# FARKLANB PROGPECTUS 

## News in Brief

Social Security reform promises to be in the news a lot in coming weeks. Congress resumed session Tuesday with reform proposals a hot potato that neither the Democrats or Republicans want to hold. Possible changes are raising the retirement age to 68, cutting disability benefits, a change in the cost of living adjustment, and limitations on the earnings of retirees.

Labor Day celebrations by unions this weekend reflected wide disagreements between organized labor and Mr. Reagan on economic matters. Administration treatment of the air traffic controllers ranked high on the firction list along with growing concern over the long term effects of Reaganomics on American workers.
"Jobs, jobs, Jobs, and more jobs" was the Labor Day prediction by President Reagan. Reagan stressed that changes will not come overnight but that "our destiny is not changes will not come overnight but that "our destiny is not our fate. It is our choice." He urged Americans to take
advantage of incentives to save and re-invest, a plea which some believe may go largely unheralded by Americans who feel it is wiser to borrow and spend now rather than allow inflation to eat away at static savings.

Work continues to try and clean up an 840,000 gallon oil spill in the Mississippi. The spill occurred when the Greek tanker Aphrodite B collided with a grain barge last Saturday. Gloating containment booms are being used to keep the crude from flowing into drinking water inlets while crews attempt to vacuum up the giant slick.
U.S. and Japanese officials in Tokyo Sunday discussed the mounting trade deficit between the two countries. Some experts project the imbalance to top $\$ 15$ billion this year, contrasting with the previous record of $\$ 11.6$ billion in 1978 and $\$ 9.9$ billion last year. Japanese officials maintain that high U.S. interest rates to be the major cause. American officials point to Japan's many import restrictions and quotas as hampering free trade between the two countries.
U.S. and Soviet negotiators are gearing up for another series of nuclear arms limitations discussions. New weaponry and defense systems such as the MX missile and the neutron bomb indicate that the talks will probably begin again from ground zero with an emphasis on outlining each side's defense philosophy, along with projected defense needs. Senator John Glenn has suggested that each side be allowed to operate a permanent monitoring facility on the other's soil.

Hurricane Floyd is about 200 miles off the coast of Bermuda and bearing towards that resort island with 100 mph winds. Residents have been advised to take necessary precautions to insure their survival before the storm is upon them. Floyd is expected to stay clear of the U.S. mainland.

Israeli Prime Minister Menachem Begin arrived in New York Sunday for 10 days of talks with various officials and a few personal friends. Mr. Begin will meet with President Reagan to discuss the proposed AWAC's sale to Saudi Arabia and views regarding Palestinian autonomy in the Gaza Strip and the West Bank. Before returning home Begin plans to meet former president Jimmy Carter in Plains, Georgia.

## $\star \star \star$

The Polish labor movement Solidarity, answering charges that it does too much criticizing of the government without offering enough constructive proposals of its own, announced that it will be broadening its goals toward developing its own recovery plans for the critical Polish economy. Solidarity's governing commission was quoted as saying, "We canno stand idly by looking on at the breakdown of the nationa economy. It is clear we must take into our own hands the burden of improving things and coming up with constructive solutions."

## * $\star$

Education Secretary T. H. Bell announced Saturday that enrollment in American classrooms will drop 870,000 students this year while college enrollment will gain 20,000 . The National Education Association says 55,000 elementary and secondary teachers will have to be laid off because of the sharp decline calling it "the largest one-year drop in history."


PARKLAND COLLEGE SPEECH TEAM: 1st row (left to right)-Dan Cunningham, Paul Brown, Todd Schum; 2nd row, Richard P. Well, Mike McCleary, ham, Paul Brown, Todd Schum; 2nd row, Richard P. Weil, Mike
John Brooks, Peg White (Coach). Not pictured, Cynthia Vaughn.

## Speech team needs help

by Scott Dalzell
Last year, the Parkland College Speech Team ranked 11th in national competition among Junior Colleges. This year, the Speech Team has only two Speech Team has only two
returning members. They are returning members. They are
Paul Brown and Cynthia Vaughn. Paul Brown and Cynthia Vaughn.
Both Brown and Vaughn earned certificates of "excellence" at the Phi Rho Pi National Junior College Speech Competition.
Since there are only two returning members, the Speech

Team needs some support. There are a number of different areas in which one can compete. The individual events are Rhetorical Criticism, Persuasion, Informative, Prose, Poetry, Entertainment, and Impromptu. The Speech Team will compete throughout the state from October 1981 to March 1982. No experience is necessary, so if you are interested and want more information contact Peg White in C144 or C120 in the Communications Office.

## Adolescent seminar offered

Adolescent sexuality is the topic of a four-part seminar for parents which will be offered at Parkland College this fall. Sponsored by College this fall. Sponsored by
Parents and Children Together, Parents and Children Together,
PACT, the seminars will meet on PACT, the seminars will meet on
Tuesdays from 7:00-9:30 p.m., September 15 through October 6, in room X150.
Parent Seminars in Adolescent Sexuality is a project of the national PTA and March of Dimes. The purpose of the project is to help parents understand the physical, emotional and social physical, emotional and social
aspects of growth to sexual aspects of growth to sexual
maturity as well as enable them to maturity as well as enable them to
communciate their own values to their children.
The project is based on the rationale that families need to be strengthened as the first and
coremost place of teenagers to discuss and develop their values of sexuality, pregnancy and parenting. In order to do this, most parents need help in thinking through their own values and in developing their own ways of discussing these difficult topics with their children.
Illinois is one of 24 states included in the national project. The seminar is open to parents of children of all ages, but is limited to 15 participants. Individuals interested in registering for the series should contact the Center for Health Information at Parkland, 351-2334. PACT is the parkenting program of the Center, and is sponsored by the Charles W. Christie Foundation and Parkland College.

## Women's program sponsors workshop

Self-Concept and Personal Growth is a ten week workshop being offered by the Parkland College Women's Program at Lincoln Square, Urbana, in the Lower Level, Community Center, from September 15 to November 17. The workshop, which meets from 9 a.m.-noon on Tuesdays, presents an informal opportunity
for the mature woman to gain selfunderstanding and growth through positive exploration of strengths, abilities and interests. There is a $\$ 30$ fee. This workshop is also being offered on the Parkland campus on Monday afternoons beginning September 14.

## Parkland receives grant

Parkland College has received a highway safety grant from the Illinois Department of Transportation's Division of Traffic Safety. The grant is to be used to conduct a two-day seminar for approximately 100 emergency response personnel, offering training in the proper methods of response to highway accidents response to highway acciden
involving hazardous materials.

The Advanced Hazardous Materials Seminar will meet from 8 a.m. to 5 p.m. on Saturday and Sunday, October 10 and 11 , in room L111 at Parkland. Emergency service personnel interested in attending the seminar should contact Parkland's Social Science Division, 351-2229, for registration information. Registration fee for information. Registration fee for
the seminar, which includes lunch the seminar, which
on both days, is $\$ 25$.

## Learn to learn

A four-part Learning to Learn series is being sponsored by the Parkland College Women's Program on Tuesdays and/or Thursdays in September from 11 a.m.-1 p.m., as well as during the evening, at the College. Study Skills, Basic Anxieties, The Learning Resource Center (library), and Listening Skills are the topics of discussion.
Mary Ann Kohut, coordinator of the Parkland College Learning Lab, will discuss reading the textbook, note taking, study strategies, predicting exam questions and scheduling time on Tuesday, September 8, from 11 a.m. -1 p.m. in X220, and on Thursday, September 17, from 67:30 p.m. in X150.
Joan Gary, co-ordinator of the Learning Lab, will present methods to help alleviate math and test anxieties and the general feeling of inadequacy in the classroom on Tuesday, September 15 from 11 a.m. -1 p.m. in X220, and on Tuesday, September 22 from 67:30 p.m. in X150.
Ann Neely, reference librarian at Parkland, will introduce new ways to find information in the library and provide an opportunity to work on a short research assignment. She will speak in the library on Thursday, September 17 from 8-9:30 p.m., and on Tuesday, September 22, from 11 a.m.-1 p.m.
Dale Neaville, a Parkland College counselor, will address how listening skills can be sharpened to increase the learning and remembering of factual materials on Tuesday, September 22, from 8-9:30 p.m. in X150, and on Tuesday, September 29 from 11 a.m.-1 p.m. in X220.

## Classifieds

Someone needed to share 2 bedroom trailer in N.E. Urbana located on yellow bus line.
$\$ 125.00$ per month plus phone. Call 328-2458, keep trying.

Need ride to college
Hours-9:00 to 6:00
Mon-Wed-Thur-Fri Phone: 1-217.745-2474 after 6:00

Thorens TD-125 MKII turntable with audio-tech tone arm and $\mathrm{B} \& \mathrm{O}$ cartridge. Excellent Ger man construction. Call Kim

1939 Chevy 2 door sedan. 350V-8 Chevy engine, 350 Trubo, power steering, AM-FM 8-track, CB radio, power antenna, vinyl
interior, beige with brown interior, beige with brown 5. No answer, call 217-356-2376.

Bring your news items to the Prospectus office. Deadline Thursday noon for following Wednesday publication. Black and white glossy prints considered for publication with stories. Suggestions for features
welcome. Prospectuss office welcome. Prospectuss office, $X-155$ or call 351-2266; on
campus dial 266 .

## keyboard chatter

by Chad Thomas
All of us have experienced the difficulty of finding a gift for the "one who has everything.
But, did you ever stop to think about the person who receives a gift (that same person who has everything)? Sometimes it is just next to impossible to conceal your feelings - "Why in the world did they get that for me? I can think of a hundred things I would rather have!
would rather have!
Have you, yourse
Have you, yourself, tried to let some peole know that they were somewhat unsuccessful in finding an appropriate gift, one that would not find its way to the basement or attic shelves. Haven't you often said, "I just really don't want anything for my birthday, for Christmas, for Mother's Day or whatever the Mothers Day or whatever the But last Christmas my displeasure with a gift quite frankly backfired on me. But first of all, let me tell you that a farmer I am not and a farmer I never hope to be. Apologies to all of you who till the soils for all of us in the condos, apartments, high-rises, or small neighborhood city dwellings!
Anyway, back to the story at hand - the opened package revealed a "Sprout Farm" sprouter by Corning, complete with instruction book for sprouts.
That darned thing really works, even though I didn't plow the fields, bless and sow the seeds until the 4th of July (check the logs - 4th of July this year was rained out, parades were dampened, picnics were impossible,
Turning to page one of the instruction booklet, I learned that many seeds, whole grains, dried beans and peas can be sprouted successfully. I further discovered that essentially there are two
kinds of sprouts: the large variety harvested before the leaves develop or turn green (i.e. leaves develop or turn green (i.e.
lentils or mung beans); the lentils or mung beans); the
smaller type (i.e. alfalfa) which smaller type (i.e. alfalfa) which
are mature when small green leaves form.
Why sprouts?
My rainy-day education was furthered when I discovered alas sprouts are good for you. They are a superb source of vitamins, particularly B complex, and most contain a high level of protein. At this point I am not joking. They are the answer to a dieter's prayer, since they provide bulk without the calories provide bulk without the calories And, of course, you don't need to have a 200 -acre farm to grow sprouts. Suburbia to city apartment and 12 months a year - any place and any day - it's planting time. With no soil, feeding or spraying requirements even the most resolute "black thumber" can harvest a crop.
Sprouts can take the place of other vegetables; they can provide an appetizing fresh taste when the fresh vegetables in the market are either of poor quality or expensive.
One can get a variety of tastes by varying the type of seeds, grains or beans. Alfalfa sprouts have a taste similar to fresh salad greens; mustard and radish sprouts have a peppery taste that combines well with bland foods; the taste of pea and cabbage sprouts resembles the parent plant while wheat sprouts have a sweet, nut-like flavor.

Finally, sprouts are relatively inexpensive. Many seeds produce six to eight times their weight in yield. When you are in college, anything to deaden the ring of the cash register at the market is welcome!
I won't go into all of the "farming techniques" involved here - they are relatively simple and when you go out and buy your Sprout Farm you will get complete directions.
How to use
your sprouts
Harvest day has arrived!
For full retention of nutrients use the sprouts without cooking - or with minimal cooking such as steaming or sauteing quickly to tenderize and sauteing quickly to tenderize a
sweeten larger sprouts. For a sweeten larger sprouts. For a
fresh touch, add sprouts to hot fresh touch, add sprouts to hot
foods immediately before foods immediately before serving.
Use sprouts as part of a salad.. as a sandwich ingredient . . . as a garnish for soups, stews and casseroles . . . or just as they are for a nutritious snack.
Sprouts are a great addition to scrambled eggs or omelets and they can add interest to meat they can add interest to meat
loaves. In addition, they are loaves. In addition, they are
practically indispensable in practically ind
Sprouts can be dried by draining them thoroughly and patting them dry by gently blotting with paper towels. Spread sprouts loosely, in one layer, on a cookie sheet and dry them in a 325 degree oven (door ajar) stirring from time to time. This should take about two hours This should take about two hours.
Grind them or store them whole Grind them or store them whole
in a closed container in the in a closed container in the
refrigerator. Use as needed to refrigerator. Use as needed to
give a nut-like flavor to many give a nut-like flavor to many
different foods.
Microwave ovens can also be used for drying. See special instructions in the cookbook furnished with your oven.

Try a recipe-
The proof they say is in the pudding (omelet in this case): SPROUT OMELET

## 6 eggs

3 tablespoons water or chicken broth
${ }_{2}$ teaspoon salt
Dash pepper
2 tablespoons chopped scallions or green onions
1 tablespoon chopped parsley
*1 cup sprouts

In a medium bowl, beat eggs with water, salt and pepper. Heat butter in a 10 inch skillet and pour in egg mixture. Sprinkle top with sprouts, scallions and parsley. sprouts, scallions and parsley. stirring until golden brown on the underside. Place skillet under broiler and broil until top surface is moist but firm. Fold omelet in pan and slide out onto platter Serve for breakfast with sauteed Canadian bacon or chicken livers. Serve for lunch with your favorite creole sauce. Serve for dinner - when sprouts are added, sprinkle $1_{2}$ cup finely chopped cooked meat, fish or poultry and serve with your favorite wine, mushroom or newburg sauce. Serves 2 to 3 .
*Suggested sprout varieties: mung beans, cabbage, lentil garbanzos.
Sprout seeds are available in the Champaign-Urbana area. Be sure to specify untreated seeds for sprouting.

Next week: First aid for initial shock upon opening a letter from Secretary of State Jim Edgar and discovering that you have been drivers in Illinois to take the drivers in Illinois to take the written driver's license examina-

## Overseas study becoming popular

Thirteen years ago, "a Spanish professor at the University of Michigan took a tour of Europe,' recalls Louise Wright
Today, the professor's trip and taste for foreign study have become an annual flow of American students enrolling at ac credited colleges and universities in Switzerland, Mexico, France, Spain, Austria, Italy, and the U.S.S.R. for fall, spring, summer or year-round programs
The programs, moreover, are diverse, according to Wright, whose Center for Foreign Study helps students, graduates and teachers arrange for overseas courses, housing and travels "Most of the programs require some sort of language experience," she says, "but there are some fine arts courses that have no language requirements.
Wright advises that many American schools offer loans and scholarships for foreign study.


Her Center helps make the rest of the arrangements. Students can get applications for foreign study programs from the Center for Foreign Study, P.O. Box 1901, Merritt Island, Florida, 32952 (305) 459-0058.
"We believe that each student we send abroad is an important investment in creating mutual understanding and world peace."

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## "What is wellness?"

John W. Travis, founder of the world's first wellness center and co-author of the Wellness Workbook, will be the guest speaker at a Wellness Workshop, Saturday, September 19, from 8:30 a.m.-5:15 p.m. at Parkland College. This workshop is for health professionals and other individuals interested in pursuing individua
wellness.
A multi-media presentation, "What is wellness," will be given at the first workshop session, from 8:30-10 a.m. Topics for the late morning session, 10:15-11:45 a.m., are: "Preventing burn-out meeting your needs without feeling drained by others," and "Learning approaches to stress reduction.
"Learning how to access that part of yourself which already has everything you need," and "Simplifying your life - personally and professionally," will be discussed from 2-3:30 p.m. The
last session of the workshop, from 3:45-5:15 p.m., will cover "Creating a supportive environment and community" and "integrating the many dimensions of wellness into everyday life.,
All workshop sessions are free and open to the public. Individuals may attend one or all sessions. Organizations sponsoring the workshop are Parkland College; Mercy Health Care Foundation; Unitarian Universalist Church; Community United Church of Christ; the schools of Basic Medical Sciences and Clinical Medicine at the Clinical Medicine at the
University of Illinois, UrbanaUniversity of Illinois, Urbana-
Champaign; Carle Wellness Center; University of Illinois Department of Health and Safety; Dave and Sandy Lampert, Independent Shaklee Distributors; Wesley United Methodist Church; and Larraine and Ed Weber.

## 8 Senate seats open

Student Government is seeking responsible individuals to become Senators this fall.
There are eight Senate seats open this year for qualified students. To be eligible, candidates must be enrolled in at least eight hours with a G.P.A. of at least 2.0. Candidates should be eager to learn and willing to work for their fellow students.
StuGo can only be what you, the students, make of it and there are many important issues that need to be decided this year. These to be decided this year. These decisions will be subjective to the
kind of input Student kind of input Student
Government receives throughout the year. To actually be a government of the students and for the students, it is imperative that
these students be receptive to the needs of their school and be willing to work diligently to see that these objectives are met.
If you are interested in becoming a Senator, stop by the Activities Office (X-153) for more information. No experience is necessary, just a willingness to learn. All petitions must be turned in by Thursday, September 17, at $2: 15$ p.m. in Room $\mathrm{X}-161$. The elections will be held on Wednesday, September 23, and Thursday, September 24 from 10:00 a.m. to 2:00 p.m. and 6:00 p.m. to 8:00 p.m.
Why not take the time to find out a little more about this and make it a great year for all of us? You'll be glad you did!


The Reruns performed Tuesday in the fountain area after their scheduled concert at Fall-In was rained out.

## Musical groups formed at PC <br> Several new instrumental and <br> respectively. On Tuesday

vocal performing groups will be available free of charge $\omega$ area high school, college and community musicians this fall at Parkland College. For persons who desire college credit, tuition will continue to be charged.
The following ensembles will meet for a two hour period on a weekly basis and will perform in the community on a regular basis. The newly organized Community Orchestra and the Choral Union will rehearse Mondays at 7:00 p.m. in C148 and C140
evenings, the Big Jazz Band meets at 7:00 p.m. in C148, while the Madrigals meet at $5: 30$ p.m. in C140. The popular Community Band continues to meet on Thursdays at 7:00 p.m. in C140. A special class for beginning and intermediate string students of any age will be initiated on Saturdays at 10:00 a.m. in C148. If sufficient interest is shown, a beginning orchestra will be formed. Jazz combos will meet on Monday and Wednesday at $2: 00$ p.m. in C148, and a separate class
for jazz pianists and guitarists will be held on Thursdays at 3:00 p.m. Instruction on the synthesizer will also be available for the first time at Parkland. Performance through understanding the theoretical and practical sides of the instrument will be emphasized in a small group setting.
Class instruction for credit is also available in guitar, recorder, piano and beginning woodwinds. Interested persons should contact Erwin Hoffman at 351-2207 days; $351-8350$ evenings. Registration is possible at the first class meeting.

## Entertainment editor asks for opinion

by Mark Hiefje-Conley
So you think it's easy to be the Entertainment Editor of a thriving community college newspaper. WRONG! It's only been two weeks now and I think that I already need a two week vacation. I need help! That's where you, the reader, come in.
I need to know what entertainment Parkland students are interested in; what you like to hear about. So first, tell me... you're shy? OK, I'll start. In music my tastes
range from one extreme to the other. I like hard punk bands like the New York Dolls and X from Los Angeles; on and $X$ from Los Angeles; on
the other hand, I also like the other hand, I also like
Jimmy Buffet and UFO. I can Jimmy Buffet and UFO. I can
find some good in all movies find some good in all movies
even though they may be particulary horrible. A couple that I really think were (and still are) top notch films were "The Great Santini" and "Easy Rider." So you can see that my tastes don't always coincide with the general public.
For this reason and the fact

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that I am extremely lazy, I am urging... no, begging you to help me. Drop by the Prospectus office and we'll talk r if I'm not there, leave me a note. I'm always happy to hear note. I'm always happy to hear what you want to hear about.
Also, if you have a flair for Also, if you have a flair for
writing (or even if you don't) hand in a typewritten record review or a concert review. It's your big chance for fame and glamour. I'll give every article equal consideration and print the most interesting of the lot. That's all for now, I've got to get back to more important things, like writing another article or pulling out prematurely gray hairs

## Sign up for insurance

Parkland students who are taking at least 4 semester hours may sign up for Accident and Sickness Insurance.
This year there are two plans available at different prices. Pick up your brochure at Parkland Health Service, X202, directly above the bookstore. Enrollments will be accepted until September 25, 1981.

## Two self-development seminars to be held

Two Self-Development Seminars will be held this week. Know Your Campus and Career Center, with Yolanda Steffey, will be held 2:00-3:00 p.m. Wednesday, September 16, in the Career Center, X163.
Single Parents Support Group with Bonnie Hudson begins Monday and will continue through December 7. 12:00-1:00 p.m September 14 -December 7, X150.

## "Fall ln"

Photos by Scott Dalzell



Students take time out to relax during the "Fall-In" celebration.

## by Mark Hieftje-Conley

Menacing thunderclouds, intemittent PA problems, and the constant threat of cancellation were not enough to deter the estimated 250 people from participating in the numerous activities offered at the Fall-In that took place a week ago Tuesday Sept. first.
Activities which were temporarily halted when a rainstorm forced spectators and participants inside to avoid the shower included an egg toss, frisbee throws, food eating various contests, and an exhibition of parachute jumping. A live band, the reruns, was set to play for the crowd, but the sudden, Parkland exclusive rain shower convinced band members to reschedule their concert for yesterday at the fountain between the PE annex and the college center.
When asked about the Fall-In, Dean Richard Karch had several things to say. He lamented that there could have been more people in attendance but also said that he was very pleased and that he thought everyone who participated had a really good time. Dean Karch wished to congratulate Student Government for putting on the 1981 Fall-In, to thank Stugo Officers Jim Hillary and Zack Trail for their help, and to thank everyone else involved in making this year's Fall-In come together.
A 1982 Fall-In is planned but sources say that there will be some changes in the activities to compensate for the poor participation, particularly in the banana and watermelon eating contests, where no one was willing to stuff fruit into their mouths in front of friends and perfect strangers. I can't say that I blame them but I can say that the Fall-In was undeniably fun for everyone. Too bad you missed it

Tug-of-War helps some students limber up for beginning classes.



Munching out on a watermelon can be great, and so can the mess!

Parkland students take a break between events to quench their thirst.


The Stratosoarus Skydiving Team comprised of Van Warren, Dan Goriesky and Bruce Bardshaw perforined last week for Parkland students during the 1981-82 "Fall-In" celebration.
Van Warren, a 25 year old aeronautical engineer graduate from the University of Illinois has done his share of jumping from helicopters and University of Illinois has done his share of jumping from helicopters and
balloons this summer. After having flown in a vertical wind tunnel in balloons this summer. After having flown in a vertical wind tunnel in
Canada, Warren, is finishing research on the construction of a vertical Canada, Warren, is finishing research on the construction of a vertcal
wind tunnel which he hopes to build in the Champaign-Urbana area next summer. Cureently he makes a living as a computer programmer, but has special interest in computer simulation and graphics.
Dan Goriesky, also 25 , is presently a student at the University of Illinois and majoring in aeronautical engineering. Recently, Goriesky and Bradshaw traveled to Yosemite where they parachuted from a 3,000 foot cliff. Dan has over 500 skydives under his belt and holds United States Parachute Association Jumpmaster and Instructor ratings. He States Parachute Association Jumpmaster and Instructor raterest in
also makes his living as a computer programmer and is interester also makes his living as a computer
higher mathematics, and wind power.
higher mathematics, and wind power.
The third and most experienced skydiver in the group is Bruce Bradshaw. Bruce, a professional salesman, has made over 1,000 jumps and 12 hours of freefall. He has jumped all over the United States and also in South Africa. Bradshaw also holds United States Parachute Association Jumpmaster and Instructor ratings.
We here at the Prospectus would like to thank the Skydiving team, and wish them many more happy and safe landings.


Volleyball was one of several events enjoyed by Parkland students.

## Drug problem is <br> "going to get worse."

We make people fee comfortable." The Prairie Center has a very casual atmosphere with lots of easy chairs and employees and chairs and employee
residents dressed in jeans.
Alchol, as well as drugs, are problems that are discussed at the center, which provides counseling, a crisis team, a 24 hour-a-day hotline, education, and prevention techniques Jencius says he wants to help people kick the drug habit, but
they have to want to quit before he can help them. He doesn't baby them. "I'm a directive therapist. I like progress. Awareness is really important. I like people to find out where they are.
Jencius said the counselor helps the client set goals for himself. The client has to find out where he is and then, where he wants to go. "They need direction and goals.
Jencius classifies drugs into
hree categories:uppers downers, and hullucinigens. He said that the drug problem is so big that prevention is becoming almost impossible, and treatment is difficult. The center, like many other social services, does not receive much government funding, and Jencius says this lack of support makes it hard to reach and help users.
The 24 -hour phone number at the Prairie Center, 122 W. Hill St., is 359-1160.
course, it is up to the air traffic controller to help him get back on course by use of the controls, radar systems and computers in the tower.
It is also the air traffic controller's job to help the pilot land the plane with use of a "localizer," which is set inside the tower. Then, inside the plane, a needle indicates the straight path to the runway. If the

Jencius. "It is an easy vehicle. lt's easier to escape with LSD than to go to a movie." He said that "feeling good" is very important to people, and those who take drugs want to feel good all the time -24 hours a day. They want to get rid of all problems and always be happy and high.
Many people who are drug abusers are from middle or low income families, but there are all everyone," remarked Jencius.

## Piloting not as easy as you may think!

Flying an airplane is like driving a car in a blizzard, according to Roger Clinton, chief of the highway control tower at Willard Airport,
Pilots follow a map much like a road map except it outlines routes airplanes take in the sky, according to Clinton, and they use compasses to tell how far

ROTC plus college instills responsibility
by Cadet Terry Robers
College is a time of high promise and even greater expectation. Students eagerly look forward to the day when they will have completed their education and are ready to get on with a career in their particular field. However, many will not be ready. In our society employers look for individuals with experience in responsibilty. Another name for this is leadership.
In ROTC, you learn how to get
the most out of yourself. It's
exciting. It's challenging. And now it's offered during freshman year!

However, many students considering this program are confused about the responsibilities that they will be tasked with once they take that step to become cadets as well as students. But, the Army ROTC program is designed to cope with the student's academic loads as well as his or her leadership growth as a cadet.
which the plane is going, and at what altitude it is flying.
According to Clinton, piloting a plane is very safe process. "It's much more dangerous to get in your car and drive across town than to fly a plane," he said.
A pilot who is flying out of Willard sets his plane's radar system to Champaign frequency system to Champaign frequency to prevent him from getting off
from each checking point their planes are
There communication between the plane and the air traffic controller, and the controllers use moving target radar to keep track of what goes on in the sky. Moving target radar tells them the planes' number in sequence to other planes, the direction in

The general philosophy of Army ROTC is that school comes first; ROTC is that school comes first;
however, because a cadet is a cut however, because a cadet is a cut
above the rest, he or she is often above the rest, he or she is often maturity and discipline to budget time and set proper priorities in order to do well in school and Army ROTC. As a cadet myself, I will admit that this is not always easy for a full-time student easy for a full-time student:
However, through organization and determination, most have succeeded. You can too. All it really takes is fortitude and willingness to push oneself to a

## Health Center offers program dealing with physical disabilities

In recognition of the International Year of the Disabled, the Center for Health Information will offer a program on Physical Disability and Rehabilitation, Tuesday, September 15, from 7-9 p.m. in room L141 at Parkland College.
Jasper Phelps of the East Central Illinois Rehabilitation

Clinic at Mercy Hospital will discuss new techniques in rehabilitative therapy and services available in the community for the physically disabled. He will also answer questions of concern from the audience.

The free program is sponsorec by the Center, a community health education program of the Charles W. Christie Foundation and Parkland College. More information about this program may be obtained by calling the Center at Parkland, 351-2334.
higher level of maturity. It is the goal of the Army ROTC program to help you reach that level before becoming newly commissioned officers.

The future is always closer than one realizes. Today becomes one realizes. Today becomes
tomorrow in the wink of an eye. tomorrow in the wink of an eye.
The passage of time can mark lost The passage of time can mark lost opportunities, or the building of a great career. An essential part in bullaing tor the future is education, of course; but the growing proportion of our national population going to college has lessened the diploma's role. The Army ROTC training program offers that "margin of difference" to the student who wants to reinforce his academic and natural abilities against the day when he or she will enter civilian enterprise. A college student looks ahead, and in looking ahead ROTC provides the best devised route to becoming all you can be.
localizer is set, the needle indicator in the plane will be straight, and if the pilot follows the needle, the plane will land right on the center line of the runway.
To be an air controller, a fouryear degree is required, according to Clinto. Many controllers at Willard were in the military and some the military, and some have specialized experience or previous air traffic controller experience. Many also have pilot's licenses.
A lot of maintenance is done at Willard. "We are constantly checking the airplanes to make sure all the components are working," Clinton said. Planes working," Clinton said. Plane are maintenance crew after 100 flying hours and overhauls are done every 1000 hours. Even if there is no problem, the planes are checked to make sure they are in proper flying condition.
Willard Airport is almost two miles long and has a 20 -inch thick runway. It has about 1,000 operations per day and 26,000 per year.
Two semesters and 40 hours of flying time are required for a qualified private pilot's license, and 1,000 hours flying time are required for a commercial pilot's license.

## Photographers needed at the Prospectus.



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



## Community artists unite in "labor of love" <br> makes mandalas to order to your <br> shape of a pig. While he enjoys making <br> Illinois and Champaign Park District's

Labor Day weekend showcased a "labor of love" for a group of Illinios artists at the Champaign Park District's 11th annual Cultural Arts District's 11th annual Cultural Arts
Festival at West Side Park Sunday. Over 50 artists of various media brought their handiworks for show and sale. Paintings, drawings, photography, pottery, weaving, jewelry, woodcarving, neddlework, stained glass, and other cultural arts were presented...each a loabor of one artist'love of beauty.
Julia Hartsell of Decatur has a particular fondness for landscapes of the Sangamon River and its wooded areas. She spent most of the afternoon doing what she does best and enjoys most-painting. Passersby stopped to watch and admire as she turned cold white cnavas into warm Sangamon landscapes. Work progressed rapidly as she applied oil paints in the wet-onwet style. "I have to keep painting on the road to keep up," she said, "and you can tell I enjoy painting outdoors with people watching.'
Ms. Hartsell also amused the crowd by turning the canvas upside down to paint tree branches. "If you think you have any problems with composition," she said, "turn the painting dupside down, and you'll know.
After 45 minutes of working color on color, Ms. Hartsell said, "The key to a good painting is knowing when to quit," and promptly framed the canvas. "I'm picky about the frame," she said. "Unframed paintings are like getting dressed up and going out with your hair in curlers.'

Another type of painting was exhibited by Mary Grider, a local artist who creates therapeutic painting. The mandala is a meditational aid, a symmetrical color wheel that pulls your eye to the center. Ms. Grider
birthsign, color preference, or state of health or mind. Pink tones down anger and turquois is therapeutic for arthritis suffers, she explained. Scientific studies of light refracted through a drop of water that is being bibrated by sound waves produce natural mandalas. "I think they'd probably sell better if I called them 'Pennsylvania Dutch hex signs,'" she laughed.
Grider said she believes in the therapeutic value of the mandals, which she does in watercolor. "They're which she does in watercol
therapeutic to paint, too."

Clarence Moore of Champaign displayed his woodcarvings for the second year at the Cultural Arts Festival. He usually spends 24 to 36 hours on each carving depending on the difficulty, and that doesn't include the tedious job of finishing. "But I really enjoy doing it, and I make my own patterns," he said. Moore's only complaint is that the price of good hardwoods is getting so high.
Mrs. Moore, his wife, calls him "termite" because he's always in the wood. Proud possessions of hers include the first figure he carved, two complex nativity sets, a two inch high chess set, and Santa and his eight tiny reindeer.
Moore feels the talent is somewhat hereditary. "I got interested in woodcarving when I saw an entire carved circus displayed at a local shopping center about six and a half years ago. I said, 'I can do that' and I've been doing it ever since. I understand my grandfather who died in 1896 was a woodcarver and I guess that's where I get it from. I don't care if I make any money out of it or not. I just like others to see and enjoy, and maybe get them interested in woodcarving get them interested in wood
to carry on after I'm gone."
Don Gates from Urbana echoed Moore's feeling about high prices. He makes hardwood cutting boards in the
them, the rising price of hardwoods has forced him out of the market. "This is my last batch," he said. "The wood has gotten too expensive and the next batch would have to be priced at least fourteen to fifteen dollars each, instead of the current eleven to twelve dollars which some poeple already think is a little high.'

Parkland College was represented by two fine artists . . . one well-known and the other quite new to exhibiting. Phyllis Rash Hughes needs no introducPhyllis Rash Hughes needs no introduction to local art lovers. Coordinator and
instructor of psychology at Parkland instructor of psychology at Parkland,
she is also an award-winning pen and she is also an award-winning pen and
ink artist who has been drawing pro fessionally for "at least 25 years." Her double major in psychology and art sometimes combine as when she illustrates the psychology books she writes. She also does illustrations for the American Bü Association. She feels the secret to being happy is to like what you do. "It's not always right to choose between two things you do wel and drop one, because interests can complement each other and make both richer."

Janet Goglia from Urbana is a Parkland student in Graphics and only went to her first show this summer. She to her first show this summer. She creates pictures in stained glass in
surprisingly intridcate detail. She had made a drawing for a Parkland class made a drawing for a Parkland class
that impressed a friend who suggested that impressed a friend who suggested
she do it in stained glass. Goglia admits she do it in stained glass. Goglia admits to being big on detail and 20 hours and 100 soldered pieces of glass later, "Ah, Spring" was finished. Goglia proudly displayed the blue and green floral at the Festival.

The Cultural Arts Festival also provided an interested mix of live entertainment. The University of

Music in the Parks Chorus performed several selections for an appreciative crowd. The Park-District's musical groups have long been a highlight of part activities.

A different, but no less entertaining type of music was performed by John Lynn, a University of Illinois Professor of History. In the traditional uniform, including kilt, of the Argyle Highlanders of Bangor, Maine, he marched through the crowd playing the bagpipe. Children stood fascinated as he played and between selections the bolder of them asked questions about his seemingly strange dress and instrument. Professor Lynn left Maine for the University of Illinois ten years ago with the honorary title of Perpetual Pipe Sergeant, whose rank he wears proudly. He feels certain that the Pied Piper of Hamelin was in reality a bagpiper from he reactions he gets from the children whenever they see him play.

A special children's art area was quite popular with the younger set. Budding artists tired their hands at spin art, fingerpainting, and clown makeup. Child-oriented performances by an acting troupe and a magician kept them well entertained.

Mindy Slack, coordinator of the event for the Park District, said that she was pleased with the turnout of exhibitors and the public. Plans for the event started in May and the Park Distric and the public seemed to feel the time was well spent. Those who missed this chance to join with other members of the community and enjoy the arts can rest assured that next year, the 12th Annual Champaign Park District Cultural Arts Festival will make Labor Day Weekend 1982 another "labor of love."

## Community colleges can contribute

Most people recognize the community colleges for their educational contributions, but they also frequently view them as a drain on their tax money However, a recent study conducted by the staff of the Illinois Community College Board showed that community colleges have a significant positive economic impact upon their communities and inject additional monies into the local additional monies into the local
economy. The study covered six economy. The study covered six
community colleges in Illinois of various sizes and geographic location that are representative of the 39 community colleges in the State.

Banks are one kind of business which benefit from the resources and expenditures of community colleges. The average expansion of the local banks' credit base in of the six community college the six community college
districts studied was more than districts studied was more than
$\$ 5.2$ million per district. The $\$ 5.2$ million per district. The
range of credit base expansion for banks in the districts studied was from $\$ 1.6$ million to $\$ 14$ million.
The ability of banks to make loans is related to the amount of money in their savings and checking accounts for people and organizations. The Federal Reserve System requires member banks to keep a certain
amount of money in reserve, but the rest is released to allow banks to extend credit to people in the area. Residents buy homes, cars, and other large items, and they borrow money for personal use. Financial assistance is also extended to businesses through extended to businesses through commercial loans and to farmers to buy equipment and the materials for fertilizing and planting crops. Consequently, the money deposited in banks because of community colleges is important to many people in the district.
The money finds its way to the banks through various means. Student tuition, tax money, and

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State funds received by the community colleges are deposited in banks until nmeeded. The colleges may also be saving money to be used for a specific purpose, such as a new building or repairs to existing facilities. Also, employees of the colleges deposit salary money in banks for checking and savings accounts.
Another source of deposits for banks is the students enrolled at the colleges. Students save for college and have checking accounts. Community college officials estimate that the cost for a full-time student to attend a community college, including tuition, fees, books, supplies, tuition, fees, boos, supplies, commuting costs, food, and other expenditures, runs between
$\$ 2,500$ and $\$ 3,000$ per year. A large
part of this money is circulated through local banks.

Other significant finds of the study were that, for the six districts studied, community colleges stimulate the total local economy by (1) increasing business volume by approximately $\$ 3.00$ for every $\$ 1.00$ spent and (2) providing $\$ 1.00$ spent and $\mathbf{9 , 0 0 0}$ jobs and a combined 9,000 jobs and a combined
personal income for individuals personal income for individuals
in college-related jobs and in college-related jobs and
business activities of $\$ 77$ million.

The Community College Economic Impact Study was the primary responsibility of ICCB staff member Ray Bess and was conducted with the assistance of the ICCB Research Advisory Council.

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## Golf team opens season

The Parkland golf team, with little preparation, opened the fall sports season by sponsoring a dual meet against conference rival Danville Tuesday, Sept. 8.
Today at 11 a.m., the team will be teeing off, (along with 20 other teams), in one of the main events of the golf season; the Parkland Invitational, being held at the U of Invitational, being held at the $U$ of
ournament will be usually strong teams from ICC, Joliet, Lakeland, Lincolnland, and Vincennes.
Last year after taking the dual meet Parkland went on to take the conference title. This year, however, Coach Norris feels he is one or two golfers short of the team strength needed to be competitive at the conference comp

## VB coach has high hopes

by B.P.
Volleyball coach Randy Henkels was pleasently surprise by the talent displayed in early volleyball practices. Henkels emphasizes participation and fun in his approach to the game (as well as trying to win). The team is
concentrating on fundamentals in preparation for their opener against Lincoln.
Anyone who would have tried out, had they known of the opportunity, will be happy to know that there are still openings on the team.

## Latin may be on its way back

By Gwyen Gantter
'Salvete discipuli?'
Hail students. Latin is coming back to high schools in Philadelphia, and local educators say they think it helps improve English skills. However, locally, it's still dead as far as most students are concerned and has been dropped from class because of a lack of interest.
"Latin is a very universal
language. It helps you think and speak more clearly," said Gerald Malsdory, teaching assistant in the Classic Department at the U of $I$.
Malsdory feels very strongly that Latin is an extremely important language. He said the language is an introduction to the literature of western civilization and the the romance languages, such as Italian, French, and Spanish. Also, he says, it teaches


Join pom-pom squad

## Be a Pepper!

## Be a Parkette!

Parkland College is planning a Pom-Pon Squad for the 198182 basketball season. Interested Parkland students should sign-up in the Office of the Dean of Students, X176. Try-outs will be held in midSeptember.
This Pom-Pon Squad will be a FIRST for Parkland College. In addition to selecting the members of the squad the members of the squad, the uniforms and the name of the squad are to be selected. All persons interested ard
encouraged to get involved. encouraged to get involved.
Be a Pepper! Be a Parkette! Be a member of the Parkland College Pom-Pon Squad whatever the name.
you to speak and think more clearly and is an introduction to history.
However, Rick Bolden, administrator at the Technical Education Research Center in Champaign, which is mainly a school for doctors and lawyers, school for doctors and lawyers,
said, "Teach them English, not said, "Teach them English, not
Latin. Many people don't have Latin. Many people don't have common English skills." Bolden said some students want to be doctors and lawyers, but they do not know basic English.
$\qquad$
administrators, and counselors feel that Latin is an important class, yet when budget cuts had to be made, Latin was among the first subjects to go.
Robert Davenport, head of counseling at Centennial High School, agreed that Latin is beneficial, but said the school dropped it about seven years ago because there was little student interest.
Central High School also deleted Latin from its curriculum several years ago.
Prairie Junior High Chool teaches no languages, primarily because of budget cuts.
Grey Dykstra, administrator at Community Christian School, said although Latin is not taught there, it would help the students better their English skills. But Latin, he feels, should be an elective course since not everyone needs it.
Latin classes are definitely decreasing locally, Dykstra said, and other foreign languages are a little more important, but "I see an importance for Latin.'
St. Matthews Catholic School does not teach Latin and never has, but Katrina Earl, secretary, agrees that it is benefical.
About 70 percent of the words in English come from Latin, and most educators say the knowing Latin will greatly improve your English skills.

## WPCD broadcasts game

Friday night's game between the Homer Panthers and the Newman Redskins will be by tape delay broadcast on Parkland College's educational radio station, WPCD-FM, 88.7 at 9 a.m., Saturday, September 11.
It will be the first game of this season to be broadcast by WPCD. The production will be a combined effort of the high schools and effort of the high schools and
WPCD, providing students a WPCD, providing students a
chance to learn about broadcasting.

## Seatbelts can save your child

In a 30 mile per hour crash, a child can be thrown forward by a force equal to 30 times his weight. If the child isn't secured to the seat, the result is tragedy.

In 1978, 669 children under the age of five were killed in auto accidents and tens of thousands were injured.
Many of those deaths and injuries could have been prevented if the parents had secured the child with a restraint system. After all, a recent survey found that only 5 percent of young children were protected with child restraints.

One of the most important rules is that all children under age five, or weighing less than 40 pounds, should ride in a child restraint.
There are several types of restraint systems, depending on the age of the heild. For the infant, from birth to about 9 to 12 months old, there is the infant carrier.
This system consists of a safety seat in which the baby faces toward the car's back seat in a semi-reclining position. In an accident, shock is absorbed on. the baby's back, rather than the more fragile chest and abdoment.

The infant carrier is padded, has belts to secure the child and is anchored to the car by the vehicle's safety belt.
In an auto, the baby should travel in an infant seat from day one. That means expectant parents should acquire a baby seat ahead of time for that first trip from the hospital to home.
Babies should ride in an infant seat until they can sit up by themselves without support. This usually happens when the infant is 9 to 12 months old or weighs about 20 pounds. At this point, the baby is ready for the child safety seat. In this system, the child sits up straight.

The child safety seat also can be used for the toddler, ages 1 to 4. In a child safety seat, the toddler faces forward and is secured with the auto's safety belt, as well as a five-point safety harness. A tether strap helps hold the seat to the auto.

Two other types of restraint systems for the toddler are the protective shield and the child harness system. The protective shield is a C-shaped shell that the child slips into. The shield is anchored to the car by the seat belt.
In an accident, the child is cushioned by the shield. Advantages of a shield are that the child doesn't have to be secured with a harness and the shield doesn't have to be connected to the car with a tether strap.

But there are disadvantages, oo. The shield doesn't provide as much protection in a collision from the side. Also, the child can slip in and out of the shield easier than a harness sytem; so you must keep a closer eye on the child.
The child harness system also doesn't provide good protection in a side collision; that's why it should be used, whenever possible, with the child placed in the center of the back seat.

In a child harness system, there is no special seat for the heild. The system consists of a five-point harness that is anchored both by the car's seat belt and a tether strap.

These additional tips on child restraint systems are offered:
-For a child, the safest place in the car is the back seat
-If a child restraint is unavailable, at least have the children use the seat belt.
-Do not hold children in your lap while you travel. Contrary to what you might think, you probably will not be able to hold on to your child in a crash. If you are not wearing a seat belt, both you and the child will hurtle forward
-Do not allow children to ride in the luggage compartment of a station wagon or hatchback.

There's even a fringe benefit to restraint systems. With the child kept firmly in place, you won't have to deal with active children climbing all around the auto while you're trying to drive.

Prospectus has openings for staff positions for the '81-'82 school year:<br>Photographers<br>Reporters<br>Typists/proofreaders<br>Weekly circulation<br>Ad sales<br>Delivery to printer<br>in Villa Grove (Tuesday 1:00)<br>> Check with co-editors Thursday in X-155 during weekly staff meeting or call Ext. 266 or 356-2376

