

RC 189



Parkland places first at Morgan Nationals

by Harrell Kerkhoff

Parkland College student Carolyn Breymer, of Milford, placed first in the overall horse judging competition at the annual Morgan Nationals in Oklahoma City, Oklahoma.

Breymer placed first out of 150 participants of the competition that featured college and university students from around the nation.

Parkland also placed first and second at the team horse judging finals. Those that were on the team that placed first are Carolyn Breymer, Milford; Michelle Bland, Champaign; Duane Ash, Westville; and Mary Todd, Sidney.

The second place team included Monica Tross, Champaign; Mike Potter, Westville; Andy Metcalfe, Champaign; and Larissa Johnson, Champaign.

There were 35 teams competing in this contest.

Winners of National Horse Judging placed on the Championship team are all students at Parkland. From left to right, Mary Todd, Sidney; Carolyn Breymer, Milford; Duane Ash, Danville; and Michelle Bland, Champaign.

news digest

GRENADA—Last week, 2000 soldiers stormed the small marxist-ruled nation. On the island they found Cuban advisors and Soviet-built arms. AT least four U.S. soldiers were killed by week's end.

LEBANON—A suicide truck driver rammed the building were over 300 U.S. Marines were being housed during their tour of duty of Lebanon. At least 230 people were killed, including a Rankin, Ill., man.

ARGENTINA—The first free elections here in more than five years were held Sunday as the people finally go to the polls.

WASHINGTON—Eleven U.S. Congressmen are planning to visit Beirut to find out the true facts about U.S. involvement.

ALASKA—The Pribilof Islands in the Bering Sea were made free counties last week. Alaska will no longer give the islands any subsidies and this will allow the islands to go back to their former economic system, living off fish that they capture without government interference.

PEKING—The Chinese government received an SOS last week from an oil exploration ship that was missing since Thursday. They believe that the ship strayed into Vietnamese national waters.

CHAMPAIGN—Ten Champaign-Urbana residents were victims of the Maxwell's Grill explosion this past Saturday. Three of the ten, Allen Hollingsworth, 22, Davin Raske, 27, and Douglas Judy, 23, were listed in serious condition and taken to the Memorial Medical Burn Center in Springfield. The explosion was apparently caused by leaking propane gas when tanks were being cleaned in the kitchen area.

CHAMPAIGN—A 16-6 victory over Michigan brought the Fighting Illini one step closer to the Rose Bowl. A record 75,000 fans crowded into Memorial Stadium Saturday for the contest, and the streets of Campustown were the scene of celebration late into the night. Police estimated that 8,000 students and fans gathered in the 6th and Green Street areas. Local travel agencies reported "heavy reservation bookings" for the Rose festivities. The game will be played January 2 this year.

PARKLAND PROSPECTUS

Parkland College
2400 W. Bradley, Champaign, Illinois 61821

Wednesday, November 2, 1983
Vol. 17, No. 8

Reisner's Spanish classes never alike some become like family

by Robert Ashby

"Sometimes I am asked if I don't get bored teaching the same thing year after year. I respond by saying that there is no feeling of repetition," comments Parkland College Spanish teacher, Danute Reisner. "First of all, no two classes are alike. Some become so close that we feel like family and others are more questioning so it's more of a challenge to achieve closeness."

Danute Reisner was born in Lithuania during World War I. Her family moved to Germany where they lived for six years. She was eight when her family and she

moved to the United States in 1950. Her family lived in Chicago where both of her parents worked in the stockyards. She attended Maria High School, which was a Lithuanian Catholic all-girl school.

She enrolled at the U of I in 1960 where she studied Spanish because "it was the easiest language," says Reisner. She took Spanish 101 as a requirement, but not because she was interested in it. The turning point in her career was between her sophomore and junior year. "I received a scholarship in Anthropology. Its focus was a

three-month study of the Salasaca Indians of Ecuador," says Reisner. The Salasaca Indians are a nation unto themselves, because they don't allow marriages outside their community and they do not allow outsiders into their community very easily.

Mrs. Reisner got her undergraduate degree in History and Spanish and her Masters in Spanish and Latin American History at the U of I. She came to Parkland in 1969 and was employed as a Spanish Editor.



Danute Reisner, Spanish instructor, hails from Lithuania.

opinions

Letter to the editor

When I wrote the article about C.A.A.R. it was not my intention to beat a dead horse over issues in the last student election. It should be mentioned that it as the choice of Richard Karch, assistant dean of student services, to delete communist insinuations about C.A.A.R. in your original platform,

to avoid slander against the Prospectus. As far as issues of your platform are concerned, the election results speak for themselves on where the student body stands, and I sincerely hope here will be no further need to rehash old election issues.

Carolyn Schmidt

PALS show no apathy

Nearly every magazine or newspaper you may pick up contains an article about apathy. Apathetic voters, uncaring spouses, or unconcerned doctors seem to make headlines every day.

Here at Parkland, the tables are turned. We have a group of non-apathetic caring students who wish to help fellow students with problems they may have while attending Parkland. These students are members of PAL (Parkland Association of Listeners), a trained group of peer counselors working as an outreach service in conjunction with the counseling department.

Under the guidance of counselor Norma Fosler, the group has helped many lonely, frustrated, and confused students, but we wish to reach more. As a group we are hoping to gain more college recognition. PAL has posters of members distributed around campus so students and faculty can recognize them more easily. Anyone needing an attentive listener, a sounding board, or a friend can find one in PAL.

Meet some of the PALs and find out more about them at the bake sale/cake raffle on Nov. 11 from 11-1 in the College Center.

Patti Roberts
(Works in Counseling)

High school students tour PC

Over 800 high school students have been visiting Parkland since Oct. 17.

They are talking with counselors, instructors, and students about life as a Parkland College student.

The students are touring the college — from computer classes in the Business Division to Automotive classes in the Math, Physical Science Division. Many of the students saw the set for "The Deathtrap" in Communications and Social Science Division. One

lucky group even got to see a real "human brain" in a biology lab in the Life Science Division.

Each year high school seniors are invited to visit Parkland and familiarize themselves with its many facilities, programs and personnel.

This is an exciting time for the students and the many parents that accompany them. Remember how exciting (and scary) it is anticipating that first big step from home towards independence/being on your own?

Thanks for Tonia

My sincerest gratitude to all the faculty, staff and students who donated blood in my daughter's (Tonia Anding) name at the last blood drive at Parkland.

She has already used two pints which were transferred to University Hospital in Indianapolis and will be needing more in the next several months.

I would also at this time like to express my deepest appreciation for all the financial and moral support my friends at Parkland so graciously bestowed on us.

Becky Easton

Cards lift spirits

Tonia Anding, daughter of Becky Easton who works in the Testing Center, is a patient at Indiana University Hospital in Indianapolis. We'd like to have a "Card Shower" for her to lift her spirits. Please send cards indicating you know her mother or that you are from Parkland College.

The address:
Tonia Anding
Indiana University Hospital
Renal Transplant Unit
1100 W. Michigan
Indianapolis, IN 46223

Finding single success

The traditional belief that marriage is evidence of success and living single, a sign of failure is the most difficult challenge unmarried Americans face, a clinical psychologist says.

Deborah Allen, assistant director of the University of Illinois Counseling Center, said one out of every three U.S. adults is single, but most of them are not prepared for independent living. They must learn to cope with false and unfair assumptions by others, she said.

"This is a couples culture — marriage is considered a sign of success or normalcy, whereas singleness is considered to be a sign of failure," she said.

Many single people who are attractive and successful come to believe they have something psychologically wrong, but what is really wrong is that they live in a culture that places a high value on being coupled, Allen said.

"Most single people describe their lives as more or less like those of their married friends. They go to work, spend time with friends, and many are responsible for bringing up children. Almost all of them have been involved in intimate relationships in the past and would like to be involved in another serious relationship or in a marriage in the future."

"The challenge of being single," Allen said, "is to master a role for which there is little training, little legitimacy and little support. It's no wonder we have so much trouble."

Allen and Joan Krohn, a teacher at Parkland College and a social worker, have organized a meeting for singles Nov. 5, the second annual "Successfully Single: Making the Most of Being on Your Own" program. It is sponsored by Parkland College and the U. of I. Counseling Center.

The program, scheduled from 9:30 a.m. to 5:30 p.m. in the Ramada Inn Convention Center, Champaign, is designed for up to 200 single persons, providing 12 workshops. Topics will include practical subjects such as financial planning, time management and taxes; coping skills like techniques for relaxing and for communicating with others, and personal issues, such as sexuality and intimacy, loneliness, and ways to meet new people, Krohn said.

A fee of \$38 covers lunch, refreshments and instruction materials. Information is available from Krohn, (217) 351-2229, extension 317, or Allen (217) 333-3701.



Ewen chosen 1 out of 11 in U.S.

Parkland College Mathematics Coordinator Dale Ewen is one of eleven mathematicians in the U.S. selected for the Panel on the Curriculum at Two Year Colleges. The panel will study mathematics curricula at two-year colleges and develop recommendations for improvements.

This panel is a joint creation of the Committee on the Undergraduate Program in Mathematics, the Mathematical Association of America Committee on Two Year Colleges, and the American Mathematical Association of Two Year Colleges.

Determining the present national and regional trends in all facets of the mathematics curriculum at two year colleges will be the first task of the panel. After studying these trends in relation to the current and future needs of society, the panel will formulate recommendations about the strengths and weaknesses of the curricula.

Ewen was one of 25 U.S. mathematics specialists chosen by People-to-People International who visited China as a Citizen Ambassador earlier this year. While in China, Ewen made two presentations on "Mathematics Curricula in the Comprehensive Community College" at meetings with Chinese mathematics professionals. During the trip he also

participated in seminars and technical discussions, as well as institution and facility visits.

Since joining the Parkland faculty in 1969, Ewen has authored or coauthored, nine textbooks in the areas of technical mathematics, physics, calculus and trigonometry. In addition to his many other professional memberships and activities, he was President of the Illinois Mathematics Association of Community Colleges in 1980-81.

Stugo update

Two weeks ago Julie Natterstad suddenly resigned from Student Senate. Last week, President Eddie Simpson, appointed Student Services Director John Harmer to the vacated post until the end of the semester.

Currently, Senator Rich Harris has the Senator's Table Project moving along very well. On Tuesday and Wednesday of every week, two senators will be at the table to talk to students about anything that can be discussed. Students are more than welcome to attend.

Phil Weichel was appointed to the Publications Board by Public Relations Director Bob Davies. The Board has the job of watchdogging the school's publications.

Cablevision courses

Are you interested in continuing your education but find it difficult to fit weekly trips to Parkland into your schedule?

Maybe you're already a full-time student with additional on-campus time impossible to manage.

Parkland's telecourse program may be your answer. Three courses are being offered during the spring semester:

American National Government (POS 122-081)—3 credit hours — A contemporary approach to American politics dealing with recent issues and controversies. Included topics are political learning, media influence, political parties and interest groups, political violence and the courts, Congress and the Presidency.

Focus On Society (SOC 101-081), 3 credit hours — The principles and concepts of general sociology. A general education course in the social sciences and an introductory course for the prospective sociology major.

Understanding Human Behavior (PSY 101-081), 4 credit hours — Introduction to the scientific study of human and animal behavior. A survey of research and theories emphasizing social behavior, intelligence, creativity, behavior disorders, therapy, language and personality development, learning, motivation, emotion, sensation, and perception.

Each of these courses will be shown on Cablevision channel 22 five times a week. Students can select a time that is convenient to their schedule. Students also have the option of viewing the telecourses in the Library/Audio Visual room (R211) anytime during regular college hours.

For additional information regarding these classes contact:
David L. Johnson
Director of Learning Resources
351-2223, Ext. 241
R233

Staff

Chris Heffley Co-Editor
Harrell Kerkhoff Co-Editor
Randy Baudler Production Manager
Laurie Lewis Layout
Sam Tucker
Kenny Mathews Advertising Sales
Paul Bishop Photo Editor
Mabyn Beck
Danny Lattimore Photographers
Lynette Cline Proofreader
Bob Davies
James Costa
Danny Lattimore
Tom Woods
Carolyn Schmidt
Amy Walters
Shirley Hubbard
Robert Ashby
Beth Seton-Golden Reporters
Brian Lindstrand Entertainment Editor
Danny Lattimore Sports Editor
Jeff Steely Graphic Artist
Scherl Zarny Accounting

Larry V. Gilbert Faculty Advisor
Printed weekly by students of Parkland College and for the Parkland College Community. Production by Garfield Press of Champaign. For information and display advertising rates phone (217) 351-2216. For billing information call 351-2200, Ext. 264. Classified advertising free for Parkland students, faculty, and staff. Others—\$3.00. 35 word maximum. Bring to X155 or X153. Letters to the Editor and unsolicited stories are welcome. Copy should be typed, double-spaced and in 60-character lines. Letters must be signed and will be validated before printing, but name will be withheld upon request. The right to edit any submission in respect to good journalism is reserved. Unsolicited stories used on space-available basis.

No quick way out of war for Marines

Landing in Lebanon by two groups of U.S. Marines, 25 years apart, are being written into history as two completely different operations.

The first group, 5,000 strong, landed in Beirut in the summer of 1958 when a civil war was in progress. Without firing a shot, the Marines persuaded the Lebanese to patch up their differences. By October they were able to leave.

The second group, much smaller, went into Lebanon a year ago for the same purpose. But it already has lost more than 160 men, is pinned down frequently by rocket and mortar fire, and is firing back.

Except for the same basic disagreements between Christians and Moslems, there are few similarities between the two landings, says a history professor at the University of Illinois.

C. E. Dawn, an authority on Mideast politics and diplomacy and former director of the U. of I. Tehran Research Unit, noted that the Lebanese Moslems still want Lebanon "to be a full-fledged partner in the Arab world, while the Christians want no part of it."

When the Marines landed 25 years ago, a presidential election campaign had touched off a full-scale civil war, as it had done before, Dawn said.

"But there had been no Israeli invasion then," he said. "And there were no Syrian forces in the country. There was pretty much the same lines of opposition as now, only less foreign involvement."

Civil war — "a political way of life in Lebanon" — was barely a year old when the Marines landed in 1958, and it subsided quickly, Dawn said. "Most people were willing to accept a compromise, and the country returned to essentially a middle-of-the-road policy," he said.

Col. John G. Miller, a Marine Corps historian, said the Marines in 1958 landed in force, with some airborne units backing up the first companies to arrive. In September, 1982, only three rifle companies went in.

Miller, a deputy director of the Marine Corps' history and museum division, stationed in Washington, D.C., said the situation now is "entirely different even though the mission — to stop the fighting and stabilize the government — is the same."

"The United States then was an unchallenged force in the region, and the war in Lebanon was pretty much an internal affair. This situation now is much more advanced, with more players who have committed themselves."

In addition to the Israeli, Syrian, PLO and splintered Lebanese groups, the Russian presence in that area also has to be considered, Miller said. The situation "is infinitely more complicated."

Dawn agreed with those observers of the Mideast scene who opposed sending the Marines to Lebanon.

"They should withdraw now," the history professor said, adding that if the leathernecks get drawn

further and further into the fighting, the United States may end up having to send 100,000 to 200,000 troops there, with a full-scale war resulting.

"After defusing Syria we would have to police Lebanon — and do it permanently," Dawn said. "I hope President Reagan is just trying to hold on until he can find some formula to get rid of that sack with the wildcat in it."

The bombing of the Marines' headquarters building in Beirut will be followed by more of the same type of terrorism if the

Marines continue to stay there, Dawn said.

"Lebanon is filled with people skilled in that type of operation," he said. "Lebanon always has been the arena for the Arab factions fighting each other. And non-Arabs in an Arab country, especially those supporting Israel, always will be the target for hostility."

"Unless the United States has a clear, defensible policy, let Lebanon handle it," Dawn said.

Citing the many Moslem and Christian factions involved, with alliances that change overnight,

the U. of I. historian believes that if the Western peace-keeping forces withdraw, the factions "will either fight until they divide up the country permanently or come to an agreement by themselves."

He expects Americans to lose patience over the dilemma in Lebanon.

"Americans don't want an indefinite war," he said, comparing it to the drawn-out conflict in Vietnam. "They want a quick war, to get it over with. There's no quick way out of this war."

Illinois precipitation remains low says State Water Survey

Precipitation in Illinois should remain low through October, the State Water Survey says.

Near normal precipitation is most likely in northern Illinois, with below normal precipitation most likely elsewhere in the state, Stanley A. Changnon, chief of the survey, said.

Normal October precipitation is 2.5 inches far north; 2.7, north-central; 2.9, south-central, and 3.1, far south.

River flows in Southern Illinois are well below normal, Changnon said. While water supplies in community lakes are not yet seriously low, another three months of con-

tinued drought would lead to rationing in some areas, he said.

September rainfall was recorded at both extremes. Some parts of northern Illinois measured 6 inches or more while many spots in the extreme south received less than half an inch. In most of the southern third of Illinois, July through September rainfall was

only 3 to 5 inches, 30 to 40 percent of normal.

The west-southwest, southwest and southeast crop reporting districts are suffering a moderately severe short-term drought, Changnon said.

The survey, located at the University of Illinois, is a division of the Illinois Department of Energy and Natural Resources.

SIDS—the quiet killer

by Elizabeth Seton-Golden

Sudden Infant Death Syndrome (SIDS) also known as crib death, strikes an estimated 6,500 babies yearly, or one in every 400.

SIDS is caused by sleep apnea (nonbreathing periods in sleep). The baby simply stops breathing and turns blue, and the muscles will completely relax. SIDS isn't caused by neglect, choking or regurgitation, and there's no way to predict or prevent an attack.

Infants are most susceptible to an attack of SIDS from two to nine months. After that age, most infants will get the necessary lung strength and grow out of it.

Those infants who have had apnea attacks, but were saved by an adult, are called "near-miss infants" and must be monitored constantly following the initial attack.

There are two types of infant sleep monitors on the market, the pad and the sticky pads. The pad is a flat sheet pad that is placed beneath the mattress and attached to a monitor on the outside of the crib. The sticky pads are attached to the infant's chest and are also

attached to a monitor on the outside of the crib. These monitoring units check the baby's breathing and movements and will sound an alarm if the baby stops breathing or moving longer than twenty seconds. Both monitors have been tested in major hospitals and are equally successful.

But not all infants are saved during an attack, and the feelings on the parents who have lost a baby can be overwhelming.

The feelings of guilt, loss, an anger are common among parents who've lost a baby to the silent killer. For these parents, support groups can be very helpful during the first months after a death, and can help other members of the family as well.

For more information on SIDS or listings of parent support groups, write:

National SIDS Foundation, Inc.
310 S. Michigan Ave.
Chicago, IL 60604
or call:
(312) 663-0650

MAKE \$12,200 FOR COLLEGE WHILE YOU'RE GOING TO COLLEGE

Want a part-time job that doesn't hurt your grades? Or campus life? Give your local Army Reserve unit a weekend a month and a couple of summers during college, and they'll give you over \$12,000 for college.

Up to \$4,000 in college aid is yours just for joining most units. Another \$6,000 for four years of monthly weekends and two-week summer stints. Plus over \$2,200 that you'll earn during two summer training periods. All while you're getting the most out of college. And doing the most you can part-time for your country.

You don't have to wait for college to join the Army Reserve. If you're 17 or older and a junior or senior in high school, join us now! There's no better part-time job in town.

Interested? Call your local Army Reserve Recruiter:

SGT Incata 356-2169

ARMY RESERVE. BE ALL YOU CAN BE.

Longer days and years

Longer school days and longer school years could help solve some of the nation's education problems, a number of educators have proposed.

"Those of us who are looking at research data feel the longer school day holds a lot of promise," said Thomas L. McGreal, a professor of education at the University of Illinois.

"Besides adding time for planning, it gives teachers time to go through what we know as the proper sequence of events that enhances learning in a classroom."

The longer year also would benefit teachers directly, he said.

"Increasing the school year for students wouldn't help many of the current problems, whereas

extending the year for teachers would," McGreal said.

"It would be one way to address the question of higher salary, for instance. We may not actually be able to jack their salaries way up, but we can give them another month of employment, thus raising their annual income.

"Plus, we could use that month to provide training. It would give teachers more time to study the curriculum, to hear outside consultants, to train in specific teaching skills, to do things which there is now virtually no time for in the regular school year."

During the regular school year, teachers spend an average of about four half-days on in-service and staff development, something "virtually impossible" in that short time, McGreal said.

"Personally, the longer school year for students doesn't hold much appeal for me, but the longer school day and longer school year for teachers do. And they seem more palatable to teachers, too."

School Referenda

Unit 4 Schools November 8, 1983

Unit 4 needs more revenues from local taxes to continue to provide the educational program now being offered.

Paid for and Distributed by Citizens For Unit 4

For more information call: 351-3838

A
CUT
ABOVE

HAIR DESIGN
STUDIO

1970's PRICES NOW!

during our November Special on Shampoo and Conditioning

Design Cut and Blowdry every Tuesday and Wednesday for

Only \$8.00

125 W. Main, Urbana

337-0734

THURSDAY SPECIAL includes all of the above plus Perm for only

\$35.00

M-F 9 a.m.-8
Sat 9-4
Sun Closed



Linda Anderson carefully measures her first project, an 18-inch clay vase with delicate bird and flower designs.

Students play in clay

by Dick Chaney

JoAnn Groth, ceramics instructor, has been in the pottery field some 15 years and at Parkland for the last 10 years.

She speaks enthusiastically about her classes and the "world of pottery."

She said students take the courses for a variety of reasons, but the primary reason is the student's interest and love of pottery as a hobby.

Some students exhibit and sell their work, while others make pots for family and friends.

Students make about eight projects per semester. Groth said the student has a great amount of flexibility in the design and shape of each project. Also, students have a great deal of pride in their work.

Groth said most projects are hand made by the student instead of using molds. This way, each person personalizes his/her own piece.

Some methods used to fire the pottery are over 7,000 years old; some include Japanese style firings, which may include a formal tea ceremony. Groth said

some countries such as Japan consider pottery a national treasure. Some pieces can sell for as much as \$4,000.

Each project starts in the student's mind, then moves to the potter's wheel. The potter's wheel may be drive by a motor or the student's feet.

Pottery normally takes about one day to dry, two days to glaze and fire, and then the piece is glazed again.

Some pottery pieces are straight functional pots, while others are for display.

Parkland pottery students go on a field trip to a professional potter's studio in Chicago each year.

Students may join the Art Club for Potters, an organization where potters get together to exchange ideas and discuss pottery.

One student said, "When you happen to break a pot, don't worry. There are always other pots to be made."

Franky Day, a student, said she enjoys the course very much. "It's a lot fun, and you can take your frustrations out on the pottery if you like," she said.

Scarcity of skilled workers remain

In an era of double-digit unemployment, thousands of jobs are going unfilled due to the scarcity of skilled workers, a vocational behavior expert says.

Among the skilled workers who do have jobs, there is another serious problem — that of job dissatisfaction.

As the disparity between jobs and job skills grows wider, the future becomes grimmer, particularly for those entering the workforce for the first time, said Lenore Harmon, a professor of education at the University of Illinois.

A program has been started in Danville, Ill., to reduce imbalances in the workplace, Harmon said.

Linking industry, education and the community, the program, "Educators in Industry," is designed to bring education for employment into line with actual employment opportunities, she said.

Part of a national effort developed by the General Electric Foundation, the Danville program is coordinated by the Danville GE plant and several U. of I. units, including the College of Education and the Office of Continuing Education and Public Service.

Taking part are two dozen businesses, Danville School District 118, and the U. of I. campus at Urbana-Champaign, 35 miles west of Danville.

A \$4,000 grant from the GE Foundation was awarded to the university's Division of Extramural Courses to develop and offer a graduate-level course called "Educating Tomorrow's Workers." Harmon, a counseling psychologist who specializes in the vocational behavior of youth and adults, teaches the one-semester course to 30 elementary, middle and high school teachers from Danville.

"The idea," she said, "is to explore how students learn about themselves as potential workers and how they go through the process of planning and choosing a career. We're looking at the social and economic forces that influence career decisions at both local and national levels."

"Most importantly, the teachers are focusing their attention on what they can do to help."

Harmon said her course places emphasis on the schoolteachers' need to understand the local work environment when they plan activities for their own classrooms.

The responsibility for making students aware of career options traditionally has fallen on teachers who never were trained in such matters, said E. J. Clark, manager of GE's educational communications programs.

"Our school teachers are expected to help solve the problems of continuing high unemployment by producing people who are not only well-educated, but also prepared and motivated for jobs that will exist when they finish high school," Clark said.

"Yet most teachers have little experience with occupations in business and industry. And few are prepared to interpret the impact of technology on the labor market."

Clark said the GE program provides a way for teachers in GE communities to learn about the industrial labor market.

"In turn, communities and employers benefit from a better qualified labor pool," he said.

"One of the reasons it works so well is that the local college of education gets together with local industry to assess the career education needs of their specific area. In this way, they tailor the program to their community."

Harmon said career education, as developed by GE, helps cut down on both long-term unemployment and job dissatisfaction.

Harmon said the academic work should help the teachers understand the political, social and economic forces that influence the world of work.

"I want them to realize that the freshmen they are now teaching will be going out into a much-changed world four or five years hence," she said.

While career education in some ways overlaps career counseling in high schools, the classroom teacher can affect more students' lives, Harmon said.

"Counselors traditionally talk with a single child about how his or her educational plans fit in with career plans," she said. "I've never yet found a high school counselor who had enough time to do that effectively for everybody."

"Classroom teachers are in a better position. Already in front of their students, they can integrate career education information with their regular day-to-day curricula."

Harmon, on the educational psychology faculty since 1979, is editor of the *Journal of Vocational Behavior*.

More flood research needed

Social science research should be emphasized in the effort to lessen the harmful impact of flooding, says a report to the National Science Foundation.

"Much more research attention, both by the scientific communities and by the funding agencies, should be given to the economic, geographic, sociological and political scientific research than the physically oriented research," the report by a panel of national experts said.

The report is expected to help direct the thrust of future flood-related research in the United States.

The 226-page study, "A Plan for Research on Floods and Their Mitigation in the United States," assessed current research needs and said that "floods are the most

destructive natural hazard in the United States."

"Flood mitigation" means minimizing flood hazards and damage and increasing the efficient use of flood plains, from the barrier islands along the hurricane coasts to the rivers and the streams of the Midwest.

Much more is known in the physical sciences about flood mitigation than in the social sciences, because social science research in the area has been overlooked, the report said.

But interest has grown in such activities as flood-plain management and zoning, coastal zone management, flood warning systems, evacuation, relocation, flood insurance and land acquisition.

"This reflects a belief that the

future success of flood mitigation rests in public perceptions and behavior and hence is now more of a social issue than an engineering issue," the report said.

In addition, there is an "extreme need" to take an interdisciplinary approach to performing research and to integrating the findings.

"A review of the magnitude and complexity of the flood problems in the United States leads to the conclusion that much flood-related research must be interdisciplinary in nature," it said. "Many of the problems cross-cut several traditional disciplines that can only be successfully addressed by a mix of scientists and engineers from various disciplines."

The panel identified 115 "high-priority research tasks"—research that should begin immediately to provide necessary knowledge about flood problems. Of the 115, 53 were identified as "critical research tasks"—defined by the need to address them first because of funding concerns or time factors.

The report said that, where possible, research should have as its main goal the efficient use of flood-prone lands, rather than minimization of loss due to floods.

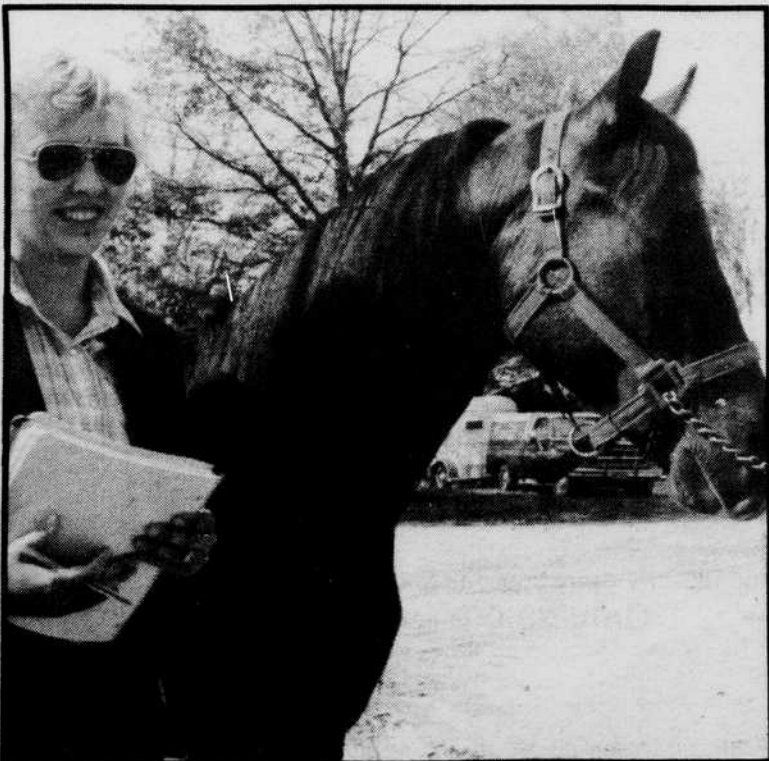
"The age-old hope for relief from flood problems by flood control has given way to a realization that a more realistic goal is flood hazard mitigation," it said. "Thus, this research assessment chose to address and resolve the question about how to view and define flood hazard mitigation."

"We have adopted a broad view of flood hazard mitigation, and not one of just flood loss reduction."

The United States has invested billions of dollars in flood hazard mitigation and control in the past 60 years.

"But the trend in flood damages continues to increase, particularly in urban and developed coastal areas," it said.

The research assessment involved more than 100 flood specialists from around the country in such disciplines as meteorology, hydrology, ecology, public health, economics, sociology, political science and law.



First Place winner of the National Horse Judging Contest is Parkland student Carolyn Breymeyer of Milford.

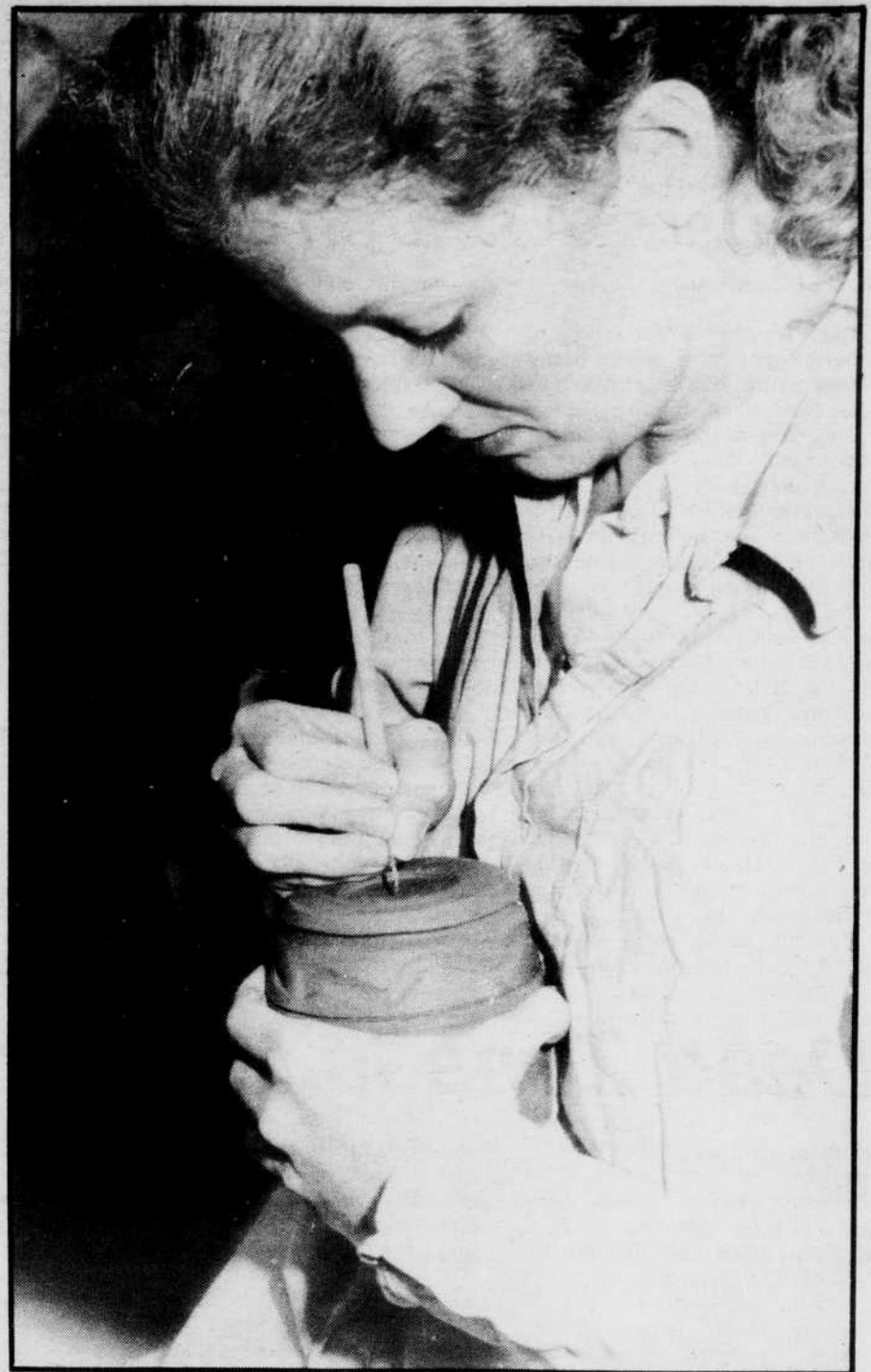


Ceramics is a class where all students enjoy the course.

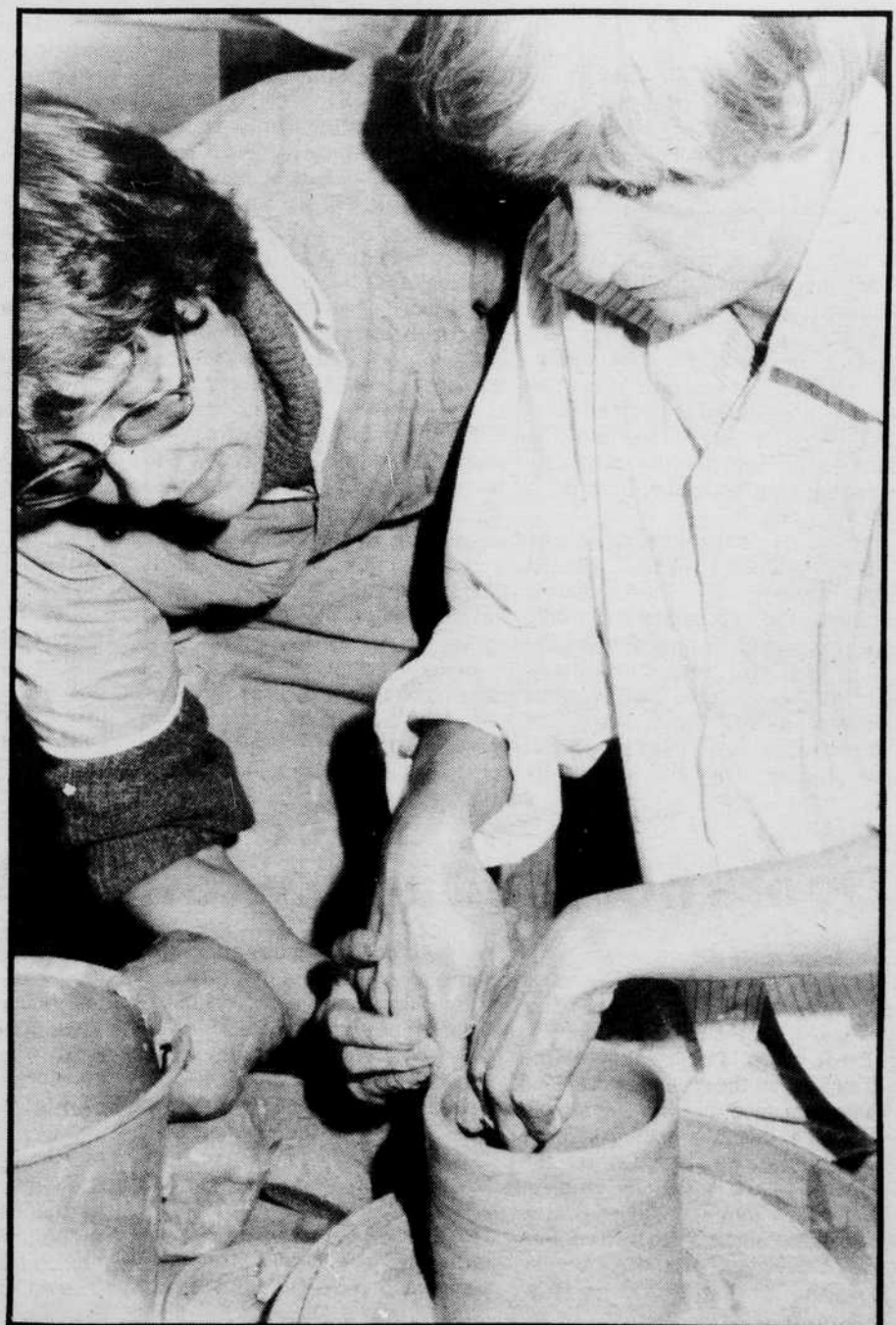
Ceramics students work hard in pottery field



Linda Anderson measures the width of her clay vase.



Denise Roach puts some finishing touches on a clay pot.



JoAnn Groth, ceramics instructor, demonstrates to a student the proper way to mold a clay pot. "Think of your hands as 'dead fish' during this phase of the process," she said.

Photos by Dick Chaney

entertainment

Vietnam: A search for truth

by Brian Lindstrand

The Vietnam war; a legacy of America that some people would rather forget. However, questions still remain in many people's minds. Why did we get involved? Why didn't the United States "win?" and Why did the North Vietnamese "win?" "Vietnam: a Television History" attempts to answer these questions and does so with amazing objectivity.

The series traces the war back to its roots when the French had control of Vietnam as a colony. When Ho Chi Minh tried to form a "free and independent" Vietnam, the French objected and the first Vietnam War, between the French and the Vietnam (a forerunner of the Viet Cong) started. The Vietnam eventually won and the French seemed to be making ready to turn the reins of the government over to Minh.

However, as the series reports, the French and the American

governments divided up Vietnam into its South and North regions. Minh and the "communists" were given the North and a government was established in the southern province, supported by the United States.

The South Vietnamese government proved anything but stable, though, and several coups took place before anything could be done. At the end of the series' fourth episode, the American marines were just entering into actual fighting situations in the country under President Lyndon Johnson. The episode aired last night (Oct. 25) showed the United States getting involved deeper and deeper in the conflict.

"Vietnam: a Television History" is a masterpiece of television journalism. The series is made up of actual footage shot by not only American film and television crews, but also rare footage of the North Vietnamese forces in the thick of the battle. There are also

interviews with actual participants on both sides of the conflict which were conducted for the series. Included in these interviews are advisors to the President, soldiers, and even North Vietnamese soldiers and the president of North Vietnam.

The series could have easily just come out and asked more questions about the war and not have answered them. However, the questions raised were answered and provide some needed answers to questions that have plagued Americans for a long while. If there is one show that you watch this season, "Vietnam: a Television History" should be it. It is a brilliant example of what television can be when it tries and should be made mandatory viewing for every person in the nation.

(Editor's note: the series airs Tuesday nights at 8:00 p.m. on WILL, Channel 12. The eleven-part series will air through November.)



Arms and supplies are brought to the guerrillas fighting the Americans in South Vietnam. Last night, the sixth episode of "Vietnam: a Television History," "America's Enemy," aired. The eleven-part series will continue to air on Channel 12 through the rest of November.

Dead Zone is taut thriller

by Brian Lindstrand

Stephen King's novels have always been tempting to filmmakers. Brian DePalma got his first big hit with King's "Carrie," a television mini-series made out of "Salem's Lot," famed director Stanley Kubrick made "The Shining" into an expensive major film a few years ago, and just this year, "Cujo" was released. Plans include the production of "The Stand" to be directed by George Romero, and John Carpenter's version of "Firestarter."

However, Canadian director David Cronenberg ("Scanners," "Videodrome") has made the best adaptation of a King novel. The film is "The Dead Zone," and it is not only the best adaptation of a King book, but the film succeeds on its own as a thriller with a great deal of style and intensity.

Johnny Smith (Christopher Walken), a high school teacher, is knocked into a coma after an automobile accident. The coma lasts for five years. After he awakens, he discovers that he now possesses a power to see into the future and the past by physical contact with a person (usually a handshake).

Smith is immediately pounced upon by the media. He is approached by a Sheriff Bannerman (Tom Skeritt) to help solve a series of murders in the town of Castle Rock, but initially he refuses. Smith must confine himself in his home, for if he doesn't, he will go crazy because of the people who are constantly

badgering him to help them find lost relatives, children, or even pets. "They want reassurance," he states to his doctor (Herbert Lom), "and I can't give it to them."

He is forced into action, however, when he shakes the hand of a political candidate Greg Stillson (Martin Sheen) and sees Sheen as the President ordering the launching of missiles that would start World War III. What will he do? Should he intervene and change the future, even if he is killed? The answers come in a stunning finish to an extraordinary film.

Why is "The Dead Zone" worth such praise, you ask? Because every aspect of the film is so well done. The filmmakers have a good knowledge of what makes up a good thriller and director Cronenberg has finally proven that he can direct with taste and talent after all. Cronenberg has been noted mostly for films which have unbelievable amounts of violence and gore, but "The Dead Zone" is thankfully free (for the most part) of such "entertainment." Cronenberg shows a great deal of restraint, allowing the audience to imagine what is happening, rather than showing it. Helping Cronenberg on the technical side are the film's cinematographer, Mark Irwin and Michael Kamen's brilliant score, plus the very good script by Jeffrey Boam.

Boam's script shortens King's original work in the right places, losing some of the more trivial details but keeping the central character's anguish and providing

Walken with his best role since "The Deer Hunter." Irwin's cinematography, allied with Cronenberg's direction, creates some stunning images. The New England settings also help the film achieve its unique "look," and Walken's "visions" are very well done. The score is quite memorable, from the opening credits to the film's end, Kamen helps keep the pace moving along quite well.

Walken gives an impressive performance as Smith. A new angle was brought in by having him becoming steadily weaker and weaker while his visions get stronger and stronger. He shows great emotional depth in this role as a man who has had this power thrust upon him when he didn't want it. The rest of the cast is all good, especially Brooke Adams as Smith's ex-girlfriend who he takes up with for a short time after he comes out of the coma. Sheen also is alternately hilarious and coldly ruthless as candidate Stillson, a politician who will do anything to guarantee that he is elected and who would just as soon kill anyone who is standing in his way.

While not being a "horror" movie per se, (the book itself is not one of King's "scariest") "The Dead Zone" provides film-goers with an intelligent and sometimes brilliant thriller. Everyone involved should receive a long and loud round of applause from audiences everywhere.

Doors not the same without Morrison

by Jimm Scott

"Alive She Cried" is the first release by the legendary Doors in eleven years. The breakup of the group led to the eventual death or disappearance of Jim Morrison. Although this has been pondered many times by disbelievers, the general belief is that he is dead. Although many rumors have circulated about a Doors reunion, the band just wouldn't be as powerful without their controversial front-man.

Recently some previously unknown live recordings of Morrison, Krieger, Manzarek and Densmore were discovered and

released on this album along with some poetry written by Morrison.

The list of songs performed on "Alive She Cried" resembles the tunes performed by a junior high school garage band, but is delivered with much more intensity. Even the opening song, "Gloria," is given a special Doors treatment, making a classic out of a classic.

"Light My Fire," one of the ultimate Rock and Roll songs is performed here over a space of almost ten minutes -- about halfway through Ray Manzarek's organ solo, Jim Morrison delivered the fantastic "Graveyard Poem." Side two begins with "Texas Radio

and the Big Beat" segueing into "Love Me Two Times."

Following that is the second cover tune on the record, a song made more famous by the Doors than its author Willie Dixon, "Little Rooster," this song also features a guest appearance by a founding member of The Lovin' Spoonfull—John Sebastian playing harmonica.

The album concludes with "Moonlight Drive." Because of his tremendous stage presence and conviction, Morrison was well on the way to becoming legendary at the time he was reported dead. One thing is for sure, we will never see anyone like Jim Morrison again.

Cougar Mellencamp—"Uh-Huh"

by Jimm Scott

Johnny Mellencamp from Seymour, Indiana, hellraiser, rock and roll singer and producer/resurrector of rock legend, Mitch Ryder (in America), have just released Mellencamp's fifth album, "Uh-Huh" under the name given to him so many years ago by his then manager, Tony Defries, John Cougar. If I were to compare this current effort to any of John's previous works it would probably be "Nothin' Matters (And What If It Did)."

But "Uh-Huh" is much different in quite a few ways. One, this record puts much more emphasis on the rockers than "Nothin' Matters." Two, the song writing is much more dispersed, bringing in contemporaries like Chicago singer-songwriter John Prine to assist.

A good bit of the album is dominated by the rockers, owing a great deal to the Rolling Stones.

Two were performed on the network premiere of "Saturday Night Live," specifically "Crumblin' Down" and "Pink Houses," which will quickly become hits (probably) with that kind of exposure. The last song on side one, "Warmer Place To Sleep," cannot be classified as anti-religious or pro-religious but is just a great song.

Side two starts off with a song written with John Prine, "Jackie O." Then we plunge straight back into rock and roll songs written about rock and roll. This doesn't let up until the last song on the album, "Golden Gates" which lays everything out like it really is. One line in the chorus says pretty much everything that needs to be said: "The only promises that I know to be true are the promises made from the heart." As of now John Cougar looks to be one of our top sore-throat singers. Who knows, he just might be the next Mitch Ryder.

Chemical people on WILL

Cooperating in a nationwide, landmark project, WILL-TV/Channel 12 and local citizens groups are using the power of the media and the skills of community organizers to fight the large and growing problem of teen drug and alcohol abuse.

"The Chemical People," a two-part series which examines the problems and explores solutions, will air on Channel 12 at 7 p.m. on Nov. 2 and 9. In conjunction with the programs, parent and service groups in communities throughout Central Illinois are organizing town meetings and permanent task forces designed to carry on substance abuse prevention efforts in their own towns and cities.

First Lady Nancy Reagan hosts the two "Chemical People" programs, along with Rita Moreno, Bill Bixby, Michael Landon, Willie Stargell, and Bruce Weitz. The first program will inform viewers of the magnitude of the problem and its emotional and sociological effects. In the second, experienced community resource people will detail model programs of information dissemination, prevention, intervention, and

treatment.

Many communities will hold town meetings concurrently with the broadcast of the two "Chemical People" programs. The goals of the town meetings are two-fold: one, to provide concerned citizens with the opportunity to meet and discuss the problems of substance abuse, and two, to establish means for development of permanent community action groups/task forces. In many communities such task forces already exist and in those areas "Chemical People" will attempt to encourage the active participation of other concerned citizens who have not yet become involved.

Persons who want information on task forces in their area can contact the Prevention Resource Center in Springfield at (217) 525-3456 or (800) 252-8951.

"Chemical People" task forces have been organizing in Illinois since early summer. Spearheading the effort is a statewide coalition of parent groups, The Illinois Drug Education Alliance (IDEA). Among other groups cooperating on the project in Illinois are the

(Continued on page 7)

entertainment

Plan a trip around the world with Sesame Street

Dreaming of a trip around the world? Well, here's your chance. Pack your suitcases, bring your passports and join Big Bird, Cookie Monster, Bert and Ernie and the rest of the Sesame Street Live gang on the greatest trip ever.

This exciting journey opens at the U of I Assembly Hall at 7 p.m., Wednesday, Nov. 9, for seven performances. Additional showtimes are 7 p.m., Thursday and Saturday; 3 p.m. Friday, a school holiday; 10:30 a.m. Saturday and 1 and 5 p.m. Sunday. Tickets are on sale at the Assembly Hall and Illini Union ticket offices and by mail. Telephone orders are accepted with a major credit card. Prices: \$7.50 and \$6.50 for adults and \$5.50

and \$4.50 for children, UIUC students and groups of 25 or more persons.

Audiences have always been an important part of Sesame Street Live shows and "Around the World" relies on their participation to help them throughout the journey. The cast encourages the audience to pretend as they drive to Mexico, row a boat to Italy and take a train to Paris.

Prairie Dawn, who assumes numerous roles throughout the show, loves to teach everyone to sing and speak foreign languages. Guy Smiley, always the showman, encourages the audience to pick which can Oscar the Grouch is in.

Throughout the two-act show the audience has a chance to see the characters close-up as much of the action takes place on a thrust ramp that extends from the proscenium stage to a mini-stage in the seating area.

"For many, Sesame Street Live is their first introduction to the theater. I think it's a bright, fun way to get children interested in the theatrical arts," said Vincent E. Egan, president of VEE Corporation and executive producer of Sesame Street Live.

The one-and-one-half-hour show is written by Jon Stone, former executive producer and head

writer of "Sesame Street." Its director and choreographer is Emmy nominee Miriam Nelson, whose list of credits extends to feature films, television productions and commercials. Her first professional affiliation with the Muppets was choreographing the network television special "Julie Andrews and the Muppets."

Jim Henson created the Sesame Street Muppets for the original Children's Television Workshop production. "Around the world" is produced by Bob Shipstad, who for 14 years produced Shipstad and Johnson Ice Follies. Sesame Street Live is presented by VEE corporation in cooperation with Children's Television Workshop.

Hilarious side of sex

by Brian Lindstrand

"Does sex ever leave you tired and sweaty? Are you bored with overcrowded hot tubs? Tired of spending your life in and out of bed?" If you answered yes to any of these questions, then you need "The Complete Sexenders Program" by Cathy Hiller and Robert Hofler. Yes, just "12 days to chastity" with this hilarious new book.

"Sexenders" is a wonderful spoof of all those diet and self-help books that are glutting the modern marketplace. Inside the book, the reader will find out: "What a Lifetime of Sex Will Cost You," "Six Love Positions Guaranteed to Fail," and, of course, something that will be of help to everyone, "How to Make Love to Your Furniture."

The book is divided into twelve chapters, each covering a day by day regimen to follow to guarantee celibacy on "Day Twelve." Plus, as an added bonus, readers will receive a free copy (enclosed in the book) of "Selfish" magazine! Among the articles are: "The Type Report—Why it's better neuter,"

"True Confessions from the Suburbs — 'I was a sexholic . . .'" and "Anaphrodisiacs from Your Kitchen" by Betty Crooked.

Throughout the book are various diagrams and photos to help the reader better understand the material. Included in the photos are "How to dress offensively," and "How to dress defensively." There are also short sayings from various people from history. Some include: "But if God had wanted us to think with our wombs, why did he give us a brain"—Clare Boothe Luce, and "I've sometimes thought of marrying—and I've thought again." — Noel Coward.

The authors have a fine sense of humor and use jokes, puns, sarcasm, and satire to their fullest extent. Speaking as someone who is sick to death of seeing another new exercise book come out on the shelves, "The Complete Sexenders Program" is a welcome bit of fun. It's a good read (I finished it in about an hour) and besides, as they say on the back cover: "The Complete Sexenders Program." Read it, give it to your sweetheart. You may never need your satin sheets again."



Sigourney Weaver threatens arms-dealer Chevy Chase in the new film "Deal of the Century." This film will open in theaters this Friday. A review of the film will appear in a future issue of the Prospectus.

Benatar shows poor effort

by Jimm Scott

Although Pat Benatar possesses a trained voice that can soar to unbelievable ranges, there is one thing that she doesn't have and that is a Rock and Roll soul. It shows, too. Pat and her band make half-hearted efforts to reproduce tunes that were much more

effective when they were recorded in the studio.

Although she is a commercial success as far as selling records to the masses, judging from her latest album, "Live From Earth," I wouldn't recommend paying money to see her act live. She tries to reproduce their past hits much like a jukebox would.

All of the favorite songs are included in "Live From Earth," including "Hell is for Children," and "Heartbreaker."

It is better to hit a few bad notes and get the right feeling than to have your fingers chipped off the guitar's neck, but these people don't see things quite that way.

Entertainment News

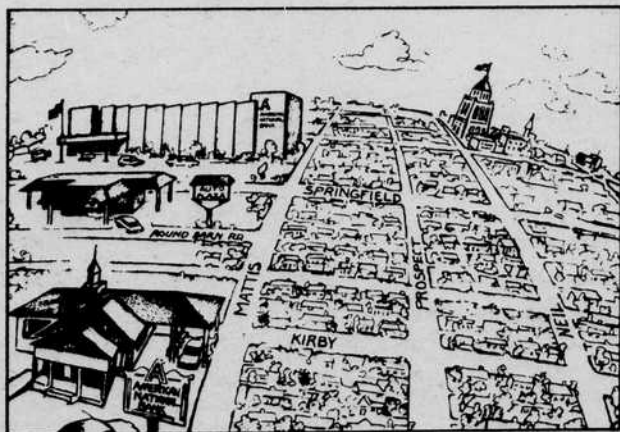
Christine McVie of the group Fleetwood Mac will be making history of sorts next January when she becomes the first rock star to release an album with a tie-in concert to be aired on MTV.

Michael Jackson's "Thriller" LP has become the highest selling record in the history of CBS Records. The sixth single from the album has already started up on the charts.

Mr. T's film, "D.C. Cab," also starring Gary Busey, will be released this Christmas by Universal Pictures. "D.C. Cab" takes the place of "The Lonely Guy" starring Steve Martin, which will now be released in February.

Several of the new fall series have already bit the dust. ABC announced the cancellations of "It's Not Easy" and "9 to 5." NBC has cancelled "The Rousters," "Manimal," and "For Love and Honor." CBS has given the axe to "Cutter to Houston."

**We're Here in Person
at the Main Bank: 7 Days a Week,
from 7a.m. to Midnight.**



**A
AMERICAN NATIONAL BANK
OF CHAMPAIGN**

Centennial Plaza Branch Kirby at Mattis Main Bank Country Fair Shopping Center Round Barn Facility Round Barn Center Champaign, Illinois 61820 Phone 217 351-1600 Member FDIC

PRIAM BOOKS

**ONLY
12 DAYS TO
CHASTITY
WITH...**

THE COMPLETE SEXENDERS PROGRAM

**For Those Who Should Quit But Can't
Break the Habit**

- What a Lifetime of Sex Will Cost You
- Six Love Positions Guaranteed to Fail
- Know Your Love Sign and Avoid Your Mate Before You Meet
- How to Make Love to Your Furniture
- Learning to Drive Around Your Erogenous Zones

Cathy Hiller & Robert Hofler

Chemical People... continued

(Continued from page 6)
Illinois PTA, the State Board of Education, the Dangerous Drugs Commission, the local Lions, Rotary, Kiwanis, and Junior League clubs, along with employees of Metropolitan Life.

In conjunction with the "Chemical People" effort, Gov. Thompson has declared November

"Drug Free Youth Month." Nationally, "Chemical People" funding comes from the Metropolitan Life Foundation, the Richard King Mellon Foundation, and public television stations. Metropolitan Life Foundation also provided Channel 12 with a grant to assist in funding of local outreach activities.

classified

• For Sale

ALL NEW (still factory wrapped), plastic car, plane, truck, boat, motorcycle, Star War, and Star Trek, and other Science Fiction model kits. NEW-HO-train engines and train cars. RC airplane kits and A-R-F planes, RC radios, RC engines. Call 351-7782, anytime. No reasonable offer refused.

FIREWOOD—all kinds of wood. \$40.00 Rick, \$80.00 Cord. Free delivery within Champaign-Urbana. Call Carol Gilbert, Parkland 351-2223, Ext. 257.

The Parkland Prospectus is now taking applications from students who are interested in sports reporting. Reporting would include Intramurals, Volleyball, Golf, Basketball (mens and womens), and Baseball. Those interested can pick up an application in room X155 and contact Danny Lattimore or Tom Woods.

FOR SALE: New never worn all wool size 16 woman's winter coat. Bought at Robersons for over \$100—will sell for \$50. New 12" black and white t.v. Bought at \$79 will sell for \$45. Unusual terrarium 60" circumference clear ball shape on a 36" tall base, \$10. Call 1-486-3705 after 5:00 p.m.

Arabian Show Gelding—3 years old, Grey, 14.3 hands. Super pedigree! Started under saddle and in driving. Correct, long upright neck, pretty head and eyes. Excellent mount. Willing to please—travels well, terms. Tri-S Arabians. Call 776-2682.

1971 Honda 350 motorcycle, black and gold, runs great. Electric start. Make offer. Need cash. 398-1628 or mail slot for Senator John Bloom.

Sound Design stereo Multiplex; 8-track; AM-FM Radio; turntable; dust cover; 2 SD speakers. Needs antenna attachment and light for radio. In good condition. Asking \$135 or best offer. Please call after 6 p.m. — Jackie Valence — nice Christmas gift also.

1969 Chevrolet 1/2 ton pickup truck, 307 V8, 4-speed, AM/FM, Cassette and 8-track tape. Very dependable, just inspected, 3 extra wheels and tires. Will sell for \$595 or trade for motorcycle, 3-wheel ATV or small camper trailer. Call 1-586-2406 toll free from C-U, or Parkland extension 329.

1975 Dodge 1 ton window van, 318 V8, automatic, power steering, brakes, AM/FM, cassette tape. New tires and brakes, low mileage engine. Body recently restored with custom paint job. Will sell for \$2495 or trade for super cab pickup. Partial trades for motorcycle, 3-wheel ATV or small camper trailer considered. Call 1-586-2406 toll-free or Parkland extension 329.

1962 Oldsmobile STARFIRE HT, 90 percent restored, too much new to list, a 345 HP "muscle car." Will sell for \$1995 or trade for supercab pickup. Partial trades for motorcycle, 3-wheel ATV or small camper considered. Call 1-586-2406 or Parkland extension 329.

• Services

CUSTOM MONOGRAMMING. Jean pockets, shirts, robes, towels, pillow cases, scarves, etc. Great personalized Christmas gifts. From \$3. Call Sherry at Ext. 410 or at 762-9579.

I will type resumes, theses, term papers. No job too big or too small. Call Debbie 379-2486 after 5 p.m.

PREGNANT? NEED HELP?

You have a friend. Confidential counseling anytime. Call **BIRTHRIGHT** 351-7744

Brya Insurance
AUTO & CYCLE
INSURANCE
For Students and Staff
Monthly Payment
at Zayre's Department Store 356-8321

• Work Wanted

PIZZA WORLD
is now accepting applications for delivery personnel. Must be 20 or older and have auto insurance, good driving record and have dependable car. "Expenses reimbursed." Apply in person after 11 a.m. at the Pizza Worlds at 117 W. Washington, Urbana or 102 E. Green, Champaign.

• Wanted

Luggage rack for a 185 Suzuki motorcycle, will pay a reasonable price. Call 217-351-7782 and ask for Don.

FEMALE ROOMMATE wanted to share house near Parkland. \$150 a month, plus half of the utilities. Call after 6 p.m. 352-8693.

WANTED—Model 1980 Pioneer Stereo Receiver. Must be reasonable. Call 598-2557.

• For Rent

TO SUBLEASE: A one-bedroom unfurnished Country Fair apartment. Lots of closet space, large rooms, laundry (each building), pool, and tennis courts. Near Parkland College. \$325 a month. Call 359-3690 between noon-10 p.m.

PARK LAND APARTMENTS

- Brand New
- For 2-4 people
- Furnished-Unfurnished
- Lighted Parking
- Laundry (Each Building)
- Air Conditioned
- Automatic Ice Makers
- Electric Kitchens, Microwaves, etc
- Private Balconies
- Carpeted—3 choices
- Lots of closet space
- Walk to class if Parkland student or Faculty
- On busline
- 3 Bedroom Apt starting at \$334/mo.

Showing 7 Days a Week
Located just outside gate to
Parkland College on W. Bradley
356-3426 or 351-4070

• Miscellaneous

HAVE A ROOM for male student with bath. On a bus line. Continental Breakfast and Sunday dinner and holiday dinners included. Reasonable. Call any time after 6 p.m. Call 398-3899.

TURKEY HUNT FOR THANKSGIVING! Prize: Dinner for two at your choice of restaurant in C-U. \$30 gift certificate. Rules: No student government member or Student service committee members may participate. Messages will be presented on the message board as to where to look for the turkey until it is found. The turkey is to be placed on the desk of Secretary Sheri Zamary in the Student Activities office. Turkey Hunt will begin one week from today, Nov. 2.

COIN SHOW Nov. 6
The public is invited to the free Annual Coin Show from 9 a.m. to 4 p.m. on Sunday, Nov. 6, at the Urbana Civic Center, 108 Water St., Urbana. Sponsored by the Champaign-Urbana Coin Club, the show will feature exhibits of coins and currency in a special room. Dealers from the Midwest are expected to attend for the buying and selling of coins, currency, stamps, medals and other numismatic items.
The Champaign-Urbana Coin Club meets at 7:30 p.m. on the first Monday of each month at the First Federal of Chicago at the Market Place Shopping Center. Membership is open to beginners as well as advanced collectors.

• Club News

Are you concerned about the arms race? Meet some others who are not only concerned — they oppose the arms race.
Want to be involved? You are invited to stop by C232 at noon next Thursday.

The PARKLAND PROSPECTUS has created a special basket just for club announcements and information on upcoming events. The basket is marked "Club Notes" and is located in the Prospectus office (X155) on a table just inside the office (next to the basket for "Fast Freddy" entries). The deadlines for submitting any "notes" is Thursday at 12 noon. Thank you.

ATTENTION ALL PARKLAND STUDENTS
The Dental Hygiene Clinic needs student patients. You can make an appointment with the receptionist in room L149.
(Tell her you are a P.C. Student — you will have priority with appointment times that are available).

Brown wins Freddy

Kent Brown, of Champaign, was the Oct. 19 winner of Fast Freddy.

Brown also won the Sept. 15 contest which has made him ineligible for any further Fast Freddy competitions.

Brown was 11-13 and also guessed a tie-breaker correctly. His percentage over the entire season is 69 percent on 39-57 predicting.

The Oct. 26 issue of the Prospectus has produced more entries for Fast Freddy than ever before. A total of 57 ballots were cast, in contrast to 11 in the first contest held this year.

Fast Freddy wants to publicly thank the student body for participating and wants to congratulate all the winners.

Fast Freddy Contest

November 4, 5, 6

1. Everyone, off campus or on, except newspaper staff members, their families and Fast Freddy, is eligible.
2. This official entry blank must be used.
3. Only one entry per person will be accepted. Entries sent through the campus mail system will NOT be accepted. Entries must be brought to PROSPECTUS office (X155) in person or by U.S. Mail.
4. No individual can win the contest prize more than twice during the season.
5. All entry blanks are due in the PROSPECTUS office by 12 noon on the Friday before the games. No entries will be accepted after this time under any circumstances.
6. The winner will be announced in the following Wednesday's PROSPECTUS and will receive a cash prize of \$5.
7. Circle the team you think will win in each game. Pick a score for the tie-breaker game.

High School

1. Urbana at Champaign Central
2. Unity at Argenta-Oreana
3. DeLand-Weldon at Bement
4. Mahomet-Seymour at St. Joseph-Ogden

College

1. Illinois at Minnesota
2. Purdue at Michigan
3. Michigan State at Northwestern
4. Iowa State at Nebraska
5. Iowa at Wisconsin
6. Illinois State at Southern Illinois

Pro

1. Cleveland at Green Bay
2. Chicago at L.A. Rams
3. Tampa Bay at Minnesota
4. L.A. Raiders at Kansas City
5. Miami at San Francisco

Tie Breakers:

Urbana _____ at Central _____

ISU _____ at SIU _____

Chicago _____ at L.A. Rams _____

Name _____

Address _____

Phone _____ City _____



—Compiled by Tom Woodwards

Ways to achieving super health

Most Americans who feel no aches, pains or fevers think they are healthy.

But usually they are only partially healthy, says a University of Illinois physician.

Dr. Stephen Soboroff, director of the University's McKinley Health Center, said achieving the best possible level of health requires more exercise and a better diet than millions of adult American ever experience.

"People who think they are healthy often are only not sick," Soboroff said. "Some have never known what it feels like to be completely healthy."

"Take what you have got — your heart, your lungs, your brain, your kidneys — and view that in terms of what is happening to it on a daily basis. If it is being assaulted by liquor, caffeine, polluted air, tension and lack of exercise and sleep, it is not healthy. You could change all that and put all your physical systems in a much better state," he said.

Soboroff's prescription for achieving "superhealth" is raising the pulse rate to 75 percent of its maximum, usually 160 to 180 beats per minute, for 45 minutes three or four times a week by continuous exercise like running, swimming or walking. A person's diet should be low in fats and refined sugar, and excess weight should be lost slowly. Smoking and drinking should be eliminated or cut to very low levels, and time should be devoted to having some fun nearly every day.

He follows his own advice. He runs up to 70 miles a week to prepare for two marathon races a year, but does not recommend marathon running for most people.

"Whatever you do, do it in moderation. If you are going on a running program, you don't have to run 50 miles the first two days. If you are going on a weight reduction program, you don't have to lose pounds right away in a crash diet. Walking around the block once is a fine beginning.

"Incorporate play, exercise and

a sensible diet into your life so that it becomes a habit. Expect to eat whatever you are going to eat the rest of your life, and make managing stress and getting enough sleep permanent practices," Soboroff said.

If a person's diet is good, vitamin supplements usually are not needed, but most American women need some extra iron and many adults need a little extra calcium, he said.

Only individuals who enjoy their new healthy lifestyle more than the pleasures they have given up will stick to regular exercise and

proper diet.

"In many cases an individual finds smoking, drinking or overeating such an important source of pleasure it's a waste of time to try to convince them to change," Soboroff said.

"Everyone who tries to achieve optimum health should stick with regular exercise and better diet long enough to experience the intense pleasure of feeling full of energy every day. Eventually they can substitute energetic play and enjoyable exercise for the unhealthy pleasures they have sacrificed," he said.

MEN...

**IF YOU'RE EIGHTEEN,
YOU SHOULD BE REGISTERING
FOR MORE THAN
JUST COURSES.**

Registration with Selective Service is an important responsibility required by law. If you're eighteen or within a month of your eighteenth birthday, you should register. To register, go to any U.S. Post Office, pick up a card and fill it out. 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.