

Prospectus

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Parkland College Student Newspaper

Wednesday May 5 1993

Board approves resolutions

by The Prospectus

Resolutions adopting diversity, Arbor Day and Community College Month were adopted by the College Board of Trustees.

The April 21 meeting highlighted a resolution reflecting the College's awareness of and commitment to access, equity and diversity.

Also adopted was a resolution designating April 23 as Arbor Day at Parkland and April as Community College Month.

Zelema Harris, College president, noted one of the events planned to commemorate Community College Month was a Business Training Center breakfast for area businesses. Two businesses, Caradco of Rantoul and Advanced Filtration Systems Inc. of Champaign, were recognized for their use of Business Training Center

services.

Phil Carter, Student Government president and nonvoting student representative on the Board, was sworn in for a second one-year term.

Carter, of Champaign, was re-elected president of Student Government last week.

The Board also:

Accepted a bid of \$548,655 from Coleman Electric of Mansfield to upgrade the lighting in all parking lots, the perimeter road, and exterior walkways, and to provide emergency telephones in the parking lots and at primary entrances.

Accepted a bid of \$175,272 from Henkels and McCoy of Salem for the replacement of the deteriorating exterior gas main for the campus.

Approved a storage policy designating the director of See Board cont. page 9



Photo by Susan Herrel

Nature walk

Simone Robinson, daughter of Loleta Robinson, of Rantoul, balances on a fallen tree at the Patton Woods Open House. Her mother studies environmental biology at PC Rantoul. The cool spring weather has prolonged the spring flowers and delayed the normal growth.

Diversity draws College concern

by John Hoffmelster and Susan Herrel
For the Prospectus

Toi Peppers is doubtful a new resolution passed by the Parkland Board of Trustees will have any effect on her.

"Does this have anything to do with going to school? How will this affect me?"

The resolution, adopted at the April 21 Board meeting, calls for the development and appreciation for cultural diversity by the following actions:

- Respecting the inherent right of all persons to live with dignity and freedom.
- Respecting individual rights of expression.
- Setting a standard for the larger community by promoting sensitivity, communication, and understanding among people with differing beliefs, color, gender, cultures, and backgrounds.
- Encouraging affirmative action for students, faculty, and staff.
- Providing opportunities for increasing awareness of cultural differences and per-

sonal lifestyles withing the College and communities.

Peppers, a freshman Computer Systems Analysis major, said the Board approved resolution won't have a substantial impact on her. "I don't think it would make a difference. It's really hard," she said, "to describe to someone what being a black woman is. I'm pessimistic."

A committee on access, equity and cultural diversity, created by Zelema Harris, College president, appointed a "cross section of employees" from throughout the College.

"They were the ones who initiated this (resolution)," Harris said.

The committee, she added, was exposed to different perspectives and thinking through speakers and forums.

After Senate and Student Government approval, the committee took the motion to Harris, who presented it to the Board.

"Learning about different cultures breaks down the fears we have of different races," said Anthony

Brownlow. "If I learn about a culture, I understand it better."

Brownlow, a second year Secondary Education major, attended Alabama State University, where 2,600 of the 2,800 students are black.

"They had many varying cultural history classes," he said. Brownlow added that the classes served not only African-American interests, but also Latino.

Harris said one of the goals of the cultural diversity resolution is to provide opportunities for awareness. These goals may include: curriculum development, art exhibits, theatrical presentations and special events.

Brownlow said cultures have different histories, and more effort should be taken to promote them.

"Parkland needs more than just the Art Gallery. There's more in our culture than the Gallery could ever show," he said.

Brownlow added that more representation of culture is needed in theater. "It's long overdue."

Changes in aid to move slowly

by Jeff Goldfarb
Washington Correspondent
College Press Service

College students who expected rapid improvements in financial aid under President Clinton's administration will be disappointed by the most recent news coming out of the nation's capital.

Education Secretary Richard Riley said budget problems will prevent the government from increasing the current \$2,300 Pell grants to individual students right now.

In addition, President Clinton's plan to let students work off college debts through community service, the proposed National Service Trust Fund, likely will be phased in gradually over a period of time, rather than

launched in a massive program, White House assistants said.

Press Secretary Dee Dee Myers said the new administration is facing a deficit that is \$60 billion to \$100 billion higher than it was last year when Clinton proposed the National Service Trust Fund.

The president "had to reconsider a lot of his options based on the higher deficit numbers," she said at a Feb. 4 news conference.

Riley didn't make too many friends on the collegiate level in one of his first public appearances when he warned that his department will probably be unable to offer much financial aid immediately because of budget deficits.

"I don't want to bear sad See Aid Changes page 9

"I don't want to bear sad tidings..."

REMEMBER

Commencement
May 21

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THEME



News Briefs

Day of Prayer

Parkland Christian Fellowship will sponsor a celebration of the National Day of Prayer from 11 a.m. to 12:45 p.m. May 6 in C 118. The Rev. Ben Cox will speak at noon.

Parkland Pops

Pops will pay tribute to the music of Broadway during its annual spring concert at 2 p.m. May 9 in the Parkland Theatre.

There will be a charge for tickets. 217/351-2366.

Community Band Concert

Michael Ewald, professor of trumpet at the U. of I., will be the guest soloist at the premiere performance of a locally arranged piece during the Parkland Community Band's spring concert May 13 at 8 p.m. in the Parkland College Theatre.

The Parkland Community Band, under the direction of Erwin Hoffman, will perform marches, Broadway tunes, and patriotic music.

Charge for tickets. 217/351-2483.

Musical Potpourri

The Parkland Choral Union vocal ensemble will present a variety of modern, classical, and folk music during its spring concert, A Musical Potpourri, at 8 p.m., May 14, in the Parkland Theatre. Charge for tickets. For more information: 217/351-2366.

Homeowner workshop

Parkland and seven area banks will sponsor a two-part informational seminar for potential homeowners from 7 to 9:30 p.m. May 6 and 13 in room X 320. Fee. 217/351-2508

Safety workshops

The Parkland College Business Training Center and the Central Illinois Safety Council will sponsor two safety training workshops from 8 a.m. to noon and 1 to 5 p.m. May 11 in room L 256.

217/351-2508.

PC sampler set for May 11

Residents of Parkland College District 505 can tour the campus and learn about the College's programs and resources at the next Parkland Sampler, May 11, from 10 to 11 a.m. and 6 to 7 p.m.

Participants should meet at the Information and Welcome Center desk in the College Center. Free.

Career planning seminar

Parkland College's Career Planning and Placement Center will offer a free Introductory Career Planning seminar on May 18, at 6 p.m. Participants are asked to meet at the Information and Welcome Center desk in the College Center.

217/351-2536.

Real estate seminar

A continuing education real estate seminar for brokers and salespersons will be offered on May 20 from 1 to 4 p.m. in room C118. The seminar will be presented by Eric Worner, part-time faculty member at Parkland College and real estate broker with the Worner agency, Inc., in Rantoul.

217/351-2508.



Photo By Roopal Gopaldas

Harris talks with students

Pres. Zelema Harris (c) discusses current funding with newswriting students (l to r) Robb Walters, Shawn Samii, Bryan Henson, and Brian Hilgert.

Harris: PC a good buy

"We're the best game in town in terms of higher education and cost," Pres. Zelema Harris said recently.

A \$4 tuition increase for a total of \$39 per credit hour for tuition and fees will go into effect in July, and "modest" increases may be necessary over the next five years, Harris said. But if local tax income and state revenue go up, no increase will be needed.

The current funding fight is over half of the 1/2 percent surcharge. One fourth has been designated for education and made permanent. Gov. Edgar wants to take half of the remaining one fourth for education and use one-eighth for other state needs including paying down the lapsed period spending. However, local governments want the fourth turned over to them. One of those local governments is Chicago.

A fourth would translate

into \$211 million and an eighth into \$105.5 million.

A decision is due by May 28 — unless the legislature fails to pass the measure.

Harris said she talked recently with Edgar at a dinner in the governor's mansion, and he said community colleges should be given the same "relative priority" as four-year institutions. She said she feels community colleges "have influenced him a lot."

The Board has not formally considered a new sports complex to be operated with the Park District, she said. A formal presentation on the proposal will be made in May or June. How the new facility, with two gyms and an indoor pool, could be placed near the present gym, and parking for the complex have not been explored, she said.

Parking is a major problem, Harris said. And she knows because, like every-

one else at Parkland, she has no designated parking space and has spent time circling the campus to try and find a place to park. The North Central accreditation team recently criticized the parking situation.

Engineers soon will be examining the whole parking and access problem, Harris said. "Artistically, it's beautiful," she said, but the design of the lots makes snow removal difficult because big equipment cannot maneuver easily. She doesn't like to close the College in bad weather because "We can never get the word out to everybody."

Harris said she thinks the failed Champaign school referendum eventually will pass. She said the Parkland referendum was approved by 72 percent of the voters because "most people have had a wonderful experience here."

DSC serves 1,000 here

If a child had a mental disability 35 years ago, he/she would be kept at home or put into an institution. Twenty-one years ago, four agencies merged to form the Developmental Services Center (DSC) which now serves 1,000 mentally disabled people and their families in this community.

The largest social agency in this area, DSC also has one of the largest programs in the state.

Approximately 450 children from infants to 3-year-olds are tested each year. "Of every 30 children tested, two may be delayed," Dale Morrissey, chief executive officer, said recently during a meeting with Community News Reporting students.

"Although you can't split people in half, about one and a half to three per 100 people have a developmental disability," Morrissey said.

The goal of the service is "to help people with developmental disabilities to become as independent as possible," he said.

Working with the family of a disabled child from its infancy increases the chances of the child's be-

coming an independent adult, Morrissey said. And DSC never abandons the child, he said. "We're always there to help."



Dale Morrissey

In addition to after-school programs, the organization sponsors staffed group houses in which five to eight persons live together and share housekeeping responsibilities.

DSC also operates 24 apartment units which offer residents opportunity for more self-determination. Finally, the agency assists 25 to 30 people who are living independently. Sometimes things go wrong, he said, but "If you

don't have the opportunity to fail, you don't have the opportunity to succeed."

Difficult problems may be solved rather easily, he said. Having trouble tying your shoes? Velcro closures are the answer. Trouble with reading? Understanding important signs often works as well. Difficulty handling a grocery list? Disabled shoppers are shown how to save their labels and match them to those on cans on the shelf.

Fourteen years ago, DFS workers did \$157,000 in gross sales. Last year, they did \$2.4 million worth of work and received \$400,000 in salaries.

Five years ago, they did a little work with Kraft, which is located across the street (Bradley Avenue). Last year, they did \$1 million worth of work for Kraft, primarily in shrink packaging.

In addition to its income from contractual work, the organization receives money from governmental agencies and the United Way. The total budget this year is \$6.9 million.

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Photo by Don Manning

Hites Scholarship winner

Valorie Trovillion, the recipient of the \$10,000 Hites Award Scholarship met with Robert F. Hites, of the Hites Family Community College Scholar Foundation of St. Louis at the Parkland College Awards Banquet

Hites award to PC student

by Susan Herrel
Assistant Editor

Valorie Trovillion has been chosen to receive the \$10,000 Hites Foundation Scholarship.

Trovillion is a second year elementary education student who will be pursuing a bachelor's degree at Eastern Illinois University in the fall of '93. To be eligible to receive the award, Trovillion had to have a cumulative grade point average of 3.6 and continue to pursue a bachelor's degree, full time, at an accredited four-year institution.

"I read about the scholarship in the *Prospectus*," said Trovillion. "I wrote an essay about why I thought a college education is important and how it would change my life. These are issues that I have spent a lot of time thinking about."

"I have been out of school

for about 20 years so it has been almost a life long dream to receive a college education and get a teaching certificate."

**Valorie Trovillion
wins \$10,000
scholarship.**

Trovillion hopes to teach fourth or fifth grade. Her area of concentration at E.I.U. will be history.

Mary Lee Sargent, PC history instructor, "taught me that every major area of study has a history, and I've found that this has strengthened my other areas of education."

"Going to school has shown me just how strong I really am. I've pushed myself harder and further than I thought possible," said Trovillion.

The scholarship will be divided among four semes-

ters. She will receive \$2,500 for two years.

Parkland was one of two institutions in the nation chosen by the board of directors of the Hites Family College Scholar Foundation in St. Louis.

Trovillion met Mr. Hites at the Awards Banquet here at Parkland recently.

"It's nice that there is a real person behind the scholarship," said Trovillion. "I know he will be very helpful if I ever need any help."

In addition to attending school full-time, Trovillion has also held a part-time job in the PC print shop and is tutoring students in history.

Trovillion said she hopes to work with children in some capacity this summer. She is an active canoeist and will be participating in an Ohio River canoe race in July.



Photo by Roopal Gopaldas

Child Development Center

Now it's only a hole in the ground on the south side of campus, but within six months, it will be the new Child Development Center.

Remember mom on May 9th



Parkland This Week
May 5-18, 1993

Wednesday, May 5

*MS/PC DOS: Part II (WKS 552-095) • 9 a.m.-12 noon • Room B227
Continues Thursday • 217/351-2599

Fine Art Students Juried Exhibition • Monday-Friday 10 a.m.-3 p.m.,
Monday-Thursday 6-8 p.m., and Saturday 10 a.m.-12 noon • Art Gallery
Continues through May 14 • 217/351-2485

Free Blood Pressure Screening • 11 a.m.-1 p.m. and 4:30-6 p.m. • Flag
Lounge • 217/351-2214

Thursday, May 6

*Securing External Resources for Your Non-Profit Organization (WKS 981-094)
8 a.m.-12 noon • Room A208 • 217/351-2508

Applied Music Recital • 12 noon • Parkland Theatre • 217/351-2366

*Home Buyer's Seminar (WKS 963-098) • 7-9:30 p.m. • Room X320
Continues May 13 • 217/351-2508

Friday, May 7

Men's and Women's Track and Field, Last Chance Meet and Regional 24
Events at 8 a.m. and 4 p.m. • Parkland Track • Continues Saturday
217/351-2226

*WordPerfect: Macros (WKS 559-095) • 1-4 p.m. • Room B227 • 217/351-2599

Planetarium Shows • Prairie Skies, 7 p.m. • Rainbow War, 9:15 p.m.
William M. Staerkel Planetarium • 217/351-2446

Rock and Roll Light Show featuring Pink Floyd's "Dark Side of the Moon"
8:15 and 10 p.m. • William M. Staerkel Planetarium • 217/351-2446

Saturday, May 8

Men's and Women's Track and Field, Last Chance Meet and Regional 24
Field events begin at 9 a.m., track events at 11 a.m. • Parkland Track
217/351-2226

Planetarium Shows • Little Star That Could, 11 a.m. and 7 p.m. • Rainbow
War, 12 noon and 9:15 p.m. • The Mars Show, 1 p.m. • William M. Staerkel
Planetarium • 217/351-2446

Rock and Roll Light Show featuring Pink Floyd's "Dark Side of the Moon"
3:30, 5, 8:15, and 10 p.m. • William M. Staerkel Planetarium • 217/351-2446

Sunday, May 9

Parkland Pops on Broadway Concert • 2 p.m. • Parkland Theatre • 217/351-2366

Monday, May 10

*WordPerfect: Introduction (WKS 557-098) • 6-9 p.m. • Room B227
Continues Wednesday • 217/351-2599

Tuesday, May 11

*Safety Training Series: Confined Space Entry • 8 a.m.-12 noon • Room
L256 • 217/351-2508

*Safety Training Series: Accident Investigation and Recordkeeping • 1-5 p.m.
Room L256 • 217/351-2508

Parkland Sampler • 10-11 a.m. or 6-7 p.m. • Meet at the Information and
Welcome Center desk • 217/351-2561

Wednesday, May 12

Blood Drive • 9 a.m.-3 p.m. • Gallery Lounge • Walk-ins accepted • 217/351-2214

Thursday, May 13

Parkland Community Band Concert • 8 p.m. • Parkland Theatre • 217/351-2483

Friday, May 14

Last day of spring classes.

*Real Estate Seminar: Agency (WKS 957-094) • 1-4 p.m. • Room TBA
217/351-2508

Planetarium Shows • Prairie Skies, 7 p.m. • Great Barrier Reef, 8 p.m.
The Mars Show, 9 p.m. • William M. Staerkel Planetarium • 217/351-2446

"A Musical Potpourri": Parkland Choral Union Concert • 8 p.m. • Parkland
Theatre • 217/351-2366

Saturday, May 15

Planetarium Shows • Little Star That Could, 11 a.m. and 7 p.m. • Rainbow
War, 12 noon and 8 p.m. • Great Barrier Reef, 1 p.m. • The Mars Show,
9 p.m. • William M. Staerkel Planetarium • 217/351-2446

Monday, May 17

Final examinations begin • Continue through May 21

Tuesday, May 18

*Career Planning Seminar • 6-8 p.m. • Meet at the Information and Welcome
Center desk • 217/351-2536

*Preregistration required.

All events are open to the public.

For admissions and registration information, call 217/351-2208.

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Mother, daughter graduate same class

by Adrienne Emmering
Features Editor

Anita and Marnita Sills, both of the Champaign area, are mother and daughter. Both will also be participating in Parkland's May 21 graduation ceremonies.

Anita Sills, a Nursing major, and her daughter, Marnita a graduate of Parkland's two-year Accounting program, discussed their experiences as returning students at Parkland.

Prospectus: You're returning to school after how many years, Anita?

Anita: (Laughs) A lot! I call my classmates "the kids". At first I was apprehensive about our age differences, but there were no problems once I was in class. We joke about it. Several students in the Nursing program are in their 30s and 40s.

Prospectus: What attracted you both to Parkland?

Anita: Well, it's a local school, and we've been in the area for about 10 years. I've worked in nursing for years, but the technology has changed. A lot of the skills I have aren't worth that much in today's job market.

Prospectus: So, you came to improve job skills?

Anita: Right.

Prospectus: In nursing, you must be in some difficult situations, dealing with very ill patients.

Anita: As a student nurse, I'm exposed to many degrees of suffering, sometimes knowing a patient is

terminal. I'm also learning various ways to assist patients and family by offering support and listening when any one of them needs to talk. Keeping emotions and feelings under control is the basic requirement for helping the patient and family.

To succeed in school takes teamwork.

Prospectus: You learn that in your supervised experiences in hospitals and nursing homes?

Anita: Yes, as students we get practical experience under the supervision of an RN on the floor.

Prospectus: (to Marnita) Is it difficult to deal with a tight school schedule as a working mother?

Marnita: Yes, very much. Both full time and part time, with kids and a job, it's very hard. There's a lot of stress. I work at a restaurant, and it's hard work.

Anita: It isn't such a problem for me — that's one of the advantages of being mature — I don't have young children to deal with, so I have no particular problems with my school schedule.

Prospectus: (to Marnita) What caused you to choose accounting as a specialty?

Marnita: I've always loved math. In junior high I liked math and solving logic problems more than any other class.

Anita: (Laughs) I don't know

where that comes from. That's not from my side of the family!

Marnita: Well, math leads to accounting, which leads to money. I've always enjoyed statistics and business math, especially. I love working with computers.

Prospectus: Are you going on to further studies?

Anita: I don't know. Maybe. I'm pretty satisfied with where I am right now, but for the future, I don't know.

Prospectus: Did you find anything especially hard?

Anita: Yes, chemistry. Once I almost gave up and walked out the door.

Prospectus: But you decided to stay with it.

Anita: Finally. It wasn't so bad once I decided to do it.

Prospectus: What does it take to succeed at school?

Anita: Teamwork.

Marnita: Also good counseling and people who are there, willing to help. Hank Bernard, particularly, was always available and a tremendous help to me. I went through Parkland's two-year, AA degree certificate program. At Parkland, we learned how to do the actual accounting, not just operate computers and machines.

Anita: In the Nursing program, people will spend time with you. I have few complaints about Parkland's course or faculty. I always received plenty of personal attention. This is a local school where people know each other.



Photo by Gwen McIntyer

Dale Morissey

Marnita Sills

Anita Sills

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Red planet explored

by Ira Liebowitz
Prospectus Staff Writer

It's a barren no-man's/woman's land with temperatures falling below minus 100 degrees Fahrenheit at night, its thin atmosphere too laden with carbon dioxide to breathe. On such a foreboding world mankind will someday set foot, according to *The Mars Show*, airing Friday and Saturday nights through August 1 at the Staerkel Planetarium.

A narration by Patrick Stewart (*Star Trek*, *The Next Generation's* Capt. Picard) expresses our historical (and sometimes hysterical) fascination with the cosmos and, in particular, with the red sphere long touted as the god of war, Mars.

Accented with gladiator music reminiscent of *Spartacus* and more spacey fare, the show edifies the audience with statistical data and piquant folklore of this rocky, pock-marked fourth planet from the sun.

For instance, pictures flashed on a simulated night sky augment excerpts read from such tales as Edgar Rice Burrough's *The Chessmen of Mars*, 1916, and Robert A. Heinlein's, *The Red Planet*, 1949.

Featured is an excerpt from perhaps the most famous of all martian lore, Orson Welles' rendering on radio of H. G. Wells' classic, *War of the Worlds*. On that Halloween night, many petrified people actually believed that earth was sustaining a full-scale attack by bizarre beings from Mars.

Also, according to the show, ever since Galileo's time, earthlings often short on magnification, but high on imagination, thought they could discern canals lacing the surface of Mars. Such a mindset in the 19th Century prompted American astronomer, Percival Lowell, to write his belief in the "existence of magnificent artifacts of an ancient and highly intelligent people."

Sadly, according to the narrative, Mariner and Viking probes during the 1970's quashed any reasonable belief for life on Mars. Capt. Picard, however, left a glimmer of hope for finding life below the surface as future probes are planned to literally dig deeper.

When's the best time to leave for Mars?

According to Planetarium specialist Dave Leake, "The perihelic opposition is the

best time to see Mars. *Perihelic* means it's closest to the sun. Opposition means you could draw a straight line from the sun through earth and Mars, so that's when Mars is closest to the earth, too." This distance, according to the show, still is quite formidable: 55 million kilometers (34 million miles).

After much conditioning in Antarctica, such a trek would take more than three years to traverse, said the narrative. Would the cost be prohibitive?

"It's too much for one country, I think," said Leake. "I think it would have to be one of those cooperative ventures between Europe, Japan, Russia and the United States."

Planetarium staffer Melanie Murphy says she believes that the joint US/Soviet reconnaissance mission mentioned in the show will be postponed "due to a break-up of the Soviet Union." Adds Murphy, who had been reading a *Star Trek* novel, "I think that by the time teenagers are my age (almost 30) there's a possibility that they will walk on Mars."

Parkland College Community Band

Spring Concert 1993

Featuring
Michael Ewald, trumpet

Thursday, May 13, 1993
8 p.m.

Parkland College Theatre



Admission: \$3 General Public, \$2 Students/Seniors



Parkland College

2400 West Bradley Avenue • Champaign, Illinois 61821-1899

Parton captivates audience

by Ira Liebowitz
Prospectus Staff Writer

From the start when the band played mellow violin strains of *Hello Dolly*, to the more ebullient show tunes and standards, a household name in C & W and pop music, Dolly Parton, captivated an audience of all ages at the Assembly Hall.

In her inimitable outgoing way, chatting pleasantries to the crowd, Parton dished out a cornucopia of tunes, mingling rural schmaltz, as in *My Tennessee Mountain Home*, to the peppery *Baby, I'm Burning*, and her latest single, *Romeo*.

Parton's performance began on a note of revelry. "Anytime ya got champagne, (Champaign) you know you're gonna have a party, right?" said the entertainer, garbed in a skimpy red and silver dress bedecked with sparking sequins or, perhaps, with rhinestones. "Ya know, it costs a whole lot to make you look cheap," she said before sharing stories of her humble Tennessee roots and thanking fans for having made her "big dream come true."

Seated on a wooden stool, Parton reflected on being

one of a dozen siblings with the concomitant discomfort of sleeping two or three to a bed. "We kept mamma on pedestal—we pretty well had to—it was the only way to keep daddy away from her," kibbutzed Parton, later describing the patriarch as being a man of bashful tem-

Her matching luggage was three paper bags...

perament with a lot of "common horse sense."

One tune dripping with nostalgia was *Applejack*, about a friend by that name who taught young Parton to strum banjo, spit tobacco, a practice at which she became adept, she said, and partake of applejack brandy. "Bet you wonder how I'm playing the banjo with these dang long fingernails," she said during that number.

Another sentimental favorite which Parton wrote, was *Coat of Many Colors*, titled after a biblical proverb. In it she recalls a time her mom lovingly crafted a coat for her made from scraps. It goes: "A time we had no money, but I was rich as I could be/ in my

coat of many colors mamma made for me."

Upon graduating from high school, equipped with her songs and a matching set of luggage—"three paper bags"—Parton bussed to that musical mecca, Nashville. In 1964, she landed a contract with Monument Records, which released her first single, *Dumb Blonde*, since relegated to oblivion.

Parton's career skyrocketed after being featured with C&W star Porter Wagoner on his syndicated television show during the '60's and '70's. Since then, the triple Grammy Award star has sparkled, earning seven Country Music Association Awards, three Academy of Country Music Awards, and three People's Choice Awards, embracing stage and screen.

Movie tunes sung at the show were the title song from *9 to 5*, and *I Will Always Love You* (from *The Best Little Whorehouse in Texas*).

Parton also sang emotively, *Eagle When She Flies*, which she'd written originally for Sally Field's character in *Steel Magnolias*. See Partonpage 10

Professor Skyrockets at Story Shop

by Ira Liebowitz
Prospectus Staff Writer

The venerable professor came to the microphone to address an audience of young aspiring authors and their kin at an awards ceremony at the 17th Annual Story Shop held this April at the Parkland Theatre.

In a tan corduroy jacket, aptly evoking a scholarly stereotype, Dr. Sidney Rosen, author of several books for children and young adults, spoke of his literary roots, read a sampling from upcoming novels and imparted tips to burgeoning writers.

"Writing is really fun," said Rosen whose foray into prose began at age eight after his father had bought an old typewriter from which the boy promptly turned out gossip about the neighbors.

At age 12, the seeds of journalism became more firmly entrenched as Rosen won a short-story writing contest sponsored by a local Boston newspaper. His humorous piece, "Will power...bah!" brought him instant gratification. "Not

only was it on the front page, but I got a check for three dollars and an 'A' in English," the science historian recalls.

Rosen's first serious incursion into writing fiction came soon after receiving his doctorate in physical science, history of science and the history of learning from Harvard University. He graduated in 1955, and relaxed from

"A good writer spends a long time finding the right word."

the tedium of cranking out theses. His wife Dorothy, then a librarian at

the Boston Public Library, noticed a need for books about a 16th century Italian scientist and encouraged Sidney to research Galileo. He produced *Galileo and the Magic Numbers*, his most widely acclaimed works. Until April it has been continuously in print. "That book is now 35 years old," Rosen said.

The audience, largely comprised of third through sixth-graders received certificates of merit for their short stories. Rosen explained the difference between the amateur and professional writer. See Rosenpage 7

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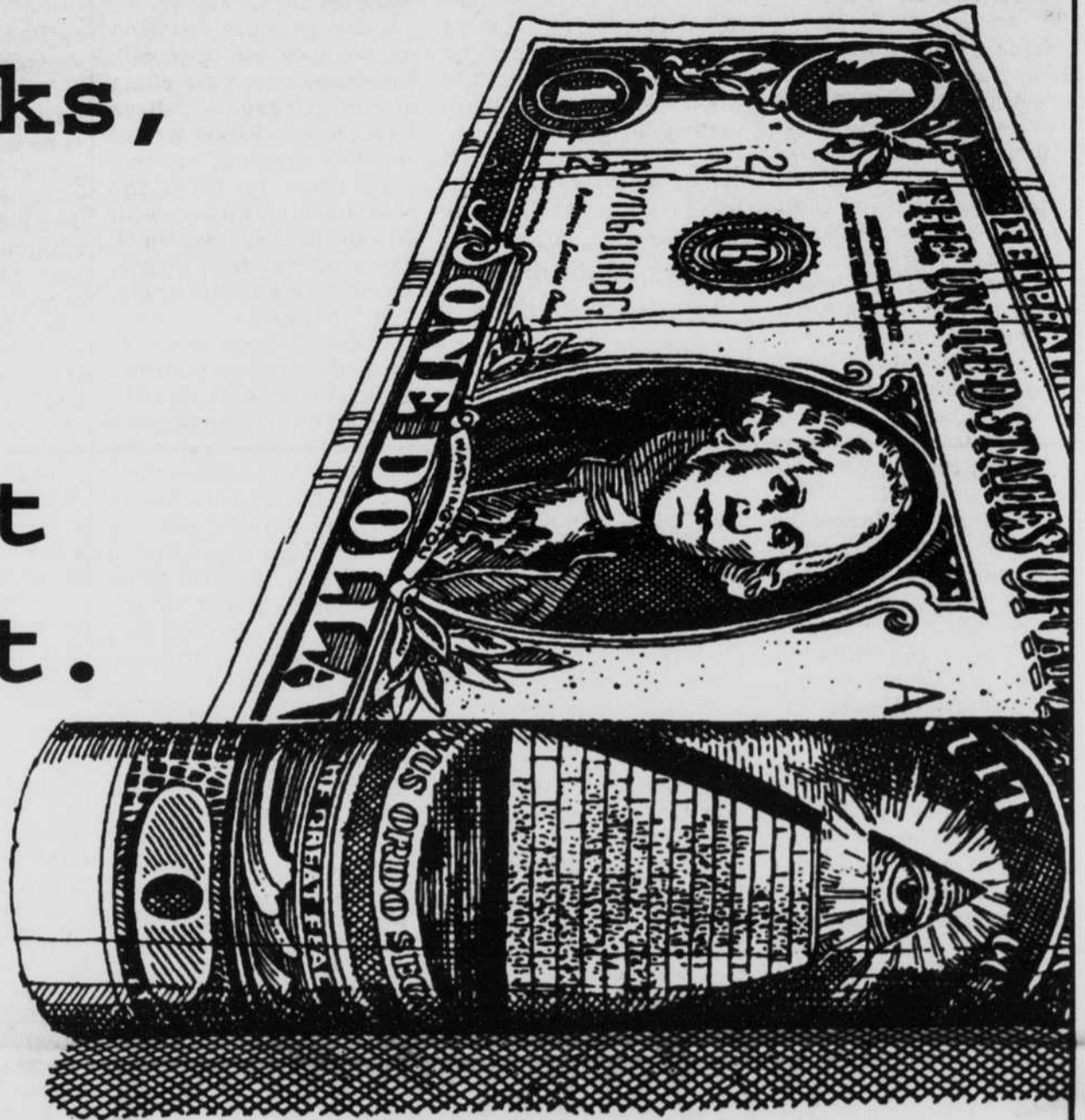


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THE FIRST STOP TO INTELLIGENT LIFE IN THE UNIVERSE!

Singers to Florida

by Susan Herrel
Assistant Editor

Parkland's Madrigal Singers will be in Orlando, Florida May 22-27 performing at Disney World on the Fantasy Faire Stage. They will also present a workshop on production techniques.

According to Sandra Chabot, Madrigal sponsor, 24 PC students will travel by charter bus to Florida. "Enthusiasm is very high at

this point," she said.

The singers also have a club date scheduled and will perform at the First United Methodist Church and at two schools.

Their music will feature songs of the South. They will be accompanied by Debra Kinzer, piano instructor.

Chabot said, "The purpose of the trip is to refine and upgrade their skills and put their music in a wider context."



Photo By Susan Herrel

Madrigals go to Florida

Sandra Chabot, director of Choral Activities, directs a dress rehearsal in the Gallery Lounge. The Madrigals are preparing for a trip to Disney World this summer.

Rosen

cont.

"A good writer spends a long time finding the right word," said Rosen, challenging his young under-studies to find a scintillating synonym for the staid word, "run."

"We want a word with pizzazz. How about, He skyrocketed down the street," said the 76-year-old professor emeritus of the U. of I. who strongly recommends perusing *Roget's Thesaurus*, a handbook for alternate words.

Other advice Rosen offers is to keep the copy captivating. "The trick is that no matter what kind of story you write, you want it to be exciting," he said. He added that the most frequent question magazine and book editors ask is: "Is it a page-turner?"

To further illustrate his point about using salient words, Rosen read excerpts from his soon-to-be-released juvenile-gearred novels, *The Magician's Apprentice* and *The Baghdad Mission*.

The Magician's Apprentice, set in Oxford in 1260, portrays adventures of the renowned scientist, Roger Bacon, once branded a heretic, for his innovative ideas. *The Baghdad Mission*, set some 12 centuries ago, includes a nail-bitingly gripping rescue at sea.

The Magician's Apprentice and *The Baghdad Mission* will be out this fall and next year, respectively, Rosen said.

Apparently, Rosen knows his P's and Q's, as well as the rest of the alphabet. His *Wizard of Dome*, the first biography written about modern architect R. Buckminster Fuller, won the Clara Ingram Judson Award in 1970 for the "best young people's book by a Midwest author." Rosen noted that Fuller's revolutionary geodesic dome served as the model for the magnificent Epcot Center at Disney World.

In addition to writing children's fare and a textbook, *Concepts in Physical*

Science, (in 1965), Rosen collaborated with his wife on three murder-mysteries with an epicurean slant: *Death and Strudel*, *Death and Borscht*, and *Death and*

Blintzes. Today Show host Gene Shalit interviewed the Rosens on his show, critiquing the book, *Death and Blintzes* published in 1985.

Rosen's other works include historical novels, *Dr. Paracelsus* (1959), a runner-up for the Newbery Medal, and *The Harmonious World of Johann Kepler*

(1962).

Rosen seems comfortable teaching. Since leaving Boston in 1958 for a two-year position at the U. of I. See Rosen..... page 10

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Editorial

Diversity resolution a good move

by John Hoffmeister
Editor in Chief

A resolution adopted by the Parkland Board of Trustees last week outlines a plan to help develop "an appreciation for cultural diversity."

To develop this appreciation the plan outlines: A respect of rights to live with dignity, freedom and expression, promoting cultural sensitivity, encouraging affirmative action and providing opportunities for increasing cultural awareness.

As an official act, it is probably long overdue. In fact, it has been practiced in the community and by the students of Parkland College in one form or another.

Colleges and universities, over the past 25 years, have traditionally been the stomping grounds for political activists. Although parkland is far from the national spotlight, it has its fair share of diversity.

The opportunity of an

education is offered to all who have the means to do so, regardless of race, color or creed.

Students across the country are becoming more culturally educated as the work force demands a knowledgeable pool of applicants.

So now what?

The resolution is simply words on paper.

The only way to acknowledge diversity is to live with the idea that all people are created equal. Everyone must be given the same opportunity to live their lives to the fullest extent of their abilities.

Unfortunately there are many who will not recognize the above; they may live in a shallow world and think even shallower.

The answers to cultural diversity lie within the individual. It is not enough to say you support it.

I don't pretend to have all the answers; they are far from my grasp. But the College's move was an appropriate one.

Illinois House resolution congratulates Parkland

The following resolution was drafted by Rep. Timothy Johnson and passed by the House of Representatives:

Resolved by the House of Representatives of the Eighty-Eighth General Assembly of the State of Illinois, that we congratulate Parkland College on receiving the Community College Advocacy Award from the Illinois Community College Board, commend its faculty and administra-

tion for the excellent education they provide to the community, and wish all those connected with the college all the best in the future.

Adopted by the House of Representatives on March 16, 1993

Michael J. Madigan,
Speaker of the House
Anthony D. Rossi, Clerk of the House

Prospectus

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Every Tuesday
at Noon
in room X-155

Protect your skin from the sun

New York, N.Y., (NAPS) — Fashion seems to have taken the health warnings to heart. Slathering on baby oil and sunning for hours is out. Tanning lotions of SPF 15 and higher are in.

More hints to help you survive harsh, drying effects:

- Limit sun exposure to early morning and late afternoon when the sun's damaging ultraviolet rays

are not as strong. Gradually build your tan, starting with no more than ten to 20 minutes per day.

- Apply a suntan lotion with an SPF of at least 15; reapply after swimming. Ultraviolet rays also penetrate clouds, so cover up even on overcast days.

- Wash with a mild cleansing bar. After showering, apply a moisturizer.

- Drink plenty of water to

restore moisture during and after sunbathing or exercising. Caffeine and alcohol are drying agents and should be consumed in moderation.

- Maintain a balanced diet that supplies essential vitamins. Eat high fiber foods and lots of fresh fruits and vegetables daily to ensure that your skin gets vital fluids and nutrients.

- Get enough sleep.

Commencement May 21

by Susan Herrel
Assistant Editor

Commencement exercises for Parkland's 1993 graduating class will be Friday May 21, 8 p.m. in the Foellinger Great Hall of the Krannert Center for the Performing Arts, Urbana.

Dr. Donald G. Phelps will be the keynote speaker. Dr. Phelps is the chancellor of the Los Angeles Community College District which is the largest com-

munity college system in the nation; it has more than 115,000 students enrolled each semester at its nine campuses.

Also speaking at the commencement program are John Albin, chair of the Parkland Board of Trustees; Phillip Carter, student representative to the Board of Trustees; Leon Bryson and Valorie Trovillion, students; Dr. Alice Pfeffer, vice president

for Institutional Advancement/Student Services; Dale Ewen, vice president for academic services; and Parkland College Pres. Zelema Harris.

Music will be provided by the Parkland Community Band, conducted by Dr. Erwin Hoffman. The invocation and benediction will be given by the Rev. Joseph Hogan, of St. John's Catholic Chapel.

Political activism attracting few

by John Williams
College Press Service

Last year's riots in Los Angeles left Asian-Pacific college students with a need for political empowerment, yet they face a daunting task of trying to define a common ground.

Images of Korean-American businesses burned to the ground in South-Central Los Angeles, and racial tensions—perceived and real—between the Asian-Pacific community and African Americans have created a turning point in political activism among Asian-Pacific college students.

Activists are searching for a sense of pan-Asian unity, but that is difficult to achieve because Asia and the Pacific includes such different countries and cultures such as Hawaii, Japan, Taiwan, China, Vietnam and Malaysia. And what of New Zealand and Australia?

"From diversity, how do we go about organizing? You have to find a common agenda. There's a lot of marginalization, but we're trying come up with common goals," said Maggie Chen, the Asian-Pacific-American student coordinator for the Office of Minority Affairs at Michigan State University. "It's identity issues. Ethnic groups have been fairly isolated. Why is it that we have China towns and Japan towns? All are self-contained. Perceptions play a key part, and it has to do with cross-cultural differ-

ences in terms of history and communication."

While there are racial similarities among many Asian Americans, the differences can outweigh the shared characteristics.

"Perceptions play a key part...."

Religious and cultural beliefs, assimilation to the United States and other factors all contribute to create more diversity than common experience.

"We are...defining for the first time our presence here," said Angela Oh, an attorney in Los Angeles. Oh was interviewed on ABC's "Nightline" about the carnage in Los Angeles last year. "We have no Thomas Jefferson or George Washington yet. But we will. This thing about political empowerment is an expression of that fact. We are creating our history right now. The more that college students understand that, the less there will be confusion about the context."

Oh and Los Angeles attorney Leo Turrell recently spoke at the Korean-American Students Conference in San Francisco. Also attending was the Rev. Jesse Jackson. Nearly 1,000 Korean-American students attended, as well as African-American students.

Organizers said that political empowerment was the main theme of the conference. But participants also

discussed racial tensions between Korean Americans and African Americans that were brought into focus during the 1992 riots.

Turrell, who represents the National Association for the Advancement of Colored People in Los Angeles, was careful to point out that while there has been tension between the groups, media attention has distorted the extent of it.

"The media portrayed hate between African Americans and Korean Americans and vice-versa. If that were the case, I would not have been there (at the Kascon conference)," he said. "I cannot argue that there have been problems between the communities, but I can't make a broad stroke that the communities hate each other."

Turrell was on the governing board of the Black-Korean Alliance, which was formed by Los Angeles County in 1986 after a shooting of a 15-year-old black girl by a Korean merchant. "We were trying to destroy the myth that every African American hated every Korean American," he said.

Oh had similar opinions about racial tensions. "The media exacerbated it. This is not to diminish the fact there is a tension in the community, but the media exploited the tragedies and the victims by not reporting the unity and coalition efforts," she said. "There was an extraordinary degree of compassion."

See Activism cont. page 10

New food label easier to digest

by The American Heart Association

Low, lite or lean? What do they really mean?

Finally, you can digest these and other food labeling lingo—such as “fat free” or “saturated fat” or “no calories” or “low cholesterol” — because of new federal laws.

And you can trust what you read.

New food labels, scheduled to appear on most foods in your supermarkets in 1994, can include nutritional claims only if the food meets government standards. By this summer, many companies are expected to start switching to labels that will provide detailed and clearer information about the content of foods.

Meanwhile, the American Heart Association and the Food and Drug Administration have produced a brochure, “How To Read Food Labels.” According to the brochure:

■ Calories per serving will be listed along with amount of calories derived from fat. The AHA suggests cutting back on calories and fat if you're overweight.

■ Fat, saturated fat, carbohydrates, fiber and protein will be listed in grams per serving.

■ Cholesterol and sodium amounts will be listed in milligrams (mg) per serving. The AHA recommends that you eat no more than 300 mg of cholesterol and 3,000 mg of sodium per day.

■ The percent of daily values will be listed for all of the above. For nutrients like fat and cholesterol, the daily value percentage tells your upper limit, based on a 2,000-calorie-per-day diet. For example, if a product contains three grams of fat, the daily value column will tell you that the fat in the product is 5 percent of your recommended maximum daily fat intake. The label will include total daily value numbers for both a 2,000-calorie and 2,500-calorie-

per-day diet. But not everyone needs to eat that many calories per day. And those who don't should eat less fat and cholesterol.

■ Vitamins and minerals will be listed in their percentage of daily values per serving. The goal is 100 percent of vitamins A and C, calcium and iron. These should be derived from a combination of foods throughout the day.

The new label is strict concerning food claims. For example, “fat-free” means less than 0.5 grams of fat per serving and no added fat or oil. “Low-fat” is restricted to three grams of fat, or less, per serving. The description “light” or “lite” is restricted to products that have one-third fewer calories or not more than one-half the fat of the higher-calorie, higher-fat version. To earn a “cholesterol-free” label, the product must contain fewer than two milligrams of cholesterol and two grams or less of saturated fat per serving.

News Briefs

Safety Training workshops

The Parkland College Business Training Center and the Central Illinois Safety Council will offer two safety training workshops on May 25, in room L216.

During Hazard Communications from 8 a.m. to noon, participants will learn about identifying hazardous chemicals in the workplace, labeling requirements, material safety data sheets, employee training, and other topics related to this OSHA regulation.

From 1 to 5 p.m., Forklift Operator: Train-the-Trainer will be presented.

217/351-2508.

Career guidance for women

A career counselor will discuss career opportunities for women during the next Brown Bag Forum sponsored by Parkland College's Office of Women's Program and Services on May 13, at noon in room C118. Claire Harlow, a career counselor specializing in women's career development, will lead the discussion.

217/351-2541.

College for Kids registration

Grade school students can take a course at Parkland College this summer during College for Kids, a Youth Education program for the Community College District 505 students who are entering or have successfully completed grades 4 through 8.

Registration and payment must be received by May 24, and applications will be accepted by mail only.

217/351-2545.

Program on AIDS

The Center for Health Information will sponsor the broadcast of an interactive educational program on HIV/AIDS on May 12, from 6:30 to 8 p.m. on PCTV, Cable Channel 8.

217/351-2214.



Talent show awards winners

by The Prospectus

Activities and Services Board of Student Government put on a talent show March 19. Winners

were: Jackie Tatum, who received a first place award of \$100; Mike Blade, a second place winner of \$75 and Kerri Thompson, a \$50 winner for third place.

The second annual talent show was staged in the Parkland Theater. Approximately 150 spectators attended the show.

Aid Changes cont.

tidings,” Riley said at a meeting of the National Association of Independent Colleges and Universities (NAICU), which represents about 1,600 private colleges. But that's exactly what he did.

Raising the maximum grant to needy college students from \$2,300 to \$4,000, as recent proposals have suggested, is “not possible under the current circumstances,” he said.

During his campaign, Clinton promised to increase dramatically the amount of financial aid for higher education. Clinton also said one of his top pri-

orities was to give any person, regardless of income, the opportunity to go to college. Working in public service after graduation would be a means of paying off college loans.

But Riley said those plans will have to be phased in more slowly than the new administration had anticipated.

“I don't like it—you don't like it,” he said at the meeting.

Riley's sobering news came on the heels of a congressionally mandated report that called for a plan that would require about \$7 billion in government funding to enable every college

student to get some form of financial aid.

According to reports in the *Washington Post*, the Education Department has been one of the most neglected in the federal government, and some of its computers are so outdated they are nearly useless.

Riley said he recently learned that his department's budget deficit was \$600 million worse than what he had expected because of miscalculations. Part of the department's shortfall stems from debts incurred during the last two years when \$2 billion more was doled out in college grants than was available.

Board cont.

the physical plant/purchasing to execute policy and procedures related to storage and surplus materials issues.

Authorized entering into a clinical site agreement with Saint Francis Medical Center in Peoria for a Pharmacy Technology student this summer.

Approved the following requests for funds from the Champaign Consortium of

the Job Training Partnership Act: \$40,000 for vocational training for the economically disadvantaged, \$17,776 for vocational training for the economically disadvantaged students ages 16 to 21, \$10,512 to provide Certified Nurse Assistant training for 24 students, \$41,080 for a youth employability program, and \$100,000 for vocational retraining for dislocated workers.

The Board also approved two requests to the Illinois Arts Council for \$7,109 for the Art Gallery and \$11,790 for *Tamaqua* magazine; one grant request to Phi Theta Kappa and the W.K. Kellogg Foundation for \$6,000 for a leadership development program; and on grant request to the Illinois State Board of Education for \$535,000 for adult basic education and GED programs.

Low-fat dieters can now include eggs

by North American Press Syndicate

Researchers have something to crow about for those on a low-fat diet.

People who want to reduce their serum cholesterol may not have to give up eggs, the scientists discovered.

A special kind of egg has been produced by having the chicken do part of the dieting.

These hens are fed a carefully controlled diet, including no animal fat or animal by-products. The eggs they produce, while containing as much cholesterol as other eggs, can be included

in a low-fat diet without compromising its cholesterol-reducing effects, doctors say.

The eggs also have more vitamin E and iodine and a lower ratio of saturated fat to monounsaturated fat than other eggs.

You may want to ask your doctor if they could be on your diet.

The eggs have been tested at Cornell University, the University of Alabama and the Medical College of Pennsylvania.

Consumers who've tried them say their consistent high quality means they're easier to cook with and taste better in egg dishes.

Student performances to benefit Center

Music, poetry, theater sketches, dances, comedy routines, and art work will be offered from 10 a.m. to 3 p.m. in the Student Center May 13 to benefit the Developmental Services Center.

Students are invited to sign up for performance times. The schedule is on the bulletin board outside C 144.

Performers are asked to sell 25 cent tickets or

obtain donations for their performances. A basket will be placed in the College Center for additional donations during the performances.

Joe Meents, president of the Parkland Music Association, sponsor of the event, will present a check to DSC after the performances. This is the third year the PMA has sponsored the event.

Wednesday May 5 1993

Parton *cont.*

which had been dropped from the movie. Not since Helen Reddy's anthem, *I Am Woman*, it seems, has the merit of the woman/wife/mother been so well championed. It goes: "A kaleidoscope of color, you can toss her round and round/ you can keep her in your vision, but you'll never get her down...she's a sparrow when she's broken, but she's an eagle when she flies."

Pop songs performed included the 1970s hit, *Here You Come Again* and *Islands in the Stream*, in the early 1980's in which she teamed with Kenny Rogers and won an American Music Award for Best Duo Performance. Parton's current hit, *Romeo*, was released with a spicy video which has raised a few eyebrows, she said.

Other musical fare included Parton joining others in a quartet, dueling banjos, and, briefly, some *Orange Blossom Special* on fiddle. Also, a cameo of Parton in an outlandish bustier and a band member donning capacious pants and dark shades parodied artists Madonna and Hammer and added zest to the show.

Commented patron Paul Luedtke, of Urbana, "I liked the quartet best," adding that Parton is "a great entertainer in a high quality show."

In addition to singing and acting, Parton also founded Dollywood, an 87-acre theme park. She commented,

Rosen *cont.*

in Champaign, Rosen has stayed an extra third of a century. After retiring a decade ago, he tailored and still teaches Astronomy and Civilization, a class once brimming with almost a thousand students, but now limited to 600.

Cognizant of celestial and earthly surroundings, Rosen encourages new writers to be aware of their milieu and to jot down observations

"Disney World has Space Mountain, and I have twin peaks." On a more serious note, Parton has established a medical and educational foundation to aid people in Sevier County, her birthplace in Tennessee.

Preceding Parton, C&W group, Palomino Road, performed hits including their soon-to-be-released, *The Best You Can Do*. The quintet, brandishing some feisty guitar chords, seemed like a reincarnation of the disbanded group, the Eagles. In fact, they played a tribute to their role model, including the rollicking *Hotel California*.

The group got a mixed review. Said Luedtke, "I didn't care for the first half of the show. Conversely, Marty Seider, of Champaign, said, "They'd be hard to top."

The show ended as Parton sang *I Will Always Love You*, which she wrote and recently has been revitalized by Whitney Houston. Judging by the ovation of the packed house, the love was mutual.

into a notebook. "You can use a journal like that as a reference. Maybe you'll find something in your journal that fits into the story."

Since 1983, Rosen has had published five children's picture books which ask and answer questions about astronomy. They are: *Where Does the Moon Go?*; *Can You Find a Planet?*; *Which Way to the Milky Way?*; *How Far Is a Star*. *Can You Hitch a Ride on a Comet?* will be due out this May.

Illustrated by Dean Lindberg, each book is suffused with funny and colorful pictures including a caricature of a bespectacled professor with an uncanny resemblance to Sidney Rosen donning a bow tie and a rocket pack. His books tend to be comical because, as Rosen says, "I believe that learning should be fun."

Activism *cont.*

But if anything positive came out of the deadly riot, it was the recognition that Asian-Pacific Americans—particularly college students—need to create a unified political voice. Turrell

Women's fair stresses community resources

by Adrienne Emmering
Features Editor

Awareness of women's issues and needs was the main focus of the Parkland Women's Fair at which more than 20 community organizations were represented April 26.

Information related to women's health and work needs was available, as well as material about parenting skills for single parents and couples. The Center for Women's Studies offered videotapes of presentations of particular interest to women.

The Prairie Center provided information about alcohol abuse and chemical dependency. The Self Help Center booth had information about psychological counseling for women.

G.R.O.W. also focuses on programs related to women's mental health issues. Representatives were present at all the booths to answer the student's questions about their organizations.

One group, the Jane Addams bookstore, offered for sale books such as *I Know Why the Caged Bird Sings* by Maya Angelou, as well as dozens of other publications relevant to women's issues.

Other groups, such as the League of Women Voters and Land of Lincoln Legal Assistance offered practical assistance, brochures and advice for women needing information about political issues and legal procedures which affect their status and situations as women.

said there is something both the African-American and Asian-Pacific college students have in common: They need to get politically active.

In many cases, young Asian-Pacific Americans

and African Americans tend to stay on the sidelines. "They (Korean Americans) have been basically the invisible classes in Los Angeles until they were victimized. Politicians feel they See *Activism cont.* page 15

ATTENTION

OUR OFFICE IS INTERESTED IN FINDING OUT INFORMATION ABOUT A PARTICULAR AREA OF PARKLAND'S CAMPUS. BETWEEN BUILDINGS L AND P, ON THE WEST SIDE OF THE "DENTAL HYGIENE CLINIC," THERE IS A PAIR OF CONCRETE STAIRS WHICH LIE JUST EAST OF THE SERVICE DRIVE. IF YOU, OR ANYONE YOU KNOW, HAVE FALLEN DOWN, OR ALMOST FALLEN DOWN, THESE STAIRS OR IF YOU OR ANYONE YOU KNOW HAS WITNESSED SOMEONE FALL DOWN THESE STAIRS, PRIOR TO SEPTEMBER 4, 1992, PLEASE CONTACT, (EITHER IN PERSON, BY TELEPHONE OR IN WRITING):

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Fine Arts students honored

by Adrienne Emmering
Features Editor

Merit and purchase award winners for the Annual Fine Arts Students Juried Exhibition have been announced by the Parkland College Fine Arts faculty.

Merit awards were given to 34 works, and 10 works will be purchased for Parkland's permanent student art collection. The exhibit showcases the best student work from this last

year, and includes samples of watercolor, drawing, sculpture, painting ceramics, airbrush illustration, metalwork, mixed media pieces, and photography. Work from the student art collection is regularly displayed throughout the College.

One of the merit winners, Matthew Pacunas, of Rantoul, was also named the recipient of the Cinnia Vaky Memorial Scholarship, which recognizes sustained

excellence in studio disciplines as well as other areas of academic achievement.

The artists were honored at a reception on April 28 when the winners were announced. The annual juried exhibit will continue through May 14.

Events at the Gallery, which is open Monday through Friday, 10 a.m. to 3 p.m., Monday to Thursday, 6 to 8 p.m., and Saturday, 10 a.m. to noon, are free and open to the public.



Photo By Susan Herrel

Phyllis Rash Hughes is seen here in her new store, *The Studio*, in *The Old Farm Shops*, Champaign. *The Studio* features both local and national artists.

Migraine - a scary word

by Adrienne Emmering
Prospectus Staff Writer

Migraine - the very word makes some people wince with pain. Until recently, I was one of them. I had attacks approximately twice a week, and at one time, almost daily.

At first, I didn't know what they were. To me, they were just "sick headaches." They would soon go away. But they didn't. My attacks developed into the classic "common migraine" pattern: fevered sweating, piercing muscle pain on one side of the head accompanied by nausea and diarrhea.

The symptoms were almost always the same. After the onset of an attack, I usually felt the need to vomit. I couldn't hold down food, and I had to lie motionless to minimize the pain.

During the attack, I could not stand bright light or noise. Any external stimulus aggravated the pain. I developed a technique for controlling the symptoms - I put a hot pad on my neck and an ice cold compress to my forehead. Then I took as many pain killers as I could

keep down. In this way, I could minimize the torment.

Visits to doctors didn't help. One prescribed a habit forming medication I was afraid to take. Another com-

...chocolate, coffee, cheese, alcohol, and processed meats can trigger migraines...

pletely lacked compassion for me. "You should find out why you get headaches" was her terse response to my situation.

At times, I was forced to miss work because of an attack. I went through life in an aching, throbbing cloud of migraine pain.

Some migraineurs suffer attacks only once a year, according to migraine literature (see sources below). The most severely afflicted may have attacks almost daily.

A typical migraineur may have an attack once or twice a month. An attack may resolve itself within a few hours or persist, as some of

mine did, for as long as two or three days.

Women are more likely to develop migraines, especially with their menstrual cycles, but migraine afflicts members of both sexes and all age and racial groups.

The "common migraine," according to the literature, is provoked largely by emotional and environmental stress. A serious attack may coincide with a traumatic experience or develop during a bad relationship and often disappears once the disturbing situation is resolved.

A person not prone to regular attacks may develop a migraine over a personal tragedy, a change in climate or altitude, or disrupted sleep.

Certain drugs such as valium are known to cause migraines.

Foods such as chocolate, coffee, cheese, alcohol, and processed meats can trigger migraines in some people.

Typical migraineurs have difficulty expressing anger
See Migraine..... page 12

Former PC instructor opens studio

by Susan Herrel
Assistant Editor

Phyllis Rash Hughes, former PC department head of Psychology, is opening a second store, *The Studio*, in *The Old Farm Shops*, Champaign. Her first and original store, also called *The Studio*, is located in Urbana's Lincoln Square.

Hughes was an instructor of psychology at Parkland for 19 years and also an associate professor at the U. of I. Medical School for seven years.

"I really enjoyed teaching, but it was time to move on," said Hughes.

In college, Hughes double majored in art and psychology. She continued with her art throughout the years by illustrating for the American Bar Association and doing book covers.

"I always wanted to open an art gallery, so I decided it was time to quit teaching and devote more time to

this side of my life," Hughes said. She manages to keep herself immersed in both worlds, however, by maintaining a private counseling practice.

Hughes' husband, John, has been "extremely supportive," she said. He is an electrical engineer at the U. of I. but managed to find time to help her design and remodel the new studio.

The Studio will feature unique artwork in all price ranges.

From May 15 to June 15, *The Studio* will feature local artist, Billy Morrow Jackson.

Other local artists being featured are: Mary McDonald, weaver; Anita Feng, potter; Frank Gallo, cast paper; Skip Hunt, sculptor, and Roger Blakely, sculptor.

Hughes stresses that her store can also be thought of as a community museum. "It's O.K. to come and look."

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Mr. Memory has tips for test takers

by Ira Liebowitz
Prospectus Staff Writer

"Never Lower Tillie's Pants; Mamma Might Come Home."

For decades, this evocative phrase has enabled thousands of medical students to remember complex names for the seven bones of the wrist, according to a memory expert who spoke in Champaign recently.

Mort Herold, author of *You'll Never Forget a Name Again, You Can Have a Near-Perfect Memory*, and *Memorizing Made Easy*, offers some handy tips for students whose memories freeze during tests.

"Humor, coincidence, the unusual, and even the fanciful and illogical are all potent ingredients that activate human memory," according to Herold, president of Memory Improvement Services.

"Knowing not only what to know but how to remember what you know is of primary importance in your quest for good grades," notes Herold, adding, "The trick is how to originally put it into your head in such a way that you can get it back out again later."

To lock in on information one must "cue it and review it," says Herold. Memory devices he mentions include similar sounds, letter mapping and rhyme, which may include verbal or mental imagery, or both. Notice the following examples:

For a "sound cue" for ker-aunophobia, one could come up with, "Karen is afraid of lightening." Spelling need not be exact.

A "letter cue" could involve anagrams. Popular ones are ASAP (As Soon As Possible) and UNESCO

(United Nations Educational Scientific and Cultural Organization).

Other favorite letter cues include F-A-C-E, to recall the spaces of the treble clef in music and HOMES for the five Great Lakes (Huron, Ontario, Michigan, Erie and Superior).

Rhyming cues are many and may be improvised. Examples include, "In fourteen hundred ninety-two, Columbus sailed the ocean blue." or "Lincoln debate--fifty-eight."

A mapping cue folks recognize easily is the country Italy, shaped like "a boot."

To recall a number, one should first attach to it a meaning. This might be a time, age, date, height or weight, according to Herold. For instance, the meaningless number, 12,741, has in it "a dozen 7-Ups." Also, it comprises a memorable date, December 7, 1941, the invasion of Pearl Harbor.

To recall names, one can be creative and flexible, says Herold. For instance, for Seiklowski one could see a cow ski.

In *Memorizing Made Easy*, which Herold recommends for students, he notes that one can recall the author of *Uncle Tom's Cabin*, Harriet Beecher Stowe, with the key phrase, "Harriet beached a stowaway." Similarly, one can recall the actor, Marlon Brando, with the absurd image of "a marlin drinking a brandy," he says.

Other advice Herold offers is to circle meaningful points from a book and then say them into a tape recorder. Hearing sounds of words helps to reinforce them, according to Herold.

Writing things down can

be beneficial. "The shortest pencil is better than the longest memory for important things," said Herold who, for the past quarter century, has instructed personnel in such firms as General Electric and IBM about memory technique.

Learned concepts should be reviewed to galvanize memory. Herold stresses a made-up word, "OUTR," (Occasional Use, Thought or Review). This could mean simply singing, perhaps in the shower, data already learned.

"Your memory is better than you think. It's like having a second brain," Herold concludes, adding, "There are no poor memories; there are only poor learning habits."

Migraine cont.

and dealing with relationships, according to the sources. The typical migraineur usually has a background of hypertension, nervous disorder, and perhaps allergies.

Drugs seem to vary in effectiveness. Analgesics of various types (including aspirin and codeine) were effective for me though they did not eradicate the pain. They also have unpleasant side effects.

I found caffeine effective in preventing attacks, but too much caffeine triggered tension headaches.

More severe cases than mine may require years of psychotherapy to remove the sources of anxiety which provoke attacks.

I learned to control my

pain by improving my diet and exercising regularly. My life situation also improved, and I wake up clear-headed and energetic, no longer in a chemically induced haze. Only a former migraine sufferer can appreciate how wonderful a state that is.

Some sufferers are not so lucky. However, now there are headache clinics and groups dealing specifically with the needs of the migraine patient. There are also books on the subject. Two excellent ones are: *Overcoming Migraine* by Betsey Whyckoff, Station Hill Press, New York, 1991, and *Migraine - The Evolution of a Common Disorder* by Oliver W. Sacks, University of California Press, Berkeley, 1970.

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Students honored at Awards banquet

Students involved in Parkland clubs and organizations were honored at the 24th Annual Awards and Recognition Banquet April 22 at the Chancellor Convention Center, Champaign.

Sponsored by the Inter-Organizational Council, the event recognized members of 25 student organizations, intramural teams, Student Government, and the Prospectus.

During the banquet, the International Students Organization was named Organization of the Year, and two new organizations, the Parkland Gospel Ensemble and Phi Theta Kappa, were welcomed. In addition, the Astronomy Club presented a check for \$2,000, raised through rock and roll light shows at the Staerke Planetarium, to the temporary Child Development Center.

Two \$500 Richard D. Norris Scholarships were awarded to Schrema Daniels, of Champaign, and Wendie West, of Normal, for their academic work and

involvement in student activities. Each also won a leadership scholarship.

Among the other award and scholarship winners

Astronomy Club raised \$2,000 to benefit the Child Development Center.

honored: Neil Thackeray, of Melvin, astronomy; Rosemary Mathy, of Champaign, Student Nurses Association of Parkland; Sharon Findlay, of Monticello, and Sandy Kimpel, of Urbana, hospitality industry.

Also: Tiffany Airola, of Washington, and Mike Richardson, of Champaign, equine management; Tim Heath, Pete Fitzpatrick, and Robert Crain, of Champaign, and Edward Karr, of Rantoul, German;

Courtney Johnson, of Urbana, Intellectual Freedom Essay Contest winner.

Three members of the Parkland staff and faculty also were recognized for their outstanding assistance to clubs and Student Government. They are: Norm Lambert, Champaign, interim director of Student Support Services; Cathy Knight, secretary of Student Support Services, and Janice Sutton, of Mahomet, adviser of the Hospitality Industry Management Club, who was named outstanding adviser.

Special Student Government awards were presented to Ean Barnard, of Champaign, exemplary commitment; Charlotte Finck, of Rantoul, exemplary attendance; Tami Licquia, of Champaign, longtime commitment; Bill Ludwig, of Tuscola, highest commitment; Katherine Candler, of Champaign, outstanding service and dedication, and Brenda Langley, of Philo, outstanding service and excellent dedication.

Campus Notes:

International Student Association is having a "Club of the Year" Celebration cookout, May 8, 2:00 p.m. at Lake of the Woods Park. Members of all clubs and student government are invited to attend.

Cochran, Reifsteck, Schmidt head Foundation Board

Robert J. Cochran, of Champaign, was re-elected president of the Parkland College Foundation Board of Directors for one year at the Foundation's meeting on April 14.

Sandra Reifsteck, of Champaign, vice-president, and Peter K. Schmidt, of Urbana, treasurer, also were re-elected for one year.

Schmidt, William Froom and Wayne Weber, of Champaign, were re-elected to one-year terms on the Foundation board.

Board members heard a report from Dr. Zelema Harris on the College's pri-

orities and the recent accreditation visits by the North Central Association and the Illinois Community College Board.

Foundation-sponsored activities such as the Honors' Day Convocation, which took place April 18, and the Arbor Day memorial tree planting ceremony on April 23 were discussed. Additional reports were given by the Board treasurer, former Foundation Director Dan Eaton, and Parkland Director of College Development Anita Bergman.

BRASS & FERN



BRASS & FERN



BRASS & FERN



BRASS & FERN



Crossword Companion

1	2	3	4	5	6	7	8	9	10
11				12				13	
14			15	16		17	18		
19	20		21	22		23			
24		25		26	27	28		29	30
		31	32		33	34		35	
36	37		38	39		40		41	
42		43		44		45		46	
47		48		49	50	51		52	53
		54	55		56	57		58	
59	60			61	62	63		64	
65			66	67		68	69		
70			71			72			

ACROSS

1. Insane
4. Ratify a passport
8. Mischievous child
11. Sing alone
12. Smell
13. SE Asian languages
14. Elevated railway
15. Drag behind
17. Congressional group
19. Siesta
21. Month (abbr.)
23. Sun
24. Restraint
26. Fate in life
28. Liver secretion
31. Fall off to sleep
33. Fish egg
35. Canvas bed
36. Him
38. Merit
41. College degree (abbr.)
42. A Gershwin
44. Fish
45. Building wing
47. Wise men
49. Yonder (poetic)
51. Allot
54. Existence
56. Scrub the floor
58. 2,000 pounds
59. Canal
62. Baseball implement
64. Nickel symbol
65. Fort
66. Gem
68. Biting
70. Green vegetable
71. Hereditary unit
72. Moccasin

DOWN

1. Tooth
2. American League (abbr.)
3. Speck
4. Speech sound
5. NW state (abbr.)
6. Emergency signal
7. War god
8. Slanted letter
9. Cushion
10. Lemon chiffon
11. Send (past tense)
16. Preposition
18. Door handle
20. Skillet
22. Dullness
25. Seed vessel
27. High rock
29. Ball hit in high arc
30. 7th Greek letter
32. Month (abbr.)
34. Night before
36. He
37. Age
39. Bean
40. Tree
43. Program
46. Allow
48. — fix (predicament, two words)
50. Exalted character
52. Restoring medicine
53. Okla. town
55. California fog
57. Mid-Atlantic state (abbr.)
59. Snap
60. Verb
61. Gorilla
63. Hit lightly
67. Article
69. W. state (abbr.)

See page 15 for answers

Directory

- Announcements
- Automobiles
- Business Services
- Help Wanted
- Insurance
- Lost and Found
- Pets
- For Rent
- Roommates Wanted
- Rooms For Rent
- Sublets
- Travel
- Wanted to Buy
- Wanted
- Personals

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Announcements

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The Prospectus has gone to the "beat" system. If you have a special area of interest at Parkland College and can write objectively, come to a Prospectus staff meeting any Tuesday at noon in X155. You'll receive \$.45-\$.65 per published column inch. If you miss the meeting, just stop by anytime. 1x

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Henson tells what it takes

Height, agility, and speed are necessary for a basketball player, but self discipline and confidence are most important, Coach Lou Henson said last week.

"Whether you're shooting free throws or you're a quarterback dropping back to pass, you have to believe in yourself," Henson said, "and you have to have had some success to gain that confidence."

Fans help a team, Henson said, "and they are good at Illinois." However, he said, "They pay their money, and they want to see you win."

Coaches, by nature, are not positive with the press, he said, because "If I tell you we're going to win 20, but we only win 18," the press will react negatively. "You don't want to get the public ahead of you too far. You destroy confidence if they expect too much."

Are the media too hard on the Illini? Henson said, "They really like controversy, but overall, they're fair."

The pressure to win is intense, Henson said, but "The most satisfaction I have is seeing them (the players) graduate and do well. Many professors, doctors, lawyers, and successful people have played for the Illini."

And he thinks the team will do well next year with the new recruit group, which he said is between the fifth and seventh best in the country. They are: Thomas

Hamilton, 7 ft. 4 in.; Shelly Clark, 6 ft. 9 in.; Bret Robisch, 6 ft. 10 in.; Jerry Hester, 6 ft. 6 in., and Kiwane Garris. Henson said the Illini may sign one more

Henson discusses new recruits.

player.

The recruits were narrowed down from 500 to 600 players, he said, after study and observation.

Basketball practice starts Nov. 1, and Henson wishes it would start Aug. 21 because players like to play ball — and do, with the result, he says, that they often get hurt and pick up bad habits.

Henson also thinks the NCAA rule that a player who scores 16 on the ACT (17 is passing to play) must lay out one year and then a year is taken away "is a really bad NCAA rule."

Although a player's scoring well on the ACT is important, it does not assure being accepted for the team. Henson said the Illini turned down a player who scored 30 on the test but had low grades. "That's a bad combination," the coach said.

The U. of I. spends approximately \$18 million on athletics annually, he said. Most of the money is generated by football, about \$3 million from basketball. The operating budget for basket-

ball is about \$750,000.

Women's basketball now has 15 scholarships compared to 13 for men. Henson said he thinks more scholarship money should come from the state.

And what about Chief Illini? "I support the Chief. It's been a great tradition for so long. He only appears at certain times. But it's not for me to say. I don't know what will happen."

Basketball players now dream of the big bucks, Henson said, but only about one percent make the pros. Andy Kaufman, Illini forward, is trying out this year. Pro decisions are announced in June, Henson said.

This is Henson's thirty-ninth year in coaching and his nineteenth year at Illinois. He plans to "finish right here. I'm not cut out for the pros. It's hard on your family, and you're gone all the time."

A sharecropper's son from Okay, Okla., his father complained that he spent too much time shooting baskets. However, his dad bought him a \$3.95 pair of white high-top Converse All Stars shoes, the company he now represents. Henson said he learned how to drink coffee on his first coaching job because it was free in the teacher's lounge.

He and his wife, Mary, like to play bridge. They are the parents of four children and live in Champaign.

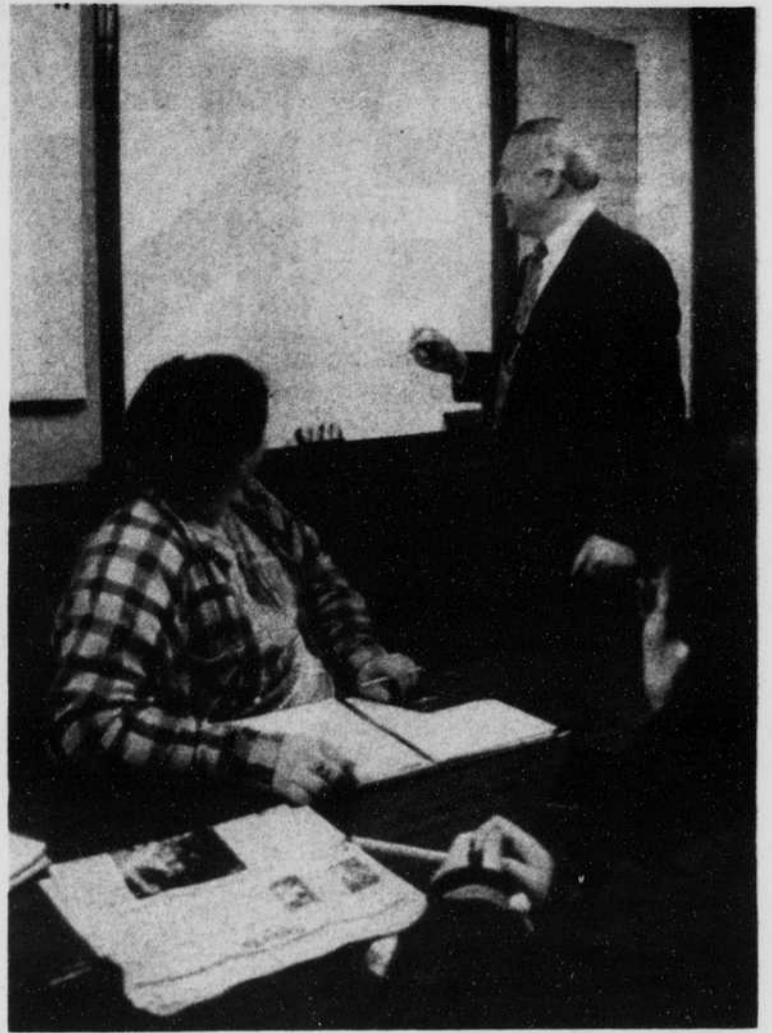


Photo by Roopal Gopaldas

Here's how you win

Never run a play you haven't practised, Coach Lou Henson told newswriting students last week. "It's not the plays," Henson said. "It's the people who run them who win games."

Activism cont.

are not obligated to respond," Turrell said. "The same problem is with African-American youth. They are not involved. These are the people who are required to make an impact on change."

Chen, at Michigan State University, said the image of racial disharmony is affecting Asian-Pacific American. "There is no doubt there is growing tension because of perceptions," she said. "Look at the model minority myth. We didn't choose this distinction. The white power structure is trying to play one minority against another. A lot of African Americans feel that Asian Americans are riding the coattails of their progress."

Marc Suchard, a sophomore at the University of California-Berkeley, helped organize the Korean-

American conference. While Korean-American college students support political activism, many are still apathetic, he said.

"The message was for the students to take back specif-

ic plans of action. The overall goal was an agenda for change," he said. "We need inter-cultural understanding. Student activism involves building coalitions."

INTRAMURAL NEWS

EUCHRE TOURNAMENT RESULTS

The first place winners of the Euchre tournament were Eric Hall and Ed Miller. The second place winners were Doug Clark and David Clampett. The winners received gift certificates.

3 ON 3 BASKETBALL TOURNAMENT RESULTS

Four teams competed in the 3 on 3 basketball tournament. The first place team went undefeated. Kenny Walker, Demonser Burch, and Damien Price made up the first place team. The winners received gym bags.

TABLE TENNIS TOURNAMENT RESULTS

Approximately sixteen people participated in the table tennis tournament. First place went to Wes McAtee who won a \$25 gift certificate. Second place was won by Farhad Kazemi; he received a \$10 gift certificate.

PARKLAND TROTTERS

Nine people who are taking part in the Parkland Trotter program have successfully passed the one hundred mile mark. These people are: Carol Gilbert (668 miles), Linda Lippi (679 miles), Tom Parlin (671 miles), Tim Wulf (105 miles), Billie Mitchell (131 miles), Connie Richardson (177 miles), J.D. Norcross (738 miles), Brenda Winkeler (105 miles), and Chuck Baldwin (257 miles). Each of the participants received one hundred mile t-shirts. Congratulations.



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