

# Students get trashed in lounge

by Jeff Simpson Assistant Editor

More than 90 students got trashed in the Gallery Lounge last week-Steve Trash-ed, that is.

Self-proclaimed ecowarrior Steve "Trash" brought his magic-mixedwith-environmental-responsibility show to Parkland Nov. 17 and informed students and staff from Parkland as well as area high school tour groups.

Trash performed a multitude of magic tricks during his one-hour show, and many of them involved audience participation, which is the crux of his environmental awareness campaign.

Card Tricks, changing newspapers into \$100 bills and transforming leaves into compost were just a few of the tricks and illusions in Trash's arsenal.

The environmental magician said he enjoys touring college campuses because "I love students. I love their energy and their enthusiasm, but most of all I love their potential for changing the world."

Originally from Alabama, former street performer Trash (alias Steve Richerson) began doing the



Steve Trash during his performance in the Gallery Lounge last week

environmental awareness gig about ten years ago. He said he started getting into magic tricks around age seven.

"I guess I was a relatively normal kid," he said. "The connection between magic and the environment came years later as I was working as a 'busker' on the streets."

Trash said he couldn't believe how much garbage there was on those streets.

"It seemed to me that forester." trash was just about everywhere," he said. "I decided to start using magic as a tool to teach environmental responsibility."

This got some mental wheels turning, and before long Steve "Trash" was born.

"It just sort of happened," he explained. "It was a logical move for the relatively normal child of a school teacher and a

Trash started constructing the costume for his new character out of garbage. He said that being "cool" was the only criterion for the character.

"One morning I woke up dressed like this, and someone had tacked a sign above my head that read 'environmental humorist.""

Apparently, college students think the character is cool enough, as hundreds of campuses have welcomed him since his first collegiate stint in 1984.

"Each year I update my material," Trash said, "so when I'm asked back to a college or university I have some fresh, new material to 'wow' them with."

Trash performed at Parkland last year, and Activities Program Manager Shelley Stoltenberg said "he will definitely be invited back."

# **Telecourses on cable; video**

Parkland College will nel 8 from Jan. 17 through clude: offer 12 telecourse during May 12. Students can also the Spring 1995 semester view video lessons in the

for students who desire a Parkland Library and at

•Introduction to Business (BUS 101) •Ethics in America



flexible alternative to classroom instruction.

These telecourses will be available on local cable television, in the College library and at four video rental stores area-wide.

A telecourse includes one-hour weekly video lessons, required readings and occasional meetings with Parkland instructors. as well as call-in hours and scheduled on-campus exams.

Subscribers to Time Warner Cable of Champaign-Urbana can attend the college classes from the comfort of their own homes.

The courses will be aired three times a week at a variety of times on Chan-

Myna the Thompson School in Rantoul.

In addition, four video rental stores will loan videotape lessons free to registered telecourse students.

Telecourse tapes can be checked out from C & M Video, Tuscola; Monticello Video, Monticello; Movie Trak Video, Rantoul, and Video Revue, Champaign.

Those who successfully complete a telecourse earn three to four hours of college credit, depending on the course.

A new telecourse this year is Topics in Anthropology (ANT 289), featuring dramatic film footage from around the world.

Other telecourses in-

(PHI 107)

•History of the U.S. 1865-Present (HIS 105) •Principles of Manage-

ment (MGT 101) •American National Government (POS 122)

•Introduction to Psychology (PSY 101)

•Child Growth and Development (PSY 115)

•Introduction to Child Psychology (PSY 207)

 Introduction to Sociology (SOC 101)

Registration for telecourses is the same as for other courses. The registration period is Nov. 28-Jan. 13.

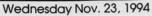
For more information, call the Office of Admissions, Records and Recruitment at 217/351-2208.

#### Photo by Jeff Simpson

#### Food For Families' at Parkland

Seven club participated in the Food For Families drive at Parkland College. PC Student Government donated money to the top three clubs that collected the most food for the Eastern Illinois Food Bank. The Black Student Association won first prize of \$80 for collecting 152 lbs. of food, Parkland Christian Fellowship received \$50 for collecting 119 lbs. of food, and the Child Development received \$30 for bringing in 60 lbs. of food. The food will be distributed to needy families in the area during the holiday season.

## Fospectus





## Lifelong learners show

Learners 55 and older can enjoy the music of France, Japan, Germany, England, Africa, and Israel during an International Holiday Show on Dec. 16, at 2 p.m. in the Parkland Theatre.

Hosted by the Parkland Lifelong Learners program, the holiday event will feature music presented by Parkland international students and a choral group directed by Sandra Chabot.

The Lifelong Learners program is dedicated to education during retirement, providing a variety of classes, lectures, workshops, and special programs for men and women over 55. Individuals may join the group at any time, and guests are welcome.

There is a fee for the monthly lectures. For more information: 217/351-2544

### Parkland preview

Residents of Parkland College District 505 will have an opportunity to tour the campus and learn about the college's programs and resources during the next Parkland preview on Dec. 13.

The program is free and requires no registration. Participants should meet at the Welcome Center desk in the College Center at 10 a.m. or 6 p.m. for the hourlong program.

For more information: 217/351-2546

### **Career Seminar**

Parkland's Career Planning and Placement Center will offer an Introductory Career Planning Seminar, on Dec. 14, at 6 p.m. Participants are asked to meet at the Welcome Center desk in the College Center.

Participants will explore the career development process as well as their interests, abilities, values, and goals. Available career development resources will also be discussed.

There is no charge for the seminar, however, reservations are requested.

For more information: 217/351-2536

# Prospectus

The Prospectus is published by students of Parkland College, 2400 W. Bradley Avenue, Champaign, Illinois 61821-1899. Opinions expressed in editorials, letters to the editor, and unsolicited manuscripts are not necessarily those of the Prospectus or of Parkland College. Editorial offices are located in Room X-155. Phone numbers are 217/351-2216 and 351-2278. The Prospectus is distributed on the Parkland campus and throughout Champaign, Rantoul, Urbana, and high schools in District 505.

Publication Dates & Deadlines

# Winter close; when does PC close?

Winter is approaching, and that means it's time to list the College's procedures regarding inclement weather and school closings.

The basic philosophy of the College is to keep the campus open if at all possible during inclement weather. Closing the College is always a difficult decision to make in view of the large geographical area served.

If, however, it become necessary to close the campus while any classes are in session an announcement will be made over the public address system.

If weather conditions deteriorate overnight a decision is made by 5 a.m. regarding closing.

The following radio and television stations are also contacted when the College closes:

Radio: •WDWS/WHMS, 1400 AM/97.5 FM, Champaign

•WLRW/WIXY, 94.5 FM/100.3 FM •WBCP, 1580 AM, Champaign •WBNQ/WJBC, 101.5 FM/1230 AM, Bloomington •WCZQ, 105.5 FM, Monticello •WZNF/WUFI, 95.3 FM/1460 AM, Urbana •WKIO, 92.5 FM,



Champaign

•WPCD, 88.7 FM, Parkland Campus •WPGU, 107.1 FM,

Champaign •WGFA, 94.1 FM, Wat-

seka •WBWN, 104.1 FM, Bloomington-Normal •WGCY, 106.3 FM, Gibson City

•WPXN, 104.9, Paxton •WSOY, 103 FM/1340 AM, Decatur •WILL, 90.9 FM/580 AM, Urbana

•WZRO, 98.3 FM,

•WGLT, 89.0 FM, Nor-

**Television**:

•WAND

- •WCIA
- •WICD

The conditions both on campus and in surrounding areas are monitored very closely during inclement weather.

As the media will only accept closings, only announcements to that effect will be aired.

Consequently, if a person is listening in and Parkland is not mentioned in the list of area school closings, then the College is open.

The switchboard on campus and the College's radio station (88.7 FM) are kept apprised of announcements.



**Prospectus is hiring!** 

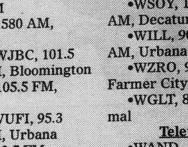
Paid positions

Contact:

Whatever

it takes.

BANKEONE



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**Publication Date:** Wednesday, Nov. 30, 1994

Advertising and **Editorial Deadlines:** Noon, Monday, Nov. 28, 1994

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# Features

Trospectus

Wednesday Nov. 23, 1994

# Parkland Profiles

**Dr. James Nelson** 

# Sargent working in equine

by Tammy K. Mahaffey Prospectus Staff Writer

"Here at Parkland we are allowed to care strongly about

students and teaching," says Gayla Sargent, lead instructor of the Equine Program.

Now in her 16th year at the College, Sargent teaches animal science, business math, and geology.

She took her bachelor's in biology from Moore-

head State (KY.) Her Master's in Earth Science and PhD in Animal Science were both taken from the University of Illinois.

Sargent says she loves sharing information about animals, especially horses, and Parkland allows her to do that.

Sargent also said, the general quality of her teaching associates here is extremely high, and "makes this a very interesting and challenging atmosphere in which to work".

Before coming to Parkland Sargent held various potions including taught at the high school level, geologist for a mining company, and manager of a thoroughbred breeding farm.

Approximately sixteen years ago a riding student of hers informed her of an opening at the College and encouraged her to apply for the position.

Sargent is also the advisor

of several activities including Equine Club, Judging Team, and Riding Team all of which she has opened to any interested Parkland student.

Over the years she has been the coach of a judging team that won at the Morgan Nationals judging competition and a student, Michelle Bland, who was the overall winner at the Arabian Nationals.

In her free time Sargent has taken

instruction throughout Europe, ridden in competitions in Canada, the mid-west and southern United States, and presented talks at

two international symposia. During her tenure here her horse was also awarded the reserve championship at the Canadian Nationals and placed in the top ten in United States Nationals.

Her main goal for her career here at Parkland is to see the development of an oncampus equine facility. Sargent and her committee are currently under way in a fund-drive. The architectural services have been approved by the board.

According to Sargent the biggest obstacle to this project is obtaining funding for the facility.

The facility will also be available for other uses such as dog obedience, flower shows, and other judging contests.

# **Nelson's career goals**

by Tammy K. Mahaffey **Prospectus Staff Writer** 

Psychology ready achieved his

career goal: being a good teacher every semester.

He currently teaches Psychology 101 (Introduction to Psychology) and Psychology 107 (Human Sexuality).

A southeastern Missouri native. Nelson took his Associates Degree

from Saint Paul's Junior College, his Bachelors of Elementary Education from Concordia Teachers' College, Nebraska, his Masters of Arts from Stetson University in Deland, and his PhD in psychology from the University of Illinois.

Although he has been with Parkland since the beginning, he says this wasn't exactly what he expected at first.

"I never started out with the idea of teaching college," he said. "I started with teaching grade school and have just moved up through the ranks. But I have no desire to move into upper-level college classes."

In 1959, he taught elementary school for three years for a starting salary of \$1800 a year, then took a job as director of counseling at Lutheran High School in Cleveland, Ohio.

Prior to coming to Parkland in February, 1968, Nelson had

TPES:

1001 North Mattis Ave.

Champaign, IL 61821

356-6166

helped to open two other colleges.

He was part of the original professor faculty at Cuyahoga Communi-James Nelson feels he has al- ty College in Cleveland, Ohio,

and he assisted Cuyahoga in opening a second campus in Parma, Ohio.

He was hired as an experienced educator to help open Parkland's Counseling Department.

It was because of the students and "the extremely fine faculty" that he decided to stay.

He was soon pro-

moted to assistant dean, then was named acting Dean of Student Affairs.

"I then talked them in to letting me move up into teaching," he said.

He says the student diversity here makes every semester new and challenging.

Nelson stated that he enjoys working with freshman and sophomore college students, and for that reason, this has been an ideal environment for him.

He enjoys spending time with his wife, Marie, and their three children: Matthew, Miriam, and Elizabeth.

His main source of entertainment for the last few years though, has been his five yearold granddaughter, Claire.

"She has been a joy to the entire family, but especially to me, as I have watched her grow and develop."

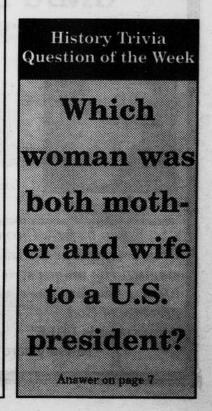




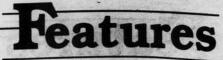


**Gayla Sargent** 





Hospectus Wednesday Nov. 23, 1994



# **World Color coming to Parkland**

World Color is coming to the Parkland Theater Monday, Dec. 5 at 7 p.m.

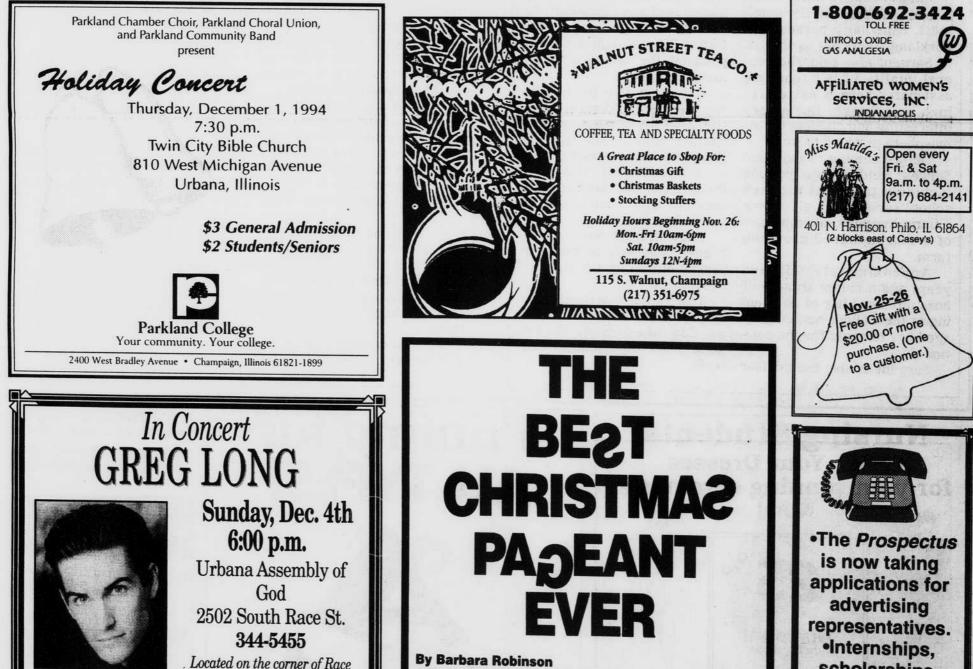
World Color is a multi-cultural, multi-media arts presentation with international artists working together to promote peace through racial harmony.

Productions include traditional music and storytelling from around the world and original world beat music addressing racial and environmental issues. Music is performed on traditional ethnic and modern instruments and is accompanied by visual arts and slide photography. The production is an affirmation of Native American Indian prophecies which assert that peace ia dependent upon unifying the four human races: Black, Red, Yellow, and White.

World Color musicians and storytellers are from Japan, Tokyo, Trinidad, and the United STates, including the Native American Nation.



**World Color** 



## **Choral Union** to present sing-along

The Parkland Choral Union will host a sing-along Messiah on Sunday, Dec. 11 at 3 p.m. at the First Methodist Church, 210 W. Church St., Champaign.

The Choral Union, conducted by Barbara Zachow. will be accompanied by the Parkland Chamber Orchestra. Soloists include Debra Van Engen, soprano; Elisa Fraser alto; Bruce E. Gladstone, tenor; Joel Coffey, baritone; and Hal Wilson, bass.

Participants are asked to bring their own copies of the musical score of George Frideric Handel's Messiah. A limited number of scores will be available at the door.

There is no admission fee for this event; however, donations will be accepted.

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**Parkland College Theatre** 

scholarships, and paid positions are available.

Contact: Tina Henderson, Editor-in-Chief Prospectus-Rm. X155 351-2216

## Features Prospectus Wednesday Nov. 23, 1994 **Healthy foods at Parkland Health Fair**

#### by Andrea Franklin **Prospectus Staff Writer**

It's that time of year again when friends and families get together to talk, eat, and make memories.

Unfortunately, along with those good times, may come the forevermemorable, unshedable, detestable five pounds. To help students at Parkland to stay fit or get fit, the Center for Health Education offered a Nutrition Event Wednesday, Nov. 16.

The event provided students and faculty members with flyers, magnets, stickers, and pamphlets to encourage healthy eating and show individuals how to apply healthy eating tips to their diets.

Food analysis were also given by Diane Marlin, M.S., R.D. so individuals could determine if their diets are lacking or exceeding nutritional food requirements. "Healthy" cookbooks, compiled by Parkland faculty members were also for sale. Profit will go towards the Health Education Department

There are seven basic guidelines:

- Eat a variety of foods.
- Maintain a healthy weight.
- \* Choose a diet low in fat, saturated fat and cholesterol.
- Choose a diet with plenty of vegetables, fruits and grain products.
- Use sugars and sodium only in moderation.
- Use salt and sodium only in moderation.
- If you drink alcoholic beverages, do so in moderation.

for future health awareness events.

"You're not getting enough" (carbohydrates) was the theme of this year's event.

Carbohydrates take up only 46 percent of calories in the average American diet. The Recommended **Dietary Allowance recommends** that carbohydrates comprise at least 50 percent, up to 70 percent, of our calories.

According to the "Dietary Guidelines for Americans," Americans can meet the recommended carbohydrate requirement by eating six to 11 servings of bread, cereal, rice, or pasta daily.

So, how do you "get enough," enjoy more, do it without guilt, satisfy yourself, and actually get motivated to start?

Be determined, set a goal, and follow a few tips recommended by the U.S. Dietary Guidelines:

Reduce your overall fat intake with foods rich in complex carbohydrates--breads, cereals, crackers, pasta, etc.,

Eat "carbs" which provide long-term energy needed to stay fit when you are hungry

Eat at least six servings of grain a day

Keep the toppings light--tomato or vegetable-based sauces for pasta and fruit jams for breads.

Ounce for ounce, complex carbohydrates in grain foods contain less than half the calories found in fat and are less likely to be stored as fat and because they are more likely to energize your muscles than calories from fat.

Americans should eat at least 50 percent of total calories in the form of complex carbohydrates, accord-

ing to the U.S. Departments of Agriculture and Health and Human Services. Only five percent of Americans actually eat enough grains.

They also claim that diets should contain less than 30 percent of fat, but the average American diet consists of 35 to 40 percent fat.

Fat-free and cholesterol-free do not mean

healthy. Often those products will contain more sugar and sodium and calories than their original products, according to Registered Dietitian Diane Wolfe Marlin.

She also suggests to lower overall fat intake, read labels not package claims, decrease portion sizes of "fat-free" products and focus on other foods. She adds, try a fatfree snack to begin with.

It's easier to get fat on high-fat diets than high-carbohydrate diets because it takes far less energy and fewer reactions to convert a molecule of food fat to body fat than it takes to convert a molecule of car-



How's your diet?

Security officer Chris Hawk had his diet analyzed during the annual Health Fair at Parkland last week. Diane Marlin, M.S., R.D., was on hand to evaluate diets for their nutritional value.

bohydrate to body fat.

It only takes three calories to ingest calories to process food fats to body fat.

Exercising is also recommended for overall good fitness and health.

With the holidays around the corner, it's harder to eat healthy and stay fit. Here are some helpful holiday hints, prepared by Parkland's Center for Health Information:

Remove the skin from turkey and skim the fat from the gravy to reduce the fat content.

 Make potatoes with skim milk and use very little low-fat margarine and skip the gravy. Or eat baked potato instead, without lots

Don't put a lot of brown sugar or sweetened condensed milk in sweet potatoes. Bake the potatoes

of butter and high-fat sour cream.

with their skin for a sweeter taste. Eat vegetables raw or cook them without cheese sauces and creamed sauces.

Eat cranberry relish; it's low in fat and high in fiber.

Buy bread that isn't made with fatty oil. Don't use butter and use only a small amount of jam and jelly.

Make your pumpkin pie with evaporated skim milk instead of full-fatted and use egg replacer or reduce the number of yolks in the recipe. Skip the whipped cream too, unless you use a non-dairy whip.

Exercise earlier in the day.

	Sedentary women, older adults	Children, teen girls, active women, most men	Teen boys, active men
Calorie level* 2,200	1,600 2,800		
Bread Group Servings	6	9	11
Vegetable Group Servi	ngs 3	4	5
Fruit Group Servings	2	3	4
Milk Group Servings	2-3**	2-3**	2.3**
Meat Group Servings	2, for a total of	2, for a total of	2, for a total of



Photo by Ivan Indrautama

#### Healthy Cookbooks

Profits from the selling of healthy cookbooks, compiled by the Parkland faculty, were donated to the Health Education Department for educational purposes.

Maximum fat (grams)

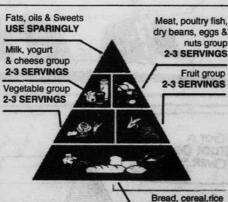
93

\* These are the calorie levels you will achieve if you choose low-fat foods from the major food groups and use fats, oils and sweets sparingly.

73

\*\* Women who are pregnant or breastfeeding, teenagers and young adults to age 24 need 3 servinas.

53

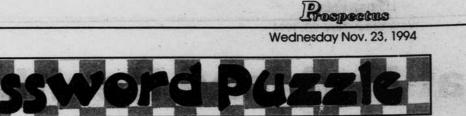












#### Across

- 1. Take a dip 5. Clerics 10. Cat's-paw
- 14. Ore vein
- 15. Playground feature
- 16. Strong desire
- 17. Eng. river
- 18. Sword
- 19. Steak order
- 20. Tardy
- 22. Stinging plants
- 24. Apple centers
- 26. Nothing
- 27. Mother or father
- 30. Serene
- 35. Stir to action
- 36. Hospital section
- 37. Mentally healthy
- 38. Make a mistake 39. Milk farms
- 42.54
- 43. Male deer
- 45. Great joy
- 46. Glue
- 48. Wages
- 50. One's life work
- 51. Illuminated
- 52. A bit of crying
- 54. Postal employee
- 58. Agrees to
- 62. "Hawkeye"

- 63. Breakfast bread 65. Mrs. Charles 66. Youthful suffix
- 67. Alex Trebek, for
- one
- 68. Confess
- 69. Warmth
- 70. Gardener's need
- 71. Striplings

#### Down

- 1. Hunk
- 2. Worked a loom
- 3. Graven image
- 4. Threatens
- 5. State as true
- 6. Cutting tool
- 7. Baby garment 8. First garden
- 9. Lover's song
- 10. Shell-covered creatures
- 11. Exam type
- 12. Fairy tale monster
- 13. Dregs
- 21. Softened the color
- of
- 23. Nervous twitch
- 25. Most thin
- 27. Fourth estate
- 28. Main artery
- 29. Countrified
- **MIXED MEDIA**

by Jack Ohman

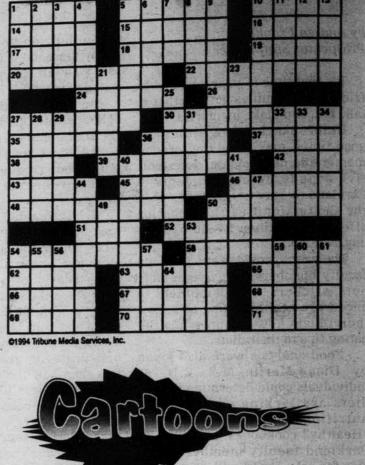
24 HOUR

BANKING

MARTHA STEWART: THE EARLY YEARS

- 31. Cleveland's waterfront
- 32. Disloyal
- 33. Bring together 34. Foot pedal
- 36. Artifice 40. Stirs up
- 41. Practices boxing
- 44. Chivalrous
- 47. Arms storehouse
- 49. Border
- 50. Divisions of society
- 53. Relieved
- 54. School subject
- 55. Toward shelter
- 56. Brainstorm
- 57. Alaskan city
- 59. Exploding star
- 60. Walked
- 61. Logger's tools
- 64. High card

ANSWERS



eatures

## off the mark by Mark Parisi



#### off the mark by Mark Parisi







WONT SCRATCH THE FINISH\_THEN, I

# Classified

## Prospectus

Wednesday Nov. 23, 1994

## DIRECTORY

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A volunteer who loves to cook is needed to plan, shop for, prepare, and deliver one nutritious evening meal a week for a selfhelp support group of 6 to 12 pregnant and/or parenting teen mothers. The meal helps meet their nutritional needs, gives a morale boost, and provides a model of good meal planning

VAN DRIVERS: Mature, licensed drivers with good driving records are needed to transport pregnant and/or parenting teen mothers and their children to meetings. Drivers will use agency van and will need good knowledge of C-U community. For further information, call Deanna Terven at 351-8811.

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Ad to Read:

Student: Year No

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Classified Ad Rates 1-35 Words: Students (With Parkland ID) \$2.50; Non Students \$3.50 Each Additional Word: \$.10. Border: \$2.00. Words in Bold \$.50. Words in Caps: \$.50. Ad Copy Centered: \$2.00. Classified Ads Must Be Paid In Advance. Pay Cash or Check to Parkland College. Mail to Prospectus

Classified, X155, Parkland College, 2400 W. Bradley Ave., Champaign, IL 61821. Deadline: 3 Business Days Before Publication. The Prospectus is Published Biweekly in the Fall, Summer, and Spring Semesters.

### The Sold Ad 1





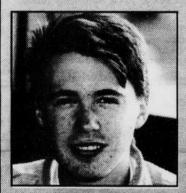
Prospectus

Wednesday Nov. 23, 1994

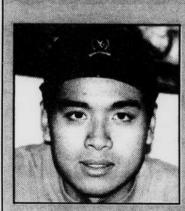
# How safe is air travel in the **U.S.**?



**Krystal Lewis** "I personally feel that air travel is safe in the U.S. There is always a chance that something will go wrong, but with the stricter rules that the F.A.A. are putting into effect, it can only get safer."



**Brett Polson** "I figure you have about a 90 percent chance of surviving."



**Mike Cotay** "I used to think it was fe but for the past few



**Anthony Carroll** "In my opinion air travel in the U.S. is very safe. The fact that sometimes accidents happen doesn't reflect the quality of a company. We shouldn't generalize and know a little more about the things that are involved in flight accidents."



**Melissa Hensley** "I have mixed feelings. Nothing is completely safe. I am not too scared to fly, so I suppose overall I believe that air travel is safe. You definitely hear of more car accidents than airplane accidents."





## PC second in tourney, now 4-1

Parkland's men's basketball team came out of last weekend's Illinois Central College Tournament with a second place finish, improving their season record to 4-1.

On Friday, the Cobras defeated were by Tournament champion Lansing, Mich., 111-109.

In Saturday's contest, Cobras the defeated Augustana College's junior varsity team 89-80, awarding the Cobras their second place finish.

Sophomore Wayman Upshaw led the Cobras in scoring, racking up 19 points. Teammates Will Bailey added 16; Dewayne Jones, 15, and Kahisha Brewer, 12.

The Cobras' next tip-off is Nov. 29 at 7:30 p.m. against Lincoln Land at Parkland.

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## **Cobra Basketball Schedule** Nov.-Dec. 1994

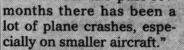
#### Men

(11-11/12, Lake County Tournament results: PC-121, Truman -93; PC-111, Lake County-84; PC-114, Judson College J.V.-70) Friday-Saturday, 11-18/19, Illinois Central College Tournament, at East Peoria Tuesday, 11-22, Lake Land Tuesday, 11-29, Lincoln Land Saturday-Sunday, 12-3/4, Christie Clinic Shootout Thursday, 12-8, Illinois Valley, at Ogelsby Wednesday, 12-14, Eureka J.V.

#### Women

Saturday, 11-19, vs. John A. Logan, at Carterville Tuesday, 11-22, Lakeland Tuesday, 11-29, Lincoln Land Thursday, 12-1, Wabash Saturday-Sunday, 12-3/4, Christie Clinic Shootout Tuesday, 12-6, Lincoln Thursday, 12-8, Illinois Valley, at Ogelsby Saturday, 12-10, Lewis &Clark, at Godfrey Tuesday, 12-13, John A. Logan

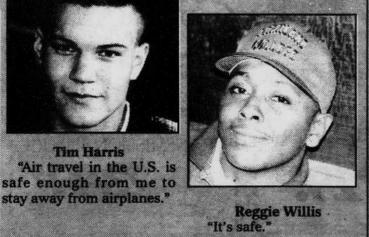




**Tim Harris** 



"I think it's very safe compared to the everyday accidents of automobiles."



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