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Nursing major Beverly Johnson gives Linda Ray information needed for registration for summer courses. See the Parkland Next Week advertisement on page 2 of today's paper for complete details Photo by Chino Barreto about registration dates and times for Intersession, Summer and Fall.

## Tests detect problems early

By Mike Westfall News Editor

It happens probably every day. You're in the car, listening to the radio, your favorite song comes on and you turn it up as loud as it can go. Or, on that boring bus ride across town, or between classes, you put a tape into your walkman, and put on the headphones.

If you are one of the millions of people who subject their ears to this level of sound on a regular basis, whether it be music, or noise in the home or at work, you are risking permanent damage to your ears, and possible hearing loss.

Many people do not believe, or are unaware, that

they have a hearing loss until they are tested for it. Parkland will be offering free hearing and speech tests on Monday, April 23, 9 a.m. to noon, and Wednesday, April 25 from 12:30 p.m. to 3 p.m. in X-150, near the PLATO Lab. The test will be conducted by staff from the Speech and Hearing Clinic at the University of Illinois through the Parkland College Health Information Center. No appointment is necessary.

Clear speech and hearing are very important in careers and for good interview skills," Associate Professor of Speech and Hearing Science at the U of I, Dr. Joan Good Erickson said. Erickson and other Speech and Hearing staff members conducted speech and hearing screenings at Parkland last

At that screening, 22 Parkland students and staff members were tested for speech, and 31 were tested for hearing, according to Parkland Health Educator Jan Thom.

Among those tested, there was a 35 percent incidence of hearing loss, which is higher than would be expected in a college population, according to Erickson. This could be attributed to the age of the Parkland student population, of which the average is 27. The mean age of the students tested last semester was 32.

Erickson said a greater concern, however, was the frequency of exposure to noise, such as farm equipment, guns, and loud music, which are known to cause hearing loss. Those who failed the tests were referred to an HMO, or the U of I Speech and Hearing Clinic for complete evaluations.

Thom said one reason for the low turnout at the last screenings could have been the location, the Health and Safety Services office, since it is not in a prominent area. But she added that the major reason is that young people don't feel that hearing loss is a problem for them.

"At that age is when you can prevent hearing

loss, and it is the perfect time to reach them," Thom said. "Loud music makes it a problem for young people, but it is not seen as a real problem.

Sound is measured in decibels (dB), a measure of pressure in relation to the sound, and is a measure of intensity, not loudness, said Dr. John O'Neill, of the U of I Speech and Hearing Science Department. The U.S. Occupational Safety and Health Adminis-

tration (OSHA) sets 90 dB as the minimum for hearing protection in an occupational environment. However, many sounds heard almost everyday have a decibel level well over the OSHA standard.

Normal conversation registers 60-70 dB. A lawn mower can be 90-105 dB, a chain saw is 100, a motorcycle, 110, and a rifle blast, 120. An amplified rock concert registers at 120 dB.

"Things like loud rock music, if it lasts only 20 to 25 minutes," O'Neill said, "and is followed by a rest of 10 or 15 minutes, may cause a temporary loss of hearing that doesn't cause any change in the inner ear. But, if that keeps up over time, there is a possibility it could cause permanent damage.'

Hearing is damaged when long enough exposure to decibel levels over 90 causes the hair cells on the master membrane of the inner ear to be damaged, O'Neill said. The cells do not recover, and permanent damage results.

Walkmans are also a cause of temporary hearing loss, according to O'Neill. Some of the stereo/headphones have a decibel level over 100, above the OSHA protected level. Considerable use of walkmans at this level could lead to some hearing loss.

The type of music does not matter as much as the loudness, according to O'Neill. Society has an attitude of "the louder the better" when it comes to music, he said. "The more noise, the more dynamic, the more exciting it is.'

Some rock musicians have taken the cause of hearing loss prevention to heart. Pete Townshend, of The Who, is the head of the group HEAR, Hearing Education Awareness for Rockers. Townshend himself has a hearing loss from his years of

exposure to high levels of music.
"Townshend is one of the few (rock performers) who claims that exposure to rock and roll music causes hearing loss," O'Nei'l said.

Testing is available at no charge through the Champaign Public Health District on the first Tuesday of the month, September through May, from 8:30 to 11:30 a.m. at the health district office, 710 N. Neil, Champaign. Tests can also be taken at the Speech and Hearing Clinic at the U of I, at your doctor's office, or from an audiologist.

## Student starts burn center

People who are severely burned often suffer extreme pain and the possibility of deformation. They also suffer emotional and financial damage as well.

Where do these victims turn to when they need help in dealing with their experiences?

Unfortunately, support systems for burn victims in this country are grossly inadequate. That is why the Knapp Burn Foundation was created

Rick Knapp, a Parkland Col-lege student says the Knapp Foundation was created in 1989 as a result of an automobile accident that left him with severe

Knapp says, "Burns are the third largest cause of accidental death in the United States, and, among very young children, are the leading cause of death."
"Every year," Knapp said, "Ov-

er two million people are burned seriously enough to require medical attention, and seventy five thousand of those individuals will require hospitalization."

Knapp believes there is a common misconception of the general public related to burn victims.

Knapp said, "It is not only the person in the family who physifamily as a whole who must deal with it." caly gets burned, but it is the

One of the major problems associated with burn victims is

the financial aspect.

Knapp said, "It can often cost the family more than \$2000 per day for medical expenses which add up very quickly.

In addition, he said, the entire family must learn to deal with the

fact that a member of the family has been severly burned.

While it does take some time for a family to ajust to the reality that a part of them has been traumatized, Knapp said, "It is the physically burned victim themself who has to make the biggest changes in their life, and that is where the Knapp Burn Foundation plans to help." Knapp said, "The foundation

has decided to support burn vic-tims financially, socially and emotionally." He said the founda-tion also has other objectives which they are working on.

One of those major objectives Knapp said is, "The education of the public with regard to an understanding of the life problems of burn survivors and their families. The foundation is also concerned with the promotion of research of burn treatments and rehabilitation techniques.

Another one of the founda-tion's current projects is the pub-lication and distribution of a burn directory that would list all of the burn treatment facilities in the Midwest. The directory would list the level of treatment that each facility is qualified to provide. When completed, the directory will be distributed in the area including: Indiana, Michigan, Minnesota, Ohio, Wisconsin, Missouri and Illinois.

The idea for the directory was the result of interviews that were conducted by the foundation with many emergency rooms and trauma centers.

"What we found during the interviews," said Knapp, "Is that many of these facilities don't really know how to deal with a situation that involves a burn

## **Additional fees added** to Parkland courses

By MIKE WESTFALL

An additional fee is being added to most Parkland courses, starting

with those offered for the Fall semester.

The fee was initiated to cover supply costs for classes, Assistant Vice-President for Academic Administration Dale Ewen said. These expenses are for equipment supplied by the college for some classes, and materials such as handouts and tests.

The additional fees were approved at the Feb. 21 Board of Trustees meeting. Ewen said the fees will be a permanent cost for students, and will be reviewed annually.

One of the few exceptions to the fee addition is an ROTC course offered through Parkland at the U of I.

'The amount to be charged per class was decided by taking the actual expenditures for each course from the last budget, and dividing it by the number of credit hours," Ewen said.

Interim President Robert Poorman said a review of the costs to run a course, not including instructional costs, raised the question of whether those expenses should be passed on to the student

"The answer to that was yes, but let's do it in a way that makes some sense, so when someone thinks of a new course fee, you just can't tack it on," Poorman said.

The system for the fees, proposed by Academic Administration, will generate about \$28,000 from Parkland's 140,000 credit hours,

according to Poorman. Student Government President Mary Davis said the cost of teaching an automotive or a nursing class being more than an English or accounting class is understandable. "But if the board starts laying down outlandish costs for fees, it's going to look like a tuition increase," she said.

'If they want a tuition hike, they shouldn't sugar coat it and call it a

course fee increase," Davis said.

"The approach was not to back into a lot more money under the guise of fees," Poorman said. "My observation to the board was that if and when the college needs to raise tuition, it should address the question directly and not by the way of course fees.'



Parkland Health Educator Jan Thom poses with the plaque the college received for the "Highest Percentage of First-Time Donors," at the Champaign County Blood Bank's Annual Recognition Luncheon.

## Cards replaced by computers

By Jaishree Ramakrishnan

Many of the cards in the catalogue in the Parkland Library are dog-eared, and some are even slightly torn -evidence of 20 years of thumbing through by thousands of Parkland students.

This collection of college history, which has become obsolete with the installation of the computerized system, will be put away for recycling into boxes furnished by the Community Recycling Center, by Junior Girl Scout Troop 19.

This event, planned in con-junction with Earth Day and National Library Week Celebration, will be on Saturday, April 21, between 10 a.m. 12 noon.

"To us it is an important event. It reflects the history of the College and also the continuing evolution of the library," says Ray

Bial, Library Director.

The card catalogue was established in the fall of 1967 when Parkland College first opened its doors in downtown Champaign. Bial said the card catalog has been growing at the rate of several thousand cards each year.

"The card catalog was the heart and soul of the library," Bial said. He also added that the computer catalog, which has been in use for almost two years, is extremely user-friendly.

"As far as I am concerned ours

brary in East Central Illinois. We are trying to keep it a model library, and are trying to do the very best," said Bial.

Most students enjoy using the new system, which searches by author, title, subject, and keyword.

"Recycling was the best choice for the use of the cards," said Julia Hough a reference librari-

Hough and Jo Anne Stanko, a reading instructor, are co-leaders of the troop which will be recy-cling the cards. Troop 19, which consists of 4th and 5th graders from Bottenfield School in Champaign, has been involved

with recycling for some time. Hough said, the troop started working on recycling at first in their school. "About 20 or 25 of them will be here on Saturday. They will salvage the cards to be recycled, and will put them in boxes," Hough said.

According to Hough, the Scouts will also cut adhesives and pull plastic from some of the cards in order to get them ready for recycling.

"I am sure they will have a good time because this project will earn them badges," said Hough. The Girl Scouts will then be allowed to use the reader printers and computers. Some parents from the troop will also be there to help make the event a success, Houg said

## Awards Banquet to be April 26

By Lori Schaeffer Student Director, IOC

On April 26, 1990, the Inter-Organizational Council (IOC) will hold its Twenty-First Annual Awards and Recognition Banquet at the Chancellor Hotel and Convention Center.

The banquet will be honoring those people who have been actively involved in clubs, intramural sports and scholarship winners. Awards will be presented to them as well as the Student Government and Club of the Year, which will be announced at the banquet. Following the banquet will be a dance with Busboom Power and Light Company.

IOC is composed of all of the clubs, a student director, and an advisor. Events IOC have sponsored this year include food sales, a leadership conference, a Christmas Tree decorating Contest, a pumpkin carving contest, and a Holiday Carnival for Kids. Meetings are held the first and third Thursdays of every month at noon in X150.

If you are interested in joining a club or have any question, feel free to come to a meeting, or stop by X159 and talk to Lori Schaeffer or Carol Steinman.

## Ag Club is successful

In individual competition in the National Employment Interview Contest, Parkland Ag Club members were quite successful. The contest consists of one student member from Illinois (decided by a state contest in November) competing from student members from nine other states. Students prepare a resume, write a letter of application, fill out an application form and go through a ten minute personal interview for the contest.

Twelve categories of competition exist in the Employment Interview Contest. Students from Parkland placed as follows: Specialized Agriculture Science, Michael Stoerger, second place; Fruit and Vegetable Production, Geoff Summerville, third place and Dairy Production, Matthias Koebler, third

In the Career Planning contest, Tracy Winch was the national winner (first place) in the Equine Management area.

The Ag Club College Bowl team, winners of the state contest, were winners in the first round of competition at the national contest, but were defeated in the second round by a team from Minnesota that played for the national championship. Spoon River College, defeated by Parkland College at the state level, was the national champion. This is the third year in a row that a team from Illinois has won the National College Bowl Championship. Parkland College team members were: Tom Mecklenburg, Shane Zimmerman, Aaron Coombe, Jeff Blackford and Steve Hove.

Four Ag Club members participated in the National Dairy Management contest. The students were: Matthias Koebler, Penny Wallace, Charles Barr and Mike Dueringer.



## Parkland Next Week April 22-28, 1990

Monday, 23

Open Registration for Summer Session continues • Intersession dates, May 21-June 8 • Summer Session dates, June 11-August 2 • Admissions Office, Monday-Thursday, 8 a.m.-8 p.m.; Friday, 8 a.m.-5 p.m.; Saturday, 9 a.m.-noon • 351-2208

Open Registration for Fall Semester begins • Continues through August 24 • Fall Semester dates, August 27—December 21 • 351-2208 Reach for a Star . National Library Week program featuring Lou Henson discussing libraries and his book, Lou: Winning at Illinois • autographed copies available for purchase • Noon-1 p.m. • Room C118 • 351-2295

Desktop Publishing\* • WKS No. 564-095 • Microcomputer Training Center Workshop • 6-9 p.m. • Room B227 • 351-2208

Tuesday, 24

Men's Baseball vs. Olney Central College • 1 p.m. • 351-2226

DOS for Microcomputers (Part II)\* • WKS No. 552-096 • Microcomputer Training Center Workshop • 1-4 p.m. • Room B227 • 351-2208

Thursday, 26

Fine Arts Students Juried Exhibition • Monday-Friday, 10 a.m.-4 p.m.; Monday-Thursday, 6-9 p.m. • Art Gallery • Continues through May 11 Reception for Fine Arts Students Exhibition • 7-9 p.m. • Gallery

Men's Tennis vs. Lincoln Land Community College • 3 p.m. • 351-2226 Men's Baseball vs. Kankakee Community College • 3 p.m. • 351-2226

Friday, 27

Prairie Skies • 7 p.m. • William Staerkel Planetarium • 351-2446 Life Beyond Earth • 8 p.m. • William M. Staerkel Planetarium • 351-2446 Flyers • 9 p.m. • William M. Staerkel Planetarium • 351-2446

Saturday, 28

Parkland College Story Shop • 9-11 a.m. • Parkland Theatre • 351-2217 Magic Sky • Program for children • 11 a.m. • William M. Staerkel Planetar-

Life Beyond Earth . noon and 8 p.m. . William M. Staerkel Planetar-

Flyers • 1 p.m. and 7 p.m. • William M. Staerkel Planetarium • 351-2446

\*Preregistration required.

All events are open to the public.

Register now for Intersession, May 21-June 8.

Summer Session, June 11-August 2.

all 1990 Class Schedules now available. Registration begins April 23. Fall Semester, August 27-December 21.

Admissions Office Hours this week: Monday-Thursday, 8 a.m.-8 p.m.; Friday, 8 a.m.-5 p.m.; and Saturday, 9 a.m.-noon. For registration procedures and information, call 351-2208.

Staerkel Planetarium is located on the west side of Parkland's campus near the Duncan Road entrance. Parking is available in Lots M-1 and C-4.

Campus tours are available at the Information and Welcome Center located in the College Center. Call 217/351-2561 to request a tour

Clip and save this weekly calendar of events for future reference.

### Parkland College

The Promise of Parkland Is Waiting for You

2400 West Bradley Avenue • Champaign, Illinois 61821-1899 • Campus Tours 217/351-2561 Admissions 217/351-2208 • (toll-free) 1-800-346-8089













Work is progressing on many construction projects in west Champaign this month, with the weather cooperating to the utmost. This picture was taken at Country Fair Shopping Center, which is undergoing a complete redesign.

## Rubber duckies are racing

By Bonnie Coffey **COM 118** 

What is yellow, rubber and will be racing for the Don Moyer Boys and Girls Club on April 21? You've guessed it! Thousands of rubber ducks at

Champaign-Urbana's first rubber ducky race. The great C-U Duck race, brought to you by Cablevision, WICD-TV and WKIO, will take place at Crystal Lake Park in Urbana this Saturday at 10 a.m. The proceeds of this event will benefit the Don

Moyer Boys and Girls Club of Champaign County. More than 15,000 rubber ducks are expected to be adopted so they can participate in this race. These fearless ducks can be adopted for a tax de-duck-table \$5 donation. Rubber duck packages can be purchased for \$200 which include 15 adopted ducks, two T-shirts, two mugs, two V.I.D. badges for d'oeuvres and mention in the race day

Adoption papers can be located at various businesses in Champaign-Urbana or can be obtained by calling Duck Central at 398-DUCK (398-3825),

located at the Chancellor Hotel.

Each duck is coded with a number that is also on the adoption papers. Although the actual racing ducks will not be seen before the day of the event, the 'Lucky Duck Number is entered and the

adopted ducklings begin training. On race day, the flock of ducks will be loaded into a dump truck and dumped into Crystal Lake at high noon. The ducks are then propelled forward by jet skis and/or fire hoses to the finish line.

Race day will begin at 10 a.m., and there will be concessions donated by Jerry's IGA; proceeds will benefit the club. Musical entertainment by Focus and broadcast personalities from WICD and WKIO will entertain all the adoptive parents and their families and friends. Cosmo, the magician, will also be there demonstrating some slight of hand. There will also be paddle boat races and a clown to entertain the children.

"Last summer I attended a very successful duck race in Peoria. It was a fun-filled and crazy day for the community," says Tim Sheahan, club executive director. "I thought this would be a neat benefit for the Boys and Girls Club."

The adoptive parents whose duck is the 'Lucky Duck,' may win a variety of prizes. First prize is a 1990 Toyota Tercel EZ.

Unfortunately, the adoptive parents cannot take their duckies home because they are rented. Monday morning they will be headed for Springfield, Missouri for another race.

## **Earth receives** its own Day

By Cari Cicone **COM 118** 

Twenty years ago, on April 22, 1970, millions turned out for the greatest street demonstrations since the end of World War II. For the first time people made the earth important enough to merit its own day — Earth Day.

On this day, people around the world got together to protest air pollution, litter and basically talk about how to improve a rapidly deteriorating environment.

There were speeches and films about the earth at the Agriculture Department in Washington D.C., and screenings of topical films at the Rayburn House Office Build-

According to the New York Times, April 23, 1970, "If the environment had any enemies they did not make themselves known. Political leaders, governmental departments and corporations hastened to line up in the ranks of those yearning for a clean, quiet, fun free country.

From noon to midnight on that day, New York City became an ecological carnival where for two hours, except in crosstown traffic, the internal combustion engine was barred, and the only wheeled vehicle to go down the avenue was a horse-drawn avenue was a

Not only in New York City but in Champaign and all over the United States, rallies took place. All this commotion to save our earth involved 2,000 colleges, 10,000 grammar and high schools, and 2,000 community citizen groups

On this April 22, 1990, people can do more than participate in rallies against air pollution and litter, because now there are many more facilities to combat environmental damage and waste.

Garbage management experts suggest paying more attention to the three R's: reducing, reusing and recycling.

Environmentalists also urge people to avoid over-packaged goods and disposables from razors and pens to diapers, and even disposable cameras

Newspapers, glass (bottles and jars), cans (aluminum and tin), and plastic milk jugs can all be recycled using a local curbside recycling program.

On April 22, Crystal Lake in Urbana will be hosting several activities so the public can get involved in Earth Day.

From 6:30 to 9:00 a.m., Century Ride, a bike ride from Crystal Lake to Homer Lake sponsored by Prairie Cycle Club, will be offered to the public.

At 12:30 p.m. Champaign Park District will offer a park walk from Crystal Lake through Urbana-Champaign to West Side Park, where the public can participate in planting trees.
From 11:30 a.m. to 5:00 p.m.,

an environmental festival at Crystal Lake will offer picnic type foods, and 20 stations showing how one can get involved in environmental programs.

From 2 to 5 p.m., three areas of Crystal Lake will include on- goentertainment including bands, story tellers and magicians.

All activities are free including bus rides from Lincoln Square Mall to Crystal Lake and trolly rides from the U of I campus to Crystal Lake.

Television has also discovered the environment, and starting on April 22 people will be seeing a shower of save-the-earth specials.

From PBS to TBS, MTV and VH-1, stations will be showing celebrities participating in environmental programs.

Preservation supporters protecting our environment are the main focus for Earth Day 1990.

As they started saying in 1970 and are repeating in 1990, "Love it or Leave it!"

## Reports from State Police

Illinois State Police, District Ten, Captain David H. Morgan reports Troopers responded to 335 calls for service and assistance during the month of March.

Criminal arrests during the month resulted in the apprehension of 37 persons on outstanding warrants and 23 others for other criminal offenses.

Traffic enforcement activities resulted in 979 drivers cited for speeding and 191 cited for seatbelt violations. Twenty-three persons were apprehended for driving under the influence, while 61 others were cited for other alcohol and drug related offenses. A total of 1,860 traffic citations and 4,680 written warnings were issued to motorists during the

Truck enforcement statistics show Troopers issued 24 citations and 43 written warnings for overweight violations.

Provisional statewide traffic fatality statistics show 113 persons died on Illinois highways during March, bringing the year's total to 325. This is 25 less than the 1989 total for the same period of time.

## Child care need growing

The need for quality child care continues to grow in our community.

More households in our community are made up of either a single parent or two working parents. More children need child care than ever before.

The Child Care Resource Service (CCRS) is a resource and referral service helping parents locate and select child care in East Central Illinois. The majority of parents calling CCRS are looking for a family day care arrangement a small, home-like child

care arrangement for their young child. Yet, there are not nearly enough services available in our community.

There are many benefits to caring for children in your

-You can earn an income while at home.

-You can buy additional toys and equipment that your own children can use.

-You can take advantage of resources such as the Child Care Resource Service which will help you fill vacancies in your care, offer training, loan toys and equipment, and help you to meet others who care for children in their home.

You can provide playmates for your own children to play with, learn from, and care

If you enjoy children, like being your own boss, and are looking for a rewarding job in your home, perhaps a family day care business could be an alternative for you or for someone you know.

To find out more about "Caring for a Living," contact the Child Care Resource Service, 333-3252.

## Volunteer Opportunities

Call the Volunteer Center of the United Way, 352-5151, or stop in at our office at 1802 Woodfield, Savoy, for these volunteer opportunities.

AGENCY HISTORIAN: Research the history of local chapter from 1917-1990 using documents in chapter office. If you enjoy looking through old newspapers and archival materials, why not help this health and human service group. Can be done at home, also,

FRIENDLY VISITOR: Take a few moments out of your busy day to visit with an elder who would enjoy a spring visit. Talk, listen, go for walks in the sunshine, play games or cards, read newspapers, magazines or their mail if needed. Your patience and understanding will go a long way and your caring will be appreciated. Call us.

INFORMATION AND REFERRAL: Answer telephone, interview callers when appropriate, provide information or refer clients to needed services. Keep abreast of changes in human service network. You need to keep confidentiality and have an interest in learning the community resources. After training, will you he'p half-day once a week?

BENEFIT REGISTRATION: One time event on April 22. Outside in the park opportunity! Register walkers for a



walkathon, help with water or serve as "checker." Times needed are from 1-2:30 registration; 2:30-3:30 to serve water. Volunteers will receive a t-shirt. Remember Ryan White and help local AIDS foundation cause.

United Way

of Champaign County "It brings out the best in all of us."

#### StuGo deserves compensation

## Ex-president's opinion

After reading the April 5 issue of the Prospectus, I was relieved to find that Student Government at Parkland College still exists. I thought that the group of students making policy and financial decisions had fallen under upon a "changing of the guard," so to speak, in the administrative offices of Parkland College.

The issue mentioned, buying jackets for StuGo members, is not a new issue. My administration, just as yours, dealt with the same issue, had the same arguments, and eventually the same outcome. Yes, Student Government members work hard and deserve something in return for their extra time spent managing the Student Activity Funds and planning events for the Students of Parkland College. However, students don't realize how much time StuGo members, at least some of them, spend on StuGo affairs. Many students also don't realize that StuGo members have many responsibilities and are not compensated monetarily for their efforts, such as the staff of the Prospectus.

Believe me, as a former StuGo President, Vice President, and Senator. I know how many hours I spent at that institution called Parkland College. While many students come to class and leave shortly thereafter, StuGo members have to attend meetings, such as committee meetings, meetings with school administrators, or StuGo weekly meetings which are usually mandatory. The StuGo President also must attend monthly or bimonthly meetings of the Parkland College Board of Trustees which usually start at 6:30 p.m. and sometimes don't end until 12:30 a.m. on a school night. And let me reiterate that members receive no other compensation other that the personal satisfaction and gratification of being a leader, which for some is enough.

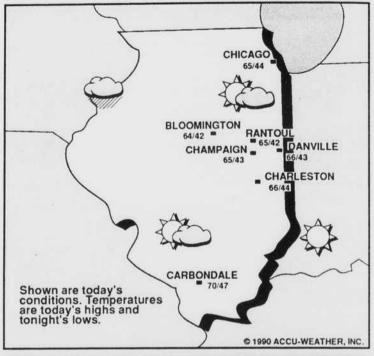
StuGo along with I.O.C., as many students are unaware, plan and arrange student activities such as dances, Halloween Costume Contests, Spring-In, Fall-In, and many other activities. Being an officer of many organizations while at Parkland, I can attest to the fact that the clubs main source of revenue is fundraisers. And most of a club's time is spent on fundraisers. However, with all of the issues StuGo deals with, fundraisers are close to impossible to schedule in. One must realize that not only do StuGo members participate in StuGo, they also participate in clubs, and most importantly are students and have schoolwork. There are also times like in Fall-In or the Lost and Found Auction in which a few dollars might be made. However, there are times when StuGo takes a loss or breaks even in order for services to be accessible to all. Such as lowering the cost of food at Fall-In in order for students to get a lot of food for a lower price or just giving food to those who can't afford it.

The idea of jackets for StuGo members as compensation for their dedication and hard work could be a wasteful use of funds. Since Parkland is an institution in which students transfer from, I couldn't vision someone at the U of I or ISU wearing a jacket with 'Parkland College Student Government Member' printed on the outside. Technically once you leave Parkland you are no longer a StuGo member. So you see, maybe funds should be spent on something that can yield more memories. Last year we chose to have a nice quiet dinner. Then you can spend time together, away from StuGo affairs and learn more about each other in a more personal manner. Believe me, once you move on to an Institution of Higher Learning, memories are more important and more permanent than a jack-

So to the students at Parkland College, most StuGo members are hard working individuals who care about the welfare of their fellow students. To the Student Government Members, I would like to encourage you to work together with each other and with the students!!!! It will be so much easier to get things done, and remember that what vou've done does not go unnoticed and you deserve something in return for what you've done.

Trena Magers Student Government President,

## The Weather



A STATE OF THE PARTY OF THE PAR				
TOMORROW	SATURDAY	SUNDAY	MONDAY	TUESDAY
66/45	58/36	60/38	66/43	73/48
$\bigcirc$				
Variable clouds, shower or thunderstorm	Mainly sunny and cooler	Sunny and pleasant	Mostly sunny and milder	Partly sunny, breezy and warmer



History goes on and on!

## Join Parkland's award-winning newspaper this summer and next fall ... and keep our history going on and on!

Applications for EDITOR, ASSISTANT EDITOR, PRODUCTION MANAGER, and other paid positions are now being taken. Pick up a form in X155. Questions? Call 351-2216.

Join a winning team . . .

## Prospect

serving the Parkland community

## The legend of Leo is explained

By Tonya Weber

Leo the lion is one of those groups of stars that is easy to associate with the mythological figure it is supposed to represent. To locate Leo find a wide open area away from bright city lights. Leo is easy to see, the head is the shape of a backwards question mark, and a triangle of stars form the lion's hindquarters and tail. In the sky, with few bright constellations, Leo is most certainly "King of

The legend behind Leo also concerns another constellation —Hercules. Once there was a time when the heavens were disturbed. Stars left their places, comets shot across the sky, and a burning meteor fell from the moon and landed in the valley of Nemean in Greece in the shape of a golden lion. This beast was far fiercer than any earthly lion. It made its home in a cave in the hills, and soon began to lay waste the countryside around, killing sheep and cattle, tearing up the fields of grain, and terrifying the people. The Nemean farmers tried to kill the lion, but its hide was so tough that no weapon would pierce it, and those who went out to hunt the beast were fortunate to return alive.

Month by month the lion grew larger and more terrible. At last Hercules, the greatest hero of Greeks, was sent by his cousin King Eurystheus to slay the Nemean lion and bring back its skin. This was the first of the twelve dreadful tasks Hercules

had to perform for the King.

So Hercules armed himself and went into the valley of Nemean. He searched first for someone who could tell him where the lions cave was, but there was nobody in the fields or cottages. All the people had fled. Then he saw the lion returning from its day's hunting, spattered with blood. He shot at it with his bow, but the arrows only bounced off and fell to the ground. Then he came nearer and launched a spear, which, when it hit the beast, bent as if it had been made of lead. Finally Hercules struck at the lion with his club, but the animal did not even seem to feel the blows. It leaped straight upon him. Summoning up all his strength, Hercules put his hands around the lions neck and began to choke it. When at last it was dead, he lifted the huge body onto his shoulders and carried it down the valley to show the farmers of Nemean that their enemy would trouble them no more.

When Hercules came to skin the lion, no knife would cut it, so he used one of its own claws. He did not give the hide to King Eurystheus, for his father Zeus, who had been watching, granted Hercules the right to wear it himself in honor of his victory. And the King of the gods also set in the sky the figure of a lion made of stars, so that his son's greatest deed might be remembered always.

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#### Parkland Prospectus

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Write a Letter to the Editor

## Life of Jim Morrison to be Stone film

By Matt Bahan

"I'm interested in anything that has to do with revolt, disorder, chaos . . ." Those words were spoken by a man who lived twenty-seven years and who was in the national limelight four. He was Jim Morrison, the lead vocalist of the 1960's acid-rock band The Doors.

Coming out of the mid-1960's hippie scene, The Doors' sound was uniquely their own. In 1967, they came out of nowhere with an explosive album that yielded two top singles. When the second single, "Light My Fire," shot to number one, the band had made its mark in the world of music. Other hits would come in the future, and they were just one of many bands who influenced the music world in the 1960's.

So why then would an established movie director such as Oliver Stone want to base his next movie on The Doors? Perhaps it is their musical style, but the obvious reason would be the lead vocalist, Jim Morrison, the individual who tested the bounds of reality and pushed all forms of authority to its limit, just to see

what would happen. When The Doors came upon the scene in 1967, along with artists like Janis Joplin and Jimi Hendrix, the music world suddenly took a change for the bet-

ter. Their carnivalesque acid sound was altogether different, and the person who wrote their lyrics and shaped their sound was James Douglas Morrison.

Morrison was a student at UC-LA in 1965, when he met up with Ray Manzarek, a musician who been in many short lived bands. Manzarek was slightly older than Morrison and was an excellent keyboard player. He was the individual who persuaded Morrison to sing, and to use his poetry as lyrics for songs.

After a short while, Morrison and Manzarek landed Robby Krieger and John Densmore to play guitar and drums, and the nucleus was set. The other three were amazed at Morrison's talent to write and his wild behavior. He would do anything for attention.

Jim Morrison was raised in a family that had a father that was prominent in the Navy, thus resulting in them moving practically every year. Jim was going through stages of his life in many different parts of the country, not having one home, and not having one best friend. He became obsessed with reading, and doing things for himself. He was very intelligent and his teachers wer amazed at his attention and bril-liance in his classes. He read hundreds of books a year, and when in college his professor's

would ask him to lecture class on albums were critically acclaimed, occasion. He was obsessed with poets and writers such as Nietzsche and Rimbaud. When still in junior high, he started carrying his own notebook for poetry, he wrote and jotted down anything that came to his head, he was truly talented, and didn't know it. His parents were oblivious to his intelligence, his father was obsessed with what he was doing and didn't care about Jim.

As he got older, he became rebellious and moved further and further away from his parents, and when he was 18, he left home for good, with poetry in

In 1965 he landed in Southern California after going to a junior college in Florida. He was enrolled in film classes at UCLA, and that's when he met Ray Manzarek for the first time.

There's no doubt that Oliver Stone will show all the stages of Morrison's life, his childhood made it clear why he was the way

he was as an adult. Jim Morrison soon became the hottest thing in America and every time he made a move, it hit the papers. He was arrested more than once for his actions, but he loved it all, he loved to test authority. The combination was overwhelming, girls loved him, guys thought he was cool, the Doors could do no wrong. Their and they had a string of popular

They were on top of the Rock world. In 1969, following the release of *The Soft Parade*, the walls came tumbling down. Jim Morrison was now huge across the country, people flocked to see the wildman in tight leather go nuts on stage. Their new tour was starting, and every show was a sellout. On a plane trip to Miami for a concert, Jim, who was late arriving for the show, had been drinking alcohol in excess all day, and by the time he reached the stage, he was completely out of it.

No one knew it at the time, but what ensued would be the beginning of the end for the Doors.

Jim Morrison was starting to hate the life he was enduring, he realized the only reason people liked him was because of his craziness, he had hoped it was the poetry and music. That was only half. That stage, that night in Miami, anger and frustration came out of Morrison.

He didn't sing any songs, the others tried, but it was useless, he screamed obscenities, and attacked the crowd, "you're all a bunch idiots." He was tired of an image he had outgrown. He drank from a bottle on stage and continued the barrage, eventually he did sing a couple of songs, but then he would attack the

crowd again. Those in attendance that night sat in awe. At one point he unbuckled his pants, but was grabbed by the road crew before anything ensued. Many said that Jim had wanted to go to the "legal limit," by taking all his clothes off, save his boxer shorts. He returned to the stage and led the crowd in a snake dance on the floor of the auditorium. He didn't care anymore, and although the fans didn't know it, he

wanted out of the Doors. After the Miami concert, public officials heard the news that a drunken drug-crazed rock star had taken off his pants on stage and exposed himself in front of the youth of Miami. It wasn't long before there was a warrant out for Jim's arrest. He was being charged on many things, the most damaging a charge of expo-sure that said that he fondled himself on stage. It wasn't long after this that Jim's face was plastered over every newspaper in America, the Doors were now in trouble.

A trial ensued, people in attendance that night were brought to the stand, many people, including public officials, had heard of Jim and his behavior, there were a variety of people who wanted to nail him on something, they now had their shot.

Meanwhile, the Doors album The Soft Parade, was doing well on the charts, and the song, "Touch Me" cracked the top ten. Morrison on trial for indecent exposure while his song, "Touch Me" was nearing the top of the

Eventually, the trial ended, and Jim was found guilty for profanity and a couple of minor charges, but the charge of indecent exposure was thrown out.

The moral majority now considered The Doors a "dirty" group, they were banned from auditoriums, and there were album burning ceremonies across the country by religious groups hailing the Doors as "the devil's

Morrison was out of control. He

had recently grown a full beard, and stopped wearing his trea-sured leather pants. He had gained enough weight to make him look almost obese, he was well over two hundred pounds.

The Doors returned to the studio to make the new album they owed their record company. Morrison had wanted out for quite some time, he wasn't thrilled with being a rock star anymore. Jim's obsession with alcohol was now a serious problem. He was truly in love with alcohol, he was drunk everyday, he wasn't healthy and had started smoking two to three packs a cigarettes a day. He was also known to toy with drugs on occasion, but alcohol was his mainstay.

In late 1970, a good year after the Miami incident, Morrison was interviewed by many magazines, mainly discussing their new album. Every person who met him was in total shock, the last time they had seen him, he was the sex symbol who was cheery and jubilant, now he was a hundred pounds heavier, looking like a mountain man with his long beard, he was sprouting gray hair.

Jim was planning his getaway, he was going to Paris, France with his girlfriend after the final touches of the new album. He just wanted to be a poet, to be left

The album L.A.Woman would be a major success for the band, as three singles went to the top twenty. But Jim Morrison was gone, in Paris with his long-time girlfriend, Pamela Courson.

He was taking time to write new poetry, it was his first vaca-tion ever. He lost some weight and was happy, but for reasons he couldn't help, he could not leave the bottle alone, and was violently ill from his drinking. While the album was doing so well, Jim was at his lowest, he was drinking with people he didn't even know, waking up in strange beds.

On July 2, 1971, Jim and Pamela went out on the town, but separated later in the evening, from there it's a mystery on what happened, some say Jim went on a heroin binge with some friends, some say he caught a flight out of Paris to fall out of society, but the truth most likely is that Jim met Pamela later that night, obviously drunk. He told her he was taking a bath in the wee hours of the morning, they had argued about her heroin problem.

The next day James Douglas Morrison was found dead in the bathtub, of an apparent heart attack. He was twenty-seven years old. There was no autopsy, just a doctor's signature. Jim was buried with just a few close friends there.

Jim Morrison was a poet of a generation filled with turbulence, a man who influenced so many people. A man who stood up to authority and stood up for what he believed in. A man who had weaknesses, and paid for it with

If Oliver Stone's movie is anything like the life Morrison led, it will be outstanding. You must remember that Stone is famous for his movies such "Platoon," and most recently "Born on the Fourth of July."

The Doors style and music will be brought back, but most of all, Jim Morrison will be back for a brand new generation.

Jim Morrison is still alive in The damage was done, and Jim spirit, the Doors magic still works, twenty years later.







Tokyo String Quartet

## 'Marquee Season' announced

The Foellinger Great Hall Series will bring the best of the classical music world to Krannert Center, including three symphony orchestras. The Chicago Symphony Orchestra, entering its second century, performs under Musical Director Designate Daniel Barenboim. The Indianapolis Symphony Orchestra will appear with music director Raymond Leppard and pianist Horacio Gutierrez, and the Jerusalem Symphony Orchestra will perform with Misha Dichter. Completing the Great Hall Series are three soloists at the top of their respective fields: Emanuel Ax, pianist; soprano Kiri

Te Kanawa, and James Galway, flutist, appearing witht he Italian chamber ensemble I Solisti Veneti.

A variety of groups are featured on the Marquee Chamber Music Series. The Manhattan and Lindsay string quartets make their Krannert debuts and the Tokyo String Quartet marks its third appearance on this series. Also scheduled are the periodinstrument group The English Concert with director and harpsichordist Trevor Pinnock; Camerata Musica of the DDR, and the eighteen-piece Camerata Lysy.

Jim Danek's 'Break Time'

# Original play premieres at Parkland in May

"Break Time" by Jim Danek, a fast-paced adult comedy, will open next month at Parkland College. The action of the play takes place in the present in a Downtown Chicago business office. The play was selected out of the 22 scripts received for the Parkland College Theater's Seventh Annual Original Playwright's Production. The World Premiere of "Break Time," directed by James E. Coates, will be May 3, 4, 5, 10, 11 and 12 at 7:30 p.m., and May 6 and 13 at 2 p.m. on the Stage in C140.

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For information about tickets, please call the Theater Office at 351-2529 between 8:30 - 12:30. Backstage volunteers are still needed; those interested should also contact the Theatre office.



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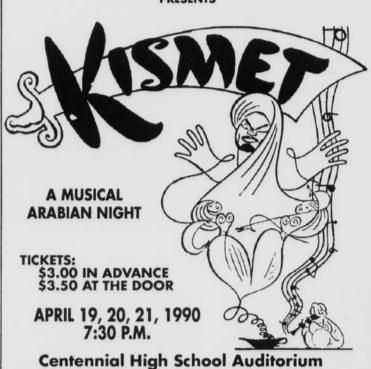
602 W. Green, Urbana Tickets: \$5.00 general public \$3.00 students/seniors

Tickets may be purchased at Mark Foster Music Store or Figaro's Record Store, or by calling 351-2366 or at the



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#### **Losing Biological Diversity:** A Global Crisis

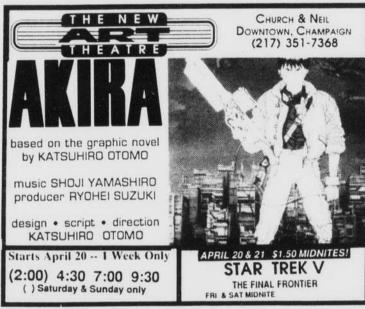
April 17

Conserving Biological Diversity in the Tropical Rainforest: The Challenge of the 90's Russell Mittermeier, President, Conservation International

Genetics and Conservation Biology Alan Templeton, Department of Biological Sciences, Washington University, St. Louis

Tuesdays at 8:00 pm

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### **CATEGORIES**

- 1. Humor
- 2. Animals/Pets
- 3. People
- 4. Sports
- 5. Pictorial/Scenery
- Food
- 7. Abstract

The Prospectus Photo Contest is open to all nonprofessional photographers in Dist. 505. You don't have to be an expert photographer to enter – or to win! This year there are two divisions – I: 6th-12th grade; II: Post high school.

Entry forms are available in the Prospectus office (X-155).

You may enter as many categories as you wish, and enter as many photos in each category as you wish. However, each entrant is limited to 20 photos.

- PHOTOS MUST BE 8X10 (color or black and white).
- ALL ENTRIES MUST BE MOUNTED.

**Contest Deadline** is May 1, 1990

Winning Photos will be published in the Graduation Edition of the Prospectus.

## Numerous scholarships available

College tuition fees, like everything else, are going up in leaps and bounds. If soaring tuition fees are not problem enough, add to that the drastic cuts in government sponsored educational financial aid programs. These cuts, along with escalating tuition fees, are putting a tremendous financial burden on today's college students. However, despite these cuts, there is still a great deal of aid money available from numerous other sources. Unfortunately, most students are not aware if this fact. Last year there was over \$20 billion available in financial aid. Would you have guessed that over \$150 million went unused simply because those students who needed it did not know it was there. Some studies have put the figure as high as \$6 billion.

Many students think they, or their families, earn too much income to qualify for financial aid, so they do not pursue this method of financing. It is a documents fact that families with annual incomes of over \$80,000 a year are applying for and receiving millions of dollars in scholarships every year

This year it is estimated that there will be over \$28 billion available in financial aid being offered from some 10,000 different sources. In order for students to get their share of these available funds they must first know the answers to two basic questions: who are these sources and where are they located? In addition, to increase the chances of being awarded money the students must be familiar with the use of several different techniques when applying for aid. They must know match the individual's specific circumhow to fill out the applications properly, they should know beforehand which of these financial aid programs are most likely to fit the individual's circumstances and needs.

College Scholarship Research Services of America (CSRSA) is a consulting firm, as opposed to a scholarship matching service. They are headquartered in King of Prussia, PA, and offer their services on a nationwide basis. They specialize in helping college students of all income levels locate and obtain financial aid. In addition, they provide the students with a comprehensive plan to use to insure an award. Using the most sophisticated computer technology available, CSRSA will

stances to all of the aid programs for which they might be eligible.

When you stop and consider today's skyrocketing college costs and the drastic cuts in the most widely known and often used government sponsored aid programs, it is obvious that all college students can use a service such as this now more than ever. To receive two fact filled brochures entitled "The Secret to Getting Financial Aid" and "10 Ways to Stretch Your Scholarship Chances" free and with no further obligation, write: Mel Bergman, President, College Scholarship Research Services of America, 121 Town Center Road, King of Prussia, PA 19406.

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Carle Foundation Hospital Emergency entrance

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## Cleaning habits reported

By Stacy McClelland

With the first sign of spring comes the first sign of the dust mop . . . and the broom . . . and the vacuum. You get the idea.

Some Parkland students have some interesting spring cleaning techniques.

"I throw everything I don't know what to do with on my bed. It forces me to finish what I started because I don't have a place to sleep. I usually just end up throwing it all in my closet, and then I have a summer closet cleaning session," said one Liberal Arts student.

A student majoring in Elemen-tary Education replied, "The only spring cleaning I do is open my windows and air out my room."

'I put the cats out on the porch and then pick up after my room-mate. Actually, I just pick up all of her stuff and throw it on her bedroom floor," said an Architectural Drawing major.

Another Liberal Arts major described how she goes about her spring cleaning: "I sweep around all of the furniture first. Then I make my husband move all of the furniture to the middle of the room. Next I sweep the spaces where the couch and chairs were. Husbands can come in very handy when it comes to spring cleaning.'

An Architecture major replied, "I do spring cleaning every spring. I take everything out of one room and put it in another room. To be honest, I usually only do the living room and the kitchen. Then I rent a steam cleaner and clean the room. I borrowed my sister's a couple of years ago, but I broke it so now she won't let me borrow it."

"Spring cleaning is something you just do until you're done. I'll wake up and Mom and Dad are doing spring cleaning, so I just leave," said another Liberal Arts

A Journalism major described her techniques: "First of all, you get rid of the kids. You send them to the neighbor's. Then you start at the back of the house and push all the filth out into the hallway. Then you keep on pushing until you run out of house. Then you hope the garbage man comes the next day.

Although spring just started, there are only three months of it, so if you spring clean, you had better get started.

## Frozen specimens may ensure genetic diversity

By Michele Ostrove

National Geographic News Service SAN DIEGO — Loonie, a rare

baboon, may never be able to breed naturally.

Diabetes prevents Loonie, one of only 17 African drills in captivity in North America, from living with females in a wild animal

park.

To Barbara Durrant, a reproductive physiologist at San Diego Zoo's Center for Reproduction of Endangered Species, a sample of his semen offers hope for saving another one of the more than 1,000 species of mammals, birds,

and reptiles now threatened with extinction.

After being treated with a protective agent, Loonie's semen will join the center's "frozen zoo," or "20th-century ark." This zoo within a zoo is housed in a pair of 39-inch square metal tanks, where more than 2,500 samples of sperm, ova, and embryos of endangered animals are chilled by liquid nitrogen to minus 196 degrees Celsius (minus 385 degrees Fahrenheit).

In theory, the cryopreserved sperm and eggs may be used to ensure genetic diversity in small captive populations by breeding species from different regions of the world or from widely separated generations. Frozen embryos also may be implanted in surrogate mothers of a closely related species, or stored until a recipient mother is found.

But before such practices become commonplace, scientists at the San Diego Zoo and a halfdozen similar facilities face more painstakingly slow research. While artificial insemination and embryo transfer have long been used successfully in domestic cattle, comparatively little is known about the reproductive physiology of wild animals.

"Until we can understand the basic physiology of reproduction (of wild animals), we can't manipulate it," Durrant says. As she places Loonie's sample inside the freezer, a smoky nitrogenous

cloud escapes.

Although there have been a few successes, "we don't know enough yet to make artificial reproduction a routine part of captive-breeding efforts," Durrant says. She and colleagues at other zoos hope to develop artificial breeding programs that could be widely used as part of the broader effort to save certain endangered species by breeding them in captivity.

Durrant's work focuses on semen-freezing techniques using a small group of animals that includes cheetahs, Asian elephants, koalas, clouded leopards, Chinese Monal pheasants, margays, and tapirs. Unusual behavior often dictates which species receives her attention.

"We are working to artificially inseminate a female clouded leopard from southeastern Asia, because 50 percent of the time the male will kill the female he's breeding with," she explains.

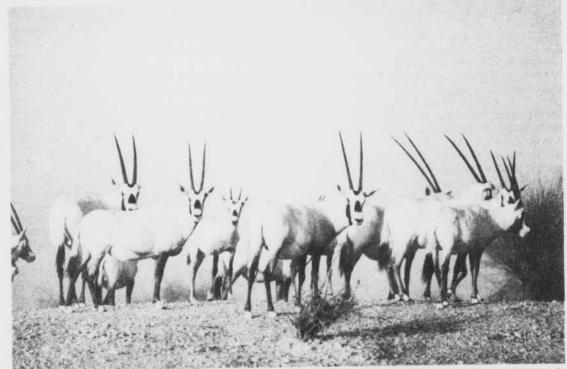
Such artificial-breeding techniques are not needed when animals can breed naturally, says veterinarian Werner Heuschele, the center's research director. In these cases, zoo officials concentrate on building up captive populations, and then reintroduce the animals into preserves in their native habitats.

"Things have changed drastically from 30 years ago, when zoos had postage-stamp collections of only one or two animals from a single species," Heuschele says. "Now zoos are becoming sources of animals for reintroduction."

But captive breeding and reintroduction programs have risks. Heuschele recently returned from Saudi Arabia, where a reintroduced population of Arabian oryx is threatened by disease. On the brink of worldwide extinction in 1960, the buff-colored antelopes were successfully bred in several zoos, including San Diego's, over the following two decades, then transferred to preserves in the Middle East.

Their numbers have continued to increase. But in 1986, 15 Arabian oryxes in Saudi Arabia died from tuberculosis. With the help of Heuschele and others, the disease has been controlled.

"We must be sure that animals being reintroduced into their native habitats are free of disease, as well as animals that already exist there, so that they don't infect the reintroduced population," says Heuschele. "Otherwise, it can negate the whole success of captive-breeding programs."



A healthy-looking herd of Arabian oryxes roam a wildlife park in Bahrain. On the brink of extinction in 1960, the buff-colored antelopes were successfully bred in several zoos over the following two decades and transferred to preserves in the Middle East.



## Barry: not your 'average' male

By Dave Barry

@ 1990 The Miami Herald Most guys believe that they're supposed to know how to fix things. This is a responsibility that guys have historically taken upon themselves to compensate for the fact that they never clean the bathroom. A guy can walk into a bathroom containing a colony of commode fungus so advanced that it is registered to vote, but the guy would never dream of cleaning it, because he has to keep himself rested in case a Mechanical Emergency breaks

For example, let's say that one day his wife informs him that the commode has started making a loud groaning noise, like it's about to have a baby commode. This is when the guy swings into action. He strides in, removes the tank cover, peers down into the area that contains the mystery commode parts, and then, drawing on tens of thousands of years of guy mechanical understanding, announces that THERE IS NOTHING WRONG WITH THE COMMODE.

anything. I blame this on tonsil- keep my testosterone level from

grade, and I missed some school, and apparently on one of the days I missed, they herded the guys into the auditorium and explained to them about things like carburetors, valves, splines, gaskets, ratchets, grommets, "dado joints," etc. Because some guys actually seem to understand this stuff. One time in college my roommate, Rob, went into his room all alone with a Volvo transmission, opened his tool-box, dissassembled the transmission to the point where he appeared to be working on individual transmission molecules, then put it all back together, and it WORKED. Whereas I would still be fumbling with the latch on the

So I'm intimidated by mechanical guys. When we got our boat trailer, the salesman told me, one guy to another, that I should "repack" the "bearings" every so many miles. He said this as though all guys come out of the womb with this instinctive ability to repack a bearing. So I nodded my head knowingly, as if to suggest that, sure, I generally repack At least that's how I handle a couple dozen bearings every these things. I never actually fix morning before breakfast just to litis. I had tonsillitis in the ninth raging completely out of control.

The truth is that I've never been 100 percent sure what a bearing is. But I wasn't about to admit this, for fear that the salesman would laugh at me and give me a

The main technique I use for disguising my mechanical tonsillitis is to deny that there's ever anything wrong with anything. We'll be driving somewhere, and my wife, Beth, who does not feel that mechanical problems represent a threat to her manhood, will say, "Do you hear the grinding sound in the engine?" I'll cock my head for a second and make this sincere looking frowny face, then say no, I don't hear any grinding sound. I'll say this even if I have to shout so Beth con if I have to shout so Beth can hear me over the grinding sound; even if a hole has appeared in the hood and a large, important-looking engine part is sticking out and waving a sign that says

"That's the grommet bearing,"

I'll say. "It's supposed to do that."
Or, at home, Beth will say, "I think there's something wrong with the hall light switch." So I'll stride manfully into the hall, where volleyball-sized sparks are caroming off the bodies of recently electrocuted houseguests,

and I'll say, "It seems to be working fine now!"

Actually, I think this goes beyond mechanics. I think guys have a natural tendency to act as thought they're in control of the situation even when they're not. I bet that, seconds before the Titanic slipped beneath the waves, amount of flames, in a dirigible.

there was some guy still in his cabin, patiently explaining to his wife that it was PERFECTLY NORMAL for all the furniture to be sliding up the walls. And I bet there was a guy on the Hinden-burg telling HIS wife that, oh, sure, you're going to get a certain

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## Food Fight begins to combat cancer

By Bonnie Albers Co-Editor

The American Cancer Society's Great American Food Fight Against Cancer begins today, promoting ways to buy and prepare healthy

Good nutrition is one way to fight certain types of cancers, according to Jan Thom, Parkland's Health Educator. "Diet alone might account for as much as 35 percent of all cancers," says Thom. "Eating more foods rich in vitamins A and C, low in fat, and high in fiber will not only make you feel better, you may live longer."

Fruit juice, fresh fruit, bran muffins, fresh vegetables, low-fat dips and other healthy foods should be included in everyone's diet and are great alternative snacks to junk food. Grocery shopping may need to

be planned more carefully, as healthy substitutes for the usual potato chips and candy take more thought than simply grabbing a bag.

The following recommendations involve simple, inexpensive, yet delicious changes in eating habits. "It's one fight in which we can all

Don't try to change eating and shopping habits overnight. Think of it as an ongoing process of good health for life. It's just not possible to learn everything about healthier lifestyles at once, so don't set an impossible task for yourself.

You don't have to avoid treats or rewards. Just try to think of

healthy foods as special treats.

Explore the produce section at the grocery store. Be adventuresome and try a new kind of fruit or vegetable. Try them one at a time, so they won't seem as overwhelming. Think of new ways to try produce, and remember that it is usually low in fat and high in fiber.

Look for fresh herbs to season foods, instead of fats, sauces, and

Read labels carefully. Ingredients are listed in order of quantity. Choose products that have no fats or oils, or is which fats are listed last. Beware of so-called "healthy" or "lite" foods. Look for fat, fiber, and vident content. Remember that you don't need to

buy any special foods to improve your diet. Avoid processed, salt-cured, smoked, and nitrite-cured meats and

foods. Always buy fresh when you can.
Select low-fat, non-fat, and skim milk dairy products.

Buy tuna packed in water, not in oil.

Bake, poach, steam, oven-broil, stir-fry, or roast meats, poultry, and fish without using extra fat. Avoid frying, which adds extra fat and

Select lean cuts of meat. Trim away all visible fat, and use 2-3 ounce portions. Cut meat into thin slices to look like more. Remove the skin

Use vegetable cooking sprays instead of frying in fat. Cook vegetables as quickly as possible and use as little liquid as you can.

Use herbs and spices, onion, garlic, ginger, lemon and lime juice, and mustard instead of butter, fats, and oil to flavor meats and vegetables. Substitute skim or non-fat milk for whole and yogurt for sour cream whenever possible.

Use the paste method for gravy or sauces. Add flour or cornstarch to cold liquid slowly and blend well. This eliminates the need for fat.

Try adding a little bran or wheat germ to recipes, even casseroles

and main dishes. Every little bit helps. Experiment and have fun. Liven up your meals. Add additional fruits and vegetables to recipes for extra fiber and vitamins. Try new and healthier - combinations of foods.







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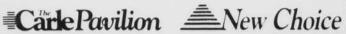
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#### MISCELLANEOUS

Prospectus staff meetings are held Tuesday at 12:15 in X155. Any Parkland student, in any field of study, may write for the Prospectus

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FOR RENT

NEED A FEMALE ROOMMATE to sublease May 1 thru July 31 (fall option). Very Trish at (217) 373-7227, 8 a.m. to 4:30

nice, four bedroom townhouse across from Parkland. Rent is affordable. Call

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Weekdays 9-5:30, Saturday 9-12 No appointment necessary to view model apartment

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## the PC Movie Club

Reduced Admission theatre tickets are available to Parkland Students and Employees only by Parkland's non-academic staff and employees.

#### ➤ It's Economical!

- Students sign up for the club and tickets in the Student Services office, X-153
- Employees sign up for the club and tickets through department secretaries
- It costs \$1 for the club membership
- Membership lasts for an entire year!

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- Tickets sold every other month, during about the third week of the month
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Good at these fine Champaign-Urbana Theatres:

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4-19 — Governess — Seven year old boy in custody of his grandfather. Grandfather owns bank. Very formal life style. Numerouse other household staff in addition to governess. Governess included in frequent family travel in U. S. and abroud. Family prefers long term placement (2 years). Caregiver must be a swimmer. Full living expenses and other benefits furnished. Start September 1990.

Tuesday Thur Friday 9:00-5:45

Closed Sunday and Monday

Telephone: (217) 398-9689

Saturday 9:00-5:30

\$1100/mo. Concord, Mass. 20 — Governess — Three year old boy. Mother owns commercial travel agency. Father is an attorney. Very tast paced lifestyle. Family travels extensively in U. S. and abroud. Governess is included in travel. Minimum one year commitment — family prefers longer. Helpful if governess has her own automobile. Four year degree required, teaching preferred. Caregiver has own quarters in lower level of house. Full living expenses and other benefits furnished. \$1100/mo. Start August 1990. Washington. D.C.

4-21 — Nanny — Three year old girl and five year old boy. Both parents are physicians. Weekends off. Automobile furnished. Both children are studying German. Some travel both national and international. Family enjoys mountain climbing. Prefer 4-year degree. Caregiver must swim. Family has pool. Full living expenses and other benefits furnished. \$1050 to \$1150 per month depending on educational background. Start August 10, 1990. Dallas, Tex.

4-31 — Chef — Evenings. Salary negotiablr. Champaign, III.

4-32 — Servers — Salary negotiable Champaign, III.

**NEW SUMMER JOBS** 

S-67 — Child Care Provider — An eight and twelve year old. Must have own transportation to and from. 7:45-5:15, Savov. III.

Savoy, III.
S-68 — Recieving Department — Some overtime may be required. 8:00-4:30, M-F until May 28; 7:00-3:30 M-F all

summer. Champaign, III. S-69 — Various Positions — See Placement Office for details. Various locations.

S-70 — Various Positions — See Placement Office for details. Peoria, III.

ment Office for details. Peorla, III.

S-71 — Transportation Trainee — Temporary summer trainee exposed to nationwide product distribution auditing freight bills, tracing, shipment rate analysis, ect. Would prefer student in the field of Transportation Distributor, Looking for hands-on training. PC experience is helpful. Mon.-Fri., 8-5. Start May 1990. Urbana, III.

NEW ON CAMPUS JOB OC-9 — Custodial Helper — Students needed to pick up trash in the college center during peak times; student needed to clean stairways (vacuuming/sweeping). Mon.-Fri. mornings — 1:00 p.m. Parkland.

## The First Step Open House



.. To Your Child's Socialization, Education and Future You are invited to visit the Center, meet the staff, and discuss your child's education program.

Date: Thursday, April 26, 1990 Time: 9:30 am-11:00 am Place: The First Step

> Child Care Center 1501 Interstate Dr. Interstate Research Park

356-3396 KAREN MECUM, Owner, Director

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Saturday, April 28

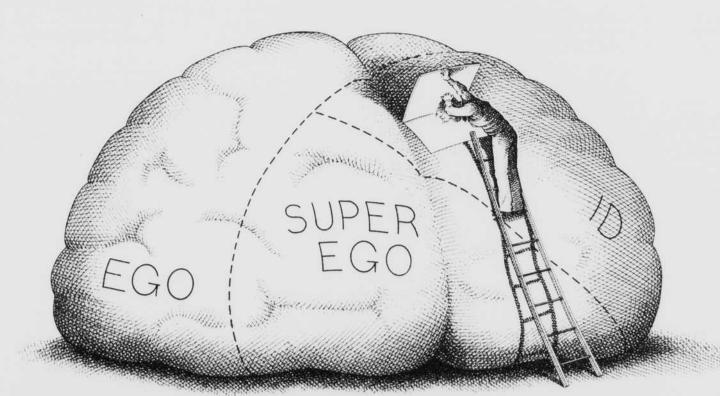
8 a.m.-Noon 12:30-3:00 p.m. 1/2 Price Sale

Coffee Shop – Snack Bar 8 a.m.-3:00 p.m. AUCTION 1:30 P.M.

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For Donations or Information Call 367-8384



It took Freud 38 years to understand it. You have one night.

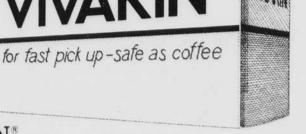
The psych exam is in 12 hours. And your id wants to party. Your ego wants to conk out. But your superego knows you need to stay awake tonight to cram.

Fortunately, you've got Vivarin. It helps keep you awake and mentally alert for hours. Safely and conveniently. So all your brainpower can focus on understanding the brain.

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faster, too.
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Parkland freshman Tom Bauer follows through against Morraine Valley earlier this season. Parkland College was defeated by Lakeland on Tuesday, 3-1 and 6-2

Photo by Chino Barreto

# Dedin resigns

By DONNIE ROBINSON Sports Editor

In the middle of his second year as a baseball coach at Parkland, Rod Lovett has been named as the interim head coach following the resignation of Tom De-

Dedin's announcement came early last week and it caught most people by surprise. The Cobras had an 8-18-2 record before his announcement. His reason for resigning was "to pursue a full-time coaching job and to devote more time and energy to organizing my summer baseball

Dedin was in his third year in his second term as head coach at Parkland. He was an assistant for two years and head coach for



Tom Dedin another two years. He then took the head assistant's job at Coas- to the challenge of taking over as continue to improve as the seatal Carolina, a Division I school, head coach. Although the Cobras

before returning to Parkland.

In his five years as head coach, Dedin accumulated a 100-128-5

Parkland College athletic director Jim Reed announced that Lovett has been named interim coach for the remainder of the season

"Rod's been here a couple of years," Reed said, "We've elevated him on an interim basis for the rest of the season. We'll take a look at things after that before making any further decision."

Lovett, who holds a masters degree in sports administration from Illinois, is looking forward

are 0-6 with him at the reins, including two losses to 12th-ranked Lake Land, he is still excited about their remaining

"It's been a frustrating year because we haven't won the way expected," Lovett said. 'We've lost an awful lot of close games but we have the kind of talent to turn that around at any

They have lost those six games by a total of 14 runs and have an 8-22-2

The players and coaches remain optimistic about their remaining schedule and hope to son progresses.

## Award winners named

By BRANDON EDWARDS Staff Write

The Parkland College men's basketball team has announced their award winners last week for the 1989-90 season.

Statistical awards were given based on stats accumulated throughout the season. They include the Free Throw Award, which went to Aaron Ammons, a Champaign Central graduate Ammons, a freshman, had the highest percentage at 87.5 per

The Assist Leader Award was earned by freshman Dan Gold out of Skokie, Ill. Gold handed out 116 assists on the season.

The Rebound Award went to Tinley Park graduate Jerome Carson. The 6-6 sophomore led the team by grabbing 218 boards over the course of the year.

There were four other awards that were voted on by the players and coaches

The Sparkplug Award was given to freshman Omar Garcia, a graduate of York High School in Elmhurst, Ill. The Sparkplug Award goes to the player who contributed both on and off the court and who made the season more enjoyable by their presence

The Outstanding Defensive Player Award went to Aaron Ammons. He was "always assigned the opponent's toughest player, and he usually controlled them rather well," according to his coaches and teammates. Head coach Tom Cooper said, "Aaron's competitiveness enabled him to become an excellent defender."

Jerome Carson and freshman Mike Duis were selected Co-MVP's for the Cobras, who fin-ished with a 15-17 record. Duis, a 6-5 forward out of Crescent City-Iroquois, was second on the team behind Carson in rebounding. He was also one of the leading scorers for the Cobras.

Selected as Honorary Team Captain was sophomore Donnie Robinson, Robinson, a 6-1 guard from Normal, led the squad in average points per game with a 13.8 scoring average.

#### Don't forget . . .

Don't forget to sign up for softball, euchre, tennis, and golf in P110 or X153 by Thursday, April 19.

## Registration deadline: May 18 Senior Olympics set for June 5-9

The 1990 Eastern Regional Senior Olympics will be held Tuesday, June 5 through Saturday, June 9 in the greater Urbana-Champaign area.

Men and women 55 years or older are strongly encouraged to participate in this exciting, vet good-natured competition. Events offered include: swimming, golf, tennis, horseshoes, track and field events, shuffleboard, bowling, and adapted events for nursing home residents as well.

This event is co-administerd by the Urbana and Champaign Park Districts, with principle funding received from the Urbana Police Association and Cablevision. Medals will be awarded for 1st, 2nd, and 3rd place finishers in each of these age brackets: 55-64, 65-74, 75 and over. There is a \$6 registration fee which includes one t-shirt for every participant (please note: some events, e.g. golf, require a nominal additional fee). An

awards banquet will be held Saturday, June 9 at 5:30 pm in the Hays Center, 1311 Church Street, Champaign for a fee of \$5 per person.

The registration deadline is May 18, 1990. Registration forms are available at both park districts and can be obtained by calling the Urbana Park District at 217-367-1544 or the Champaign Park District at 217-398-2550.

#### **IM staff attends conference**

On Sunday April 8, the Intramural staff traveled to St. Louis for the annual conference of the National Intramural-Recreation Sports Association. The conference started on April 6 and continued through April 10. The staff members who attended were Tim Wulf, Director; Tammy Mills, Assistant Director; and Rob Biehl. There attended many

sessions held during their stay. They brought back ideas on marketing and publicity. They also brought back ideas on activities for next year such as sand volleyball and indoor softball. The NIRSA is held every year in different locations. Even though this was Parkland Intramurals first year, they will continue to attend in the future.

#### Dee Dee Zeigler sets school record

Parkland's Dee Dee Zeigler won the women's discus and set a school record in the shot put last weekend when the Cobras traveled to Charleston to participate in the Coors Silver Bullet Invitational.

Zeigler, a graduate of Olympia High School, had a throw of 137 feet in the discus and the sophomore placed second in the shot put with a toss of 43 feet 4 inches, a personal best.