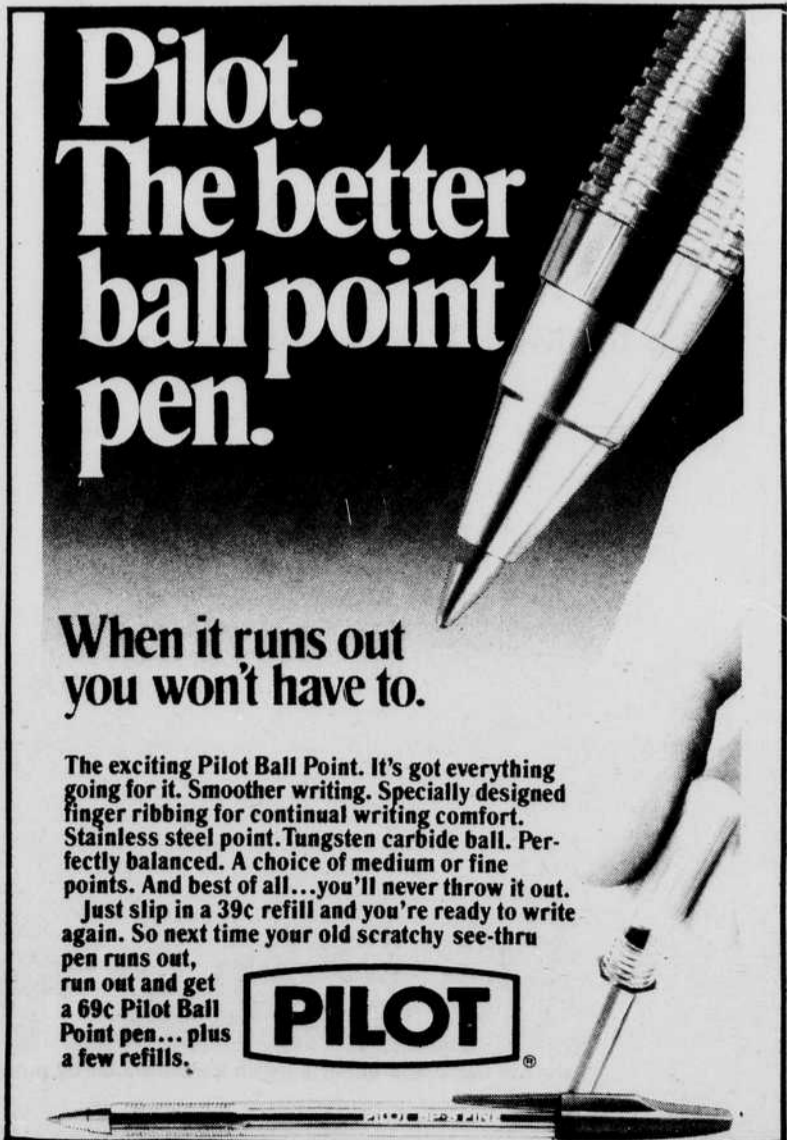
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PILOT



entertainment

A new low for Chase in 'Deal of the Century'

by Brian Lindstrand

Boring, unfunny, tedious, badly acted. All these adjectives accurately describe the new "comedy" film, "Deal of the Century."

"Deal of the Century" is easily one of the worst films of the year, and represents a new low point for all the people involved. This includes actors Chevy Chase, Sigourney Weaver, Gregory Hines, and director William Friedkin.

Chase plays one Eddie Muntz, a sleazy, disgusting rat of a man, who is an arms dealer. While in the South American country of San Miguel (replete with chickens, poor peasants, and a pompous dictator) to sell arms to the rebels in the country, Chase stumbles onto the biggest possible deal (i.e. "the deal of the century").

Another arms dealer, Harold DeVoto (Wallace Shawn in an embarrassing performance) is trying to sell Luckup (get it, LUCKUP? The company's name is repeated many times during the film, so as to remind any idiots in the audience) aviation's newest pilotless drone aircraft, the "Peacemaker." Chase sees the chance of a lifetime (especially since the Shawn character has killed himself, definitely lotsa yuks

there). Chase is hampered in his efforts, though.

The problems come in the form of DeVoto's ex-wife (Sigourney Weaver) and Chase's partner, Ray Kasternak (Gregory Hines) who has decided to devote himself to God. Weaver wants a piece of the action, and Chase tries every means to convince Hines to come back and help him for this big deal.

He partially succeeds, and the film limps to its visual effects-laden finale wherein the "Peacemaker" takes on Hines in a dogfight. Hines has stolen a fighter so as to destroy an arms exposition. The film claims to be a satire on the world of the arms dealer, but all that emerges are sick jokes and a pompous attitude of being meaningful. Plainly put, this film is just too pretentious for its own good. It tries to be serious and thought-provoking and a comedy and fails at both aims.

Among the "gags" in the film are Chase resting a suitcase full of money from the hands of a terrorist who has just been shot to death... really funny stuff. The audience is also treated to the comedy hyjinx of Chase getting shot in the foot and proceeding to bleed all over the place. There are assorted other jokes about dead bodies, God, and the American

government. When these jokes aren't disgusting, they're boring. In fact the whole film (for its 90-minute running time) is unbelievably dull.

The actors are supremely wasted. Chase, after proving he had talent in "Vacation" is pathetic as Muntz (on the other hand, he does play a disgusting, amoral lout quite well). He gets so bad at times that one would actually wish he would do a pratfall. Weaver is once again wasted in a role that is so undemanding its saddening (maybe she's hard up for work). Hines provides what relief there is in the film. However, even he can't save the film from being a bore. As for director Friedkin, this film represents a new low (reached by him once before with "Cruising"). Has his career gone down so far that he has to be associated with trash like this? But even that is no excuse for his heavy-handed direction of the material. One thing that Friedkin was never cut out to do was satire. He just doesn't have the light touch necessary.

The technical credits are no better. The film is photographed with such lack of imagination, it's astounding. The editing gets so confusing at times that it's hard to even tell who is addressing who. Arthur Rubinstein's score is so

boring and lackluster, it's hard to believe that the same man did the scores for "Blue Thunder" and "WarGames." And even the visual effects are terribly dull repetitions of things that have been seen (and done a great deal better) before.

This is a film to stay away from. I usually don't come out and give such a recommendation unless I am really certain about a movie, but when the audience reacts to a movie as the one I saw "Deal of the Century" with did, I feel safe in issuing a judgement.



Mrs. DeVoto (Sigourney Weaver) threatens arms dealer Eddie Muntz (Chevy Chase). She is after the contracts for the "Peacemaker," a new pilotless drone aircraft in the new "comedy," "Deal of the Century."



Tyler (Charles Martin Smith) a biologist, is stranded in the arctic wilderness after being dropped by plane to effect a study of the wolves in the region. This is from the new film, "Never Cry Wolf" which opened in town last Friday. A review will appear in a future issue of the Prospectus.

Pryor laughs about past as junkie

by Julie Schneider

"Richard Pryor: Here and Now," written, directed and performed by Pryor, is an example of how concert films can be entertaining. The concert was filmed in New Orleans, with a very expressive and responsive audience.

The film begins with small clips of Pryor from past concerts. Then Pryor tells an enlightening little piece about why he tries to make people laugh. It lends a nice touch of sentimentality to the picture. Of course, there are quite a few people in line outside, waiting for the concert to start. They are interviewed by cameras, and tell the

film audience why they are there to see Pryor.

The show starts with Pryor in true fashion. Of course, there are quite a few useful expletives. Useful, because they belong to Pryor's unique form of expression. Maybe the first time you see him, you are shocked by his explicit language, but soon after you realize that it is his form of communication, and you relax and enjoy the show.

This film is very funny. He uses almost all new material, but also utilizes some of his old characters to add a touch of familiarity. Pryor continued to amaze me with his almost sad impression of the "neighborhood junkie." Oh, sure

he makes you laugh about it, but you end up feeling very vulnerable about the whole thing.

He tells the audience, rather proudly in fact, that he has stopped drinking and doing drugs. He still laughs about drunks and related matters, though.

One of the best things about Pryor's concerts is that often he is making fun of himself and his past mistakes. This leaves the audience feeling like he is a real person who can see humor through his mistakes, and also ours. This is simply because we make some of the same mistakes that he does. The film leaves you with a light-hearted look at life, which is what comedy films are all about.

Entertainment News . . . Entertainment News continued

Ed Asner has been reelected president of the Screen Actors Guild in Hollywood. He received 9,997 votes to the 2,787 votes cast for stage actor J.D. Hall.

The controversial film "Scarface," starring Al Pacino, has been awarded an "R" rating.

The film had generated a great deal of publicity because the ratings board had viewed four different version of the film and given each version an "X" rating.

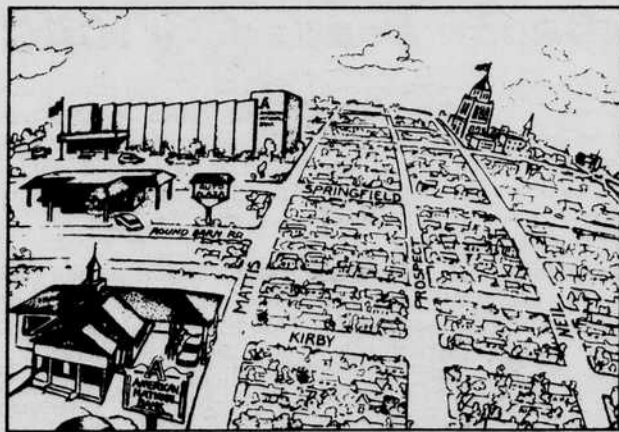
The Broadway premiere of the musical play version of "Doonesbury" was delayed until Nov. 21.

From the "Believe it or Not" Department: When the situation comedy "Happy Days" airs its 252nd episode next February, it will be the longest-running "sitcom" in television history.

Carroll O'Connor's Broadway debut as actor/director of the drama "Brothers" has apparently failed. The play was panned by critics and closed one day after it opened.

Robert Vaughan will replace Patrick O'Neal as politician Harlan Adams on the prime-time soap "Emerald Point, N.A.S." O'Neal will leave the role Nov. 21.

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Robert Ashby tries out the SIGI computer system at Richland.



Parkland students chat in the Richland Canteen.

Richland continued from page 1

Pumphrey, Student Senate President, and Kathy Gresham, Student Activities Coordinator. Each of them allowed cross-examination about their running Student Senate and the newspaper.

Richland has adopted the rule that clubs DO NOT pay the salaries for the advisor. If the college wants the service then they have to pay for it. Also, to increase student involvement in the elections, members walked up and down the halls, stopping people, and asking them if they had voted.

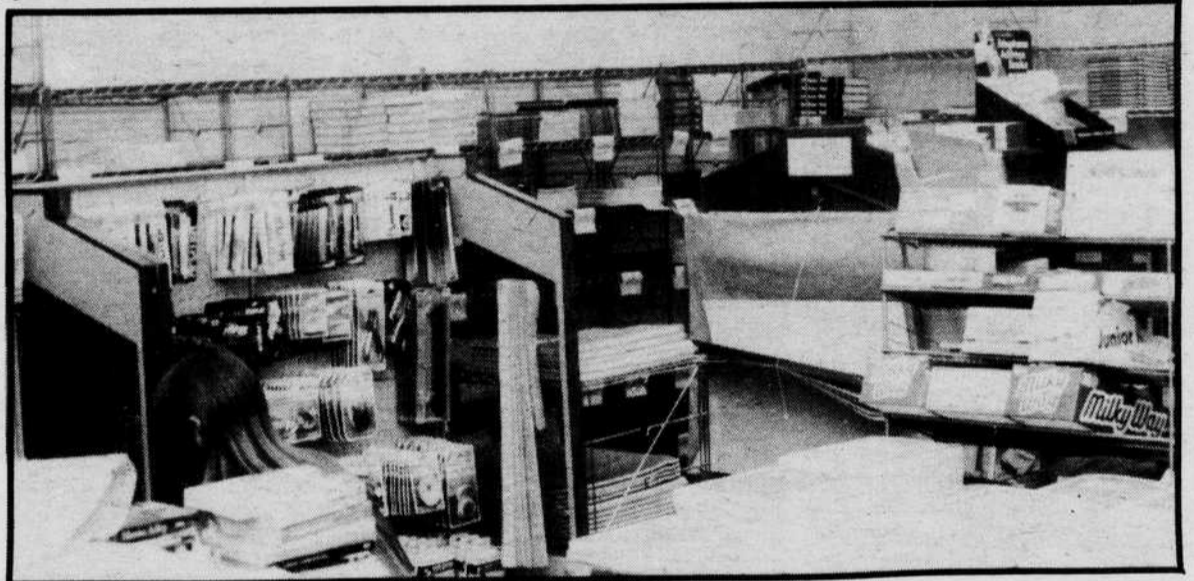
A big controversy has arisen about the smoking and non-smoking sections of the building. Their Canteena (Lunchroom), is marked as definitely a NON-smoking area.

When asked, most of the other colleges did not have any major conflicts, but Parkland voiced its conflict about separating religion and school. Many opinions were given and some advice was given on how to walk around the issue and still get things done.

A very unique aspect of Richland is its SIGI (System of Interactive Guidance and Information) Computer guidance system available in the Career Center of their SDS (Student Development and Services). I had a chance to work on this system and it is a MOST impressive addition to Richland. Each student that signs up gets a two-hour time period to work on SIGI. It asks questions about your morals and your job related skills. After answering the questions, SIGI prints up a list of the possible advantages and disadvantages of jobs they could apply for.

The conference lasted until 4:30 and by that time all questions had been asked and answered, we were all ready to head home.

In closing, I would like to express my deepest appreciation to Richland and to all the members who so graciously hosted our arrival. They made the most out of what they had, and you couldn't ask for a more pleasant group.



Richland Bookstore buys back any book that holds value.

Red Cross helps victims

Immediately after the terrorist bombing of the Marine headquarters in Beirut, veteran Lebanese Red Cross medical teams began assistance to U.S. Marine medical corpsmen on a twenty-four hour basis. The Lebanese Red Cross opened two tent hospitals with twenty-five first aid workers adjacent to the American and French bomb sites less than two hours after the blasts.

The International Committee of the Red Cross (ICRC), composed entirely of Swiss citizens, also responded with their medical staff that were already in Lebanon working on the refugee problem.

The American Red Cross' national headquarters in Washington, DC has transmitted \$150,000 in donations to the ICRC in support of their efforts there. American Red Cross President Richard Schubert stated, "I urge everyone to get behind the ICRC operation in Lebanon. Their neutral efforts help all who suffer in that unfortunate country."

Locally, the American Red Cross of Champaign County took calls from seven family members who had relatives in the Marine contingent in Lebanon. The local chapter established regular daily phone contacts with the family members as a means of supporting their vigil. Said the sister of a Ohio Marine living here, "This waiting is worse than knowing he might be dead."

The week following the bombing, three other events occurred involving American military forces where the local Red Cross was involved. Three calls were made concerning the devastating

earthquake in Turkey. While no American military or civilians were hurt, two Turkish students inquired about making a relief donation. The Granada intervention produced one phone call from the mother of a Marine asking if her son was in the invasion. He was not. The fire onboard the aircraft carrier USS Ranger at its home port of San Diego caused two anxious parents to call Red Cross. Both were determined safe from the fire.

The 24-hour a day coverage of the Red Cross for military families and local fire sufferers is done by a combination of trained volunteers and professional staff. A group of seven volunteers take rotating telephone duty working out of their homes. From Champaign they are Albert Mulliken, Val Schumacher, Kent McConkey and Patricia Schutt. From Urbana is Phyllis Cragle. From Rantoul/Chanute is Peggy Tancredi and newest duty worker Patricia Denniston. All of them had the pleasure of delivering a birth announcement and the pain of death notifications and assisting in emergency leave arrangements. The local Red Cross provides 24-hour coverage for all of Champaign County and after-hours coverage for all Chanute AFB personnel.

The programs of the American Red Cross are made possible by the voluntary services and financial support of the American people.

Robert Abbuehl will be winding up 16 months as the Chapter Chair of the Champaign County Chapter of the American Red Cross.



SIDON: when the fighting reached the Palestinian camp of Ain el Helweh, those who could fled for safety. Gradually, the residents are returning, and some of them are living in a school at the camp. Two nurses of the Finnish Red Cross, put at the disposal of the ICRC at Sidon, regularly visit the camp and attend to the medical needs.

Relief efforts in Lebanon headed by ICRC

Despite the troubled situation in Lebanon, there are humanitarian efforts being carried out for the civilians affected by the fighting among the various armed parties and factions. The International Committee of the Red Cross (ICRC) has been in Lebanon continuously since 1967.

The ICRC, composed entirely of Swiss citizens, is charged with upholding the Geneva Conventions. At the present time there are more than 60 ICRC delegates working full-time to protect prisoners and endangered civilians as well as providing medical assistance and tracing services.

ICRC personnel, supported by the Lebanese Red Cross, have been particularly active in recent weeks treating victims of factional fighting in Tripoli, the Chouf mountains, and the Bekka Valley.

Since the Israeli intervention in June, 1982, the ICRC has distributed more than \$15 million in relief goods. About half of this amount was in medicines and equipment for ICRC field hospitals, government hospitals, and other clinics that have been surveyed by ICRC personnel.

The relief effort is expected to cost \$6.6 million just through December 1983 and the ICRC has appealed internationally for this support.

At the present time, there are no members of the American Red Cross on duty in Lebanon — nor are any scheduled to be sent because of the priority work of the ICRC. It is common practice for specially trained American Red Cross personnel to be "loaned" to international relief activities. When they do, they go as representatives of the League of

Red Cross Societies, not the particular countries Red Cross or Red Crescent Society they belong to. This is done in accordance with international humanitarian law and practice.

Here in Champaign County, the local American Red Cross office has processed two foreign location inquiries on behalf of persons displaced in the fighting. One was initiated by a Champaign city family and the other was received by the local chapter to locate a family here and deliver a message to them. Both cases were processed within the past year and were successfully resolved.

All Red Cross services are made available through voluntary contributions of time and contributions, either via United Way or directly.

**PARKLAND COLLEGE
1983-84 WOMEN'S BASKETBALL SCHEDULE**

Date	Opponent	Time
Tues., Nov. 29	Lincoln at Lincoln	6:30 p.m.
Thurs., Dec. 8	OLNEY	5:30 p.m.
Thurs., Dec. 1	GRANITE CITY	TBA
Sat., Dec. 10	JOLIET	5:30 p.m.
Sat., Dec. 17	Thornton at South Holland	5:00 p.m.
Fri., Sat., Jan. 13, 14	PARKLAND INVITATIONAL	TBA
Tues., Jan. 17	KASKASKIA	6:00 p.m.
Thurs., Jan. 19*	DANVILLE	5:30 p.m.
Fri., Jan. 20	DePAUW	5:30 p.m.
Tues., Jan. 24*	Kankakee at Kankakee	5:30 p.m.
Sat., Jan. 28*	LAKE LAND	5:30 p.m.
Tues., Jan. 31	ILLINOIS CENTRAL	5:30 p.m.
Sat., Feb. 4*	Lincoln Land at Springfield	5:30 p.m.
Wed., Feb. 8*	Danville at Danville	6:00 p.m.
Fri., Feb. 10	BLACK HAWK	6:00 p.m.
Sat., Feb. 11*	KANKAKEE	5:30 p.m.
Wed., Feb. 15*	Lake Land at Mattoon	5:30 p.m.
Fri., Feb. 17*	LINCOLN LAND	5:30 p.m.
Sat., Feb. 18	SOUTHEASTERN	7:30 p.m.
Fri., Sat., Feb. 24, 25	Section II Tournament	TBA
Fri., Sat., Mar. 2, 3	Region XXIV Tournament at East Peoria	TBA

All home games are in capital letters

*Indicates conference games

Basketball staff adds coaches

Stan Swank, a former Parkland assistant men's basketball coach, has been named women's basketball coach at the College, effective immediately. He replaces Larry Boyd, who last week resigned due to personal reasons.

Hank Jefford has been appointed assistant to men's basketball coach, Tom Cooper. Jefford, of Urbana, has been working with the team since midway through pre-season drills.

Swank, who most recently was administrative assistant at the Regional Office of Education for Champaign and Ford Counties in Rantoul, was the head basketball coach at Fisher High School from 1980-82. Swank also held coaching positions in baseball at Centennial High School in Champaign, and in basketball at Ft. Lauderdale, Fla., and at Parkland as Ken Pritchett's assistant coach for the 1977-78 season, the year before Cooper

succeeded Pritchett. He also has been a basketball instructor at summer camps at Parkland and at Purdue University.

Swank, who now lives in Champaign, graduated from Centennial High School, and from Purdue in physical education, where he also earned his master's degree in educational administration.

Randy Henkels, Parkland women's volleyball coach for the past three seasons, has been named Swank's assistant. Henkels will continue his duties as volleyball coach, trainer and equipment manager.

Jefford brings 15 years of coach-

ing experience, and over 300 victories to his position as assistant men's basketball coach. He coached most recently at Quincy Faith High School in Michigan from 1975-78, where in 1977 and 1978 his teams won the parochial class state championships. Jefford also coached at Chatsworth High School in central Illinois in the early and middle 19670's.

Having grown up in the Pekin area, Jefford earned his undergraduate degree in education from Greenville College, and his master's degree, also in education, from Indiana University.

I.M. News . . .

I.M. 3 on 3 Basketball—12 teams entered the tourney winners were: 6 foot and over—Dana Dunson, Tommy Walls, Winstead; 6 foot and under—Bruce Givens, Mike Duffy, Steve Russov

I.M. Basketball play started Tuesday, Nov. 8. There were 20 teams that entered, which were divided into four leagues.

Yellow—First Federal, Phi Slamma Jamma, Wasters, Poney Express, Aces

Green—Alcoholic's, White Horse, Big Time Men, White Lightning, Brick Layers

Red—Bombers, Cards, Little Illini, Bandits, Small town boys

Orange—Long Shots, A-Team, Tommy and Players, American Finest, Buschmen

Play is college hours Tuesdays and Thursdays and Tuesdays, Wednesdays and Thursdays night. A playoff of top 2 teams from each league will start early in December.

I.M. Football Champs — White Horse defeated Ironmen in the Championship game 19-12. Members of White Horse were: Tom Lane (Team Captain), Clark Peterson, Shawn Leslie, Kurt

Rodgers, Bill Leidholm, Greg Logue, Steve Deeher, Tim Brya, Rick Cain, Tom Madden, Randy Shaw, Bill Cotter, Mike Boya

GAME TOURNAMENT

Game tournament is well on its way. Most of the games are into the quarterfinals. The following are results of the tournament so far.

Men's Table Tennis — Farhad Hooshmand (last year's champ) vs Hai Tang

Women's Table Tennis—Shaney Farcher is our champion defeating Dee Tiner.

Chess—Bryan Trail is our champion defeating Chad Hoke.

Backgammon—Don Dayton vs. Robert Price; Mary Todd vs Richard Albers

Volleyball—I.M. volleyball is played every Monday night 8-10 p.m. Leading the tournament is HI D's Silberwood with Spikers coming in next. If you would like to have a team for next semester talk to Michele Johnston X161.

Racquetball—The racquetball tournament is going to be held at the Fitness Center on Nov. 15, 8:00 p.m. Results will be in next paper.

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Wednesday, Dec. 14



Within the next few weeks, advertising representatives from the Parkland College student newspaper, **The Prospectus**, will be calling on you with camera-ready ads for the Holiday Season!

Parkland student, faculty, and staff live, work, and shop in the Twin Cities and surrounding towns. An ad in this newspaper is your opportunity to invite the Parkland community into your business for Christmas shopping. We're looking forward to seeing you!

Be seeing you within a few days . . .

sports and activities

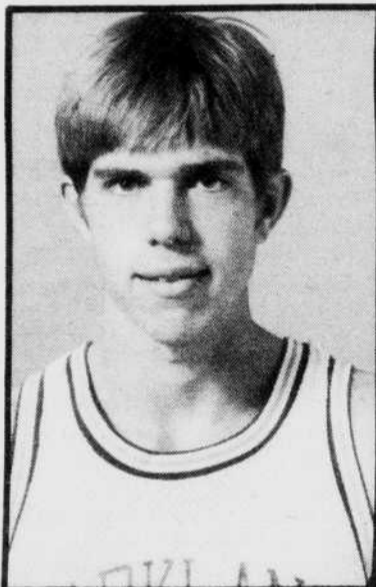
PARKLAND COLLEGE 1983-84 MEN'S BASKETBALL ROSTER

No.	Player's Name	Height	Year	High School
11	Steve Pridemore	5'11"	So.	Homer
12	Mike Chastain	5'9"	So.	Champaign Centennial
20	Jay Genseal	6'0"	So.	Havana
21	Erik Milliren	6'0"	Fr.	Darien Hinsdale South
22	Mike Gooch	5'9"	Fr.	Tolono Unity
30	Paul Britter	6'4"	Fr.	Chicago Schurz
31	Neil Briggs	6'5"	So.	Hartsburg-Emden
32	Glenn Phillips	6'4"	Fr.	Urbana
33	Walter Grain	6'3½"	So.	Crete-Monee
40	Tim Bale	6'3¾"	So.	Delavan
41	Chris Cunningham	6'3"	Fr.	Champaign Centennial
42	Tom Woods	6'4½"	Fr.	Champaign Centennial
43	Kent Jackson	6'6"	So.	Wapella
44	Todd Bale	6'5"	So.	Delavan
	Doug Duitsman	6'2"	Fr.	St. Joseph-Ogden
	Mike Strater	6'4"	So.	Rantoul

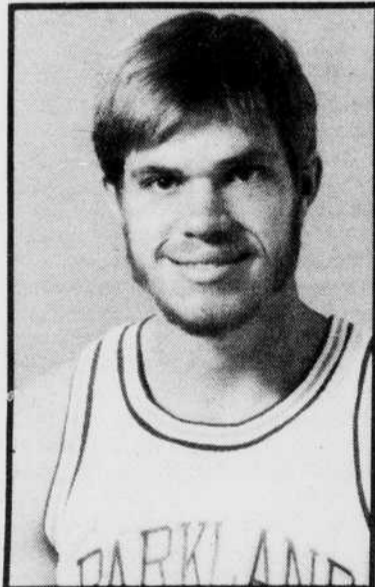
Head Coach: Tom Cooper
 Assistant Coach: Hank Jefford
 Sports Information: Dick Barnes
 Athletic Director: Joe Abbey
 President: Dr. William Staerkel



1983-84 Parkland Women's Basketball team: from left to right, front row, Debbie Taylor, Sherry McCullum, Jody Bodine, Patty Reisner, and Barbara Robbins. Back row, Stan Swank, head coach, Connie Newcomb, Sue Cline, Margie Koebele, Sandra Washington, Dee Tiner, and Randy Henkels, assistant coach.



Todd Bale, 6-5 center, Men's Basketball, of Delavan.



Tim Bale, 6-3 forward, Men's Basketball, of Delavan.

Lady Cobras start season

Although the women's basketball team is only seven days into its season, Coach Swank has a great deal of confidence. The women have shown a lot of speed and Swank feels the team is prepared for the season.

The Cobra's first game is against Lincoln at Lincoln. Swank says the game at Lincoln is always tough because of the small court and the loud fans. "Lincoln has a lot of very loud fans who support their team and it is very hard to play there," says Swank.

The women's first home game is Dec. 1 against Olney.

Returning players this year for the Lady Cobras are Dee Tiner, sophomore guard from Danville; Sue Cline, sophomore forward-guard from Danville; and Connie

Newcomb, sophomore forward-guard from Urbana.

"Dee has a lot of maturity and knows what she is doing on the court," says Coach Swank.

PARKLAND COLLEGE 1983-84 WOMEN'S BASKETBALL ROSTER

No.	Player's Name	Height	Year	High School
10	Jody Bodine	5'6"	So.	Catlin
11	Marguerite Armstead	6'0"	Fr.	Alton
12	Sherry McCullum	5'6"	Fr.	Urbana
15	Sandra Washington	5'9½"	Fr.	Champaign Central
20	Patty Reisner	5'9"	Fr.	Newton
22	Sue Cline	5'9"	So.	Danville
23	Debbie Taylor	5'7½"	Fr.	Champaign Centennial
24	Margie Koebele	5'9"	Fr.	Newton
25	Barbara Robbins	5'5"	So.	Mahomet-Seymour
30	Connie Newcomb	5'9"	So.	Urbana
31	Dee Tiner	5'5"	So.	Springfield Southeast

Head Coach: Stan Swank
 Assistant Coach: Randy Henkels
 Sports Information: Dick Barnes
 Athletic Director: Joe Abbey
 President: Dr. William Staerkel

First year players for the Cobras are Jody Bodine, guard; Lucy Armstead, forward; Margie Koebele, center; Sherry McCullum, forward; Barbara Robbins, guard; Sandra Washington, center-forward; and Debbie Taylor, guard.

Coach Swank thinks his women's team will prove to be successful this season.



PARKLAND COLLEGE 1983-84 MEN'S BASKETBALL SCHEDULE

Date	Opponent	Time
Tues., Nov. 15	LINCOLN	7:30 p.m.
Fri., Sat., Nov. 18, 19	PARKLAND ROUND ROBIN TOURNAMENT	TBA
Tues., Wed., Nov. 22, 23	Illinois Central Tournament at East Peoria	TBA
Tues., Nov. 29	RICHLAND	7:30 p.m.
Sat., Dec. 3	College of DuPage at Glen Ellyn	2:00 p.m.
Wed., Dec. 7	Chanute AFB at Rantoul	TBA
Sat., Dec. 10	JOLIET	7:30 p.m.
Tues., Dec. 13	LINCOLN TRAIL	7:30 p.m.
Thurs., Dec. 15	ILLINOIS CENTRAL	7:30 p.m.
Sat., Dec. 17	COLLEGE OF DUPAGE	7:30 p.m.
Thurs., Fri., Dec. 22, 23	Highland Tournament at Freeport	TBA
Wed., Jan. 4	Seminole at Sanford, FL	7:30 p.m.
Fri., Jan. 6	Daytona at Daytona, FL	7:30 p.m.
Mon., Jan. 9	Lake City at Lake City, FL	7:30 p.m.
Wed., Jan. 18	Richland at Decatur	7:30 p.m.
Fri., Jan. 20*	DANVILLE	7:30 p.m.
Tues., Jan. 24*	Kankakee at Kankakee	7:30 p.m.
Thurs., Jan. 26	Olney at Olney	7:30 p.m.
Sat., Jan. 28*	LAKE LAND	7:30 p.m.
Mon., Jan. 30	State Community College at East St. Louis	7:30 p.m.
Wed., Feb. 1	Lincoln at Lincoln	7:30 p.m.
Sat., Feb. 4*	Lincoln Land at Springfield	7:30 p.m.
Wed., Feb. 8	Danville at Danville	4:00 p.m.
Sat., Feb. 11*	KANKAKEE	7:30 p.m.
Wed., Feb. 15*	Lake Land at Mattoon	7:30 p.m.
Fri., Feb. 17*	LINCOLN LAND	7:30 p.m.
Tues., Thurs., Fri., Feb. 21, 23, 24	SECTIONAL TOURN.	TBA
Sat., Sun., Mar. 3, 4	Regional Tournament at Charleston	TBA

All home games are in capital letters *Indicates conference games

Need more protein with increased activity

Increased physical activity changes food needs. Whether it's the person who's exercising for better health or the teen going out for a high school sport, the change in activity will change their dietary needs. But there are many myths about the kinds and amounts of extra food active people need.

Increased physical activity burns up more calories. So the active person needs more food energy and the other nutrients that help use (metabolize) these calories. Most of us don't realize how great this change can be. A person's calorie needs can vary as much as 50 percent depending on how active he or she is. For example, a teenage boy who goes out for high school football or basketball may need from 1,000 to 2,000 extra calories a day.

The active person can eat more of any nutritious foods from the basic food groups to meet this extra calorie need. But foods high in starch like potatoes, spaghetti and bread are especially good foods to supply the extra energy. The body can make very good use of the energy found in starchy foods.

Water is another important nutrient that people need more of when they're more active. The water lost through sweat must be replaced or the body will not function normally. Body water is needed for many functions, but it is especially important in regulating body temperature. If too much body water is lost, heat exhaustion, heat stroke and even death can result.

So if a person sweats and loses water, that water must be replaced. It is best to drink moderate amounts of cool water often before, during and after the period of activity to keep the body well-supplied.

When an active person works or plays in hot weather or in a warm room, the body loses some salt through sweat. Active people may have to replace some of that salt. For example, the high school football player doing double practice sessions in late August may need to replace salt. Extra seasoning on foods should meet that need.

Do not take salt tablets. They provide too much salt in too concentrated a form and may cause other problems. They can

pull water back out of the tissues in an attempt to dilute the high salt concentration. This further dehydrates tissues. They may also cause abdominal cramps.

Being more active does not mean you should eat a high-protein diet or take vitamin pills. These are two common myths about diet and exercise.

High-protein diets do not improve physical performance or build muscle. Muscles are built and strengthened by proper exercise and conditioning. And most American diets contain more than enough protein to meet the needs of active people.

When people burn most calories, they need extra amounts of some vitamins to use those calories. But vitamin pills are not necessary. If a person gets those extra calories by eating nutritious foods, the extra vitamins needed are already contained in that food.

If you become more physically active, you need to think about eating extra nutritious food and drinking plenty of water. But you don't need to eat lots of extra protein or take special food supplements.