## 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-mixed-with-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 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
forester."
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 offer 12 telecourse during the Spring 1995 semester for students who desire a 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 Cham-paign-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-
nel 8 from Jan. 17 through May 12. Students can also view video lessons in the Parkland Library and at the Myna 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-
-Introduction to Business (BUS 101)
-Ethics in America (PHI 107)

- History of the U.S. 1865-Present (HIS 105)
-Principles of Management (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. 28Jan. 13.

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


## Food For Families' at Parkland

Seven club participated in the Food For Families drive at Parkland College. PC Student Government donated monev to the top three clubs that collected the most food for the Eastern Ilinois Food Bank. The Black Student Association won first prize of $\$ 80$ for collecting 152 1bs. 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.

## News Briefs

## Lifelong learners show

Learners 55 and older can enjoy the music of France, Japan, Germany, England, Africa, and Israe 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

## Prospecsus

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.

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## Winter close; when does PC close?

-WLRW/WIXY, 94.5
Winter is approaching, FM/100.3 FM 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

## -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 ,
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

## Champaign


-WPCD, 88.7 FM, Parkland Campus
-WPGU, 107.1 FM,
Champaign
-WGFA, 94.1 FM, Watseka
-WBWN, 104.1 FM,
Bloomington-Normal
-WGCY, 106.3 FM, Gib-
son City
-WPXN, 104.9, Paxton -WSOX, 103 FM/1340 AM, Decatur
-WILL, 90.9 FMI580 AM, Urbana
-WZRO, 98.3 FM
Farmer City
-WGLT, 89.0 FM, Normal

## -WAND <br> -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
- Scholarships available
- Editor positions available

Contact:
Tina Henderson, Editor
Rm X155
351-2216

## CAUTION

Final exams
begin on Friday, December 16

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# Parkland 

## 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.

ayla Sargent
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 Na tionals.

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
professor James Nelson feels 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
helped to open two other colleges.

He was part of the original faculty at Cuyahoga Community 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 promoted 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."

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History Trivia Question of the Week

## Which

 woman was both mother and wife to a U.S. president?

## 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


Parkland Chamber Choir, Parkland Choral Union, and Parkland Community Band
present

## Holiday Cancert

Thursday, December 1, 1994 7:30 p.m.
Twin City Bible Church 810 West Michigan Avenue Urbana, Illinois
\$3 General Admission \$2 Students/Seniors

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## In Concert GREG LONG



Sunday, Dec. 4th 6:00 p.m.
Urbana Assembly of God
2502 South Race St. 3445455
Located on the corner of Race \& Windsor in Urbana
Join us for a Christmas celebration as Greg Long shares Christ's love through singing! His unique style of $R \& B$ music, and lifelong love for Christ, will bring you into the presence of God.
Admission is FREE!
"Free will offering"
Nursery care provided!


## By Barbara Robinson

Directed by Anne Shapland Kearns December 2, 3, 8, $9,10,1994$, at 8 p.m. December 4, 10, 11, 1994, at 3 p.m.
S8 General Admisision - 57 Children, $\qquad$ Thuissay, Docember 8, 1994. 2 for $1^{\circ}$
$\qquad$
Parkland College Theatre

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, con ducted 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.


## Features

## 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, sat isfy 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 carbo-hydrates--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 car bohydrates 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, according 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 choles-terol-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-


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


## How's your diet?

Photo by Ivan Indrautama
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
of butter and high-fat sour cream.
© Don't put a lot of brown sugar or sweetened condensed milk in sweet potatoes. Bake the potatoes with their skin for a sweeter taste.

E Eat vegetables raw or cook hem 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, <br> older adults | Children, teen girls, <br> active women, most <br> men | Teen boys, <br> active men |
| :--- | :--- | :--- | :--- |
| Calorie level |  |  |  |
| 2,200 |  |  |  |

-These are the calone levels you will actieve it you choose low-tat foods trom the malor food groups and use fats, olis and sweets sparingly.
-Women who are pregnant or breastieeding, teenagers and yourg aditst to age 2 . need 3 senvings.


## Across

1. Take a dip
2. Clerics
3. Cat's-paw
4. Ore vein
5. Playground feature 16. Strong desire
6. Eng. river 18. Sword
7. Steak order
8. Tardy
9. Stinging plants
10. Apple centers
11. Nothing
12. Mother or father
13. Serene
14. Stir to action
15. Hospital section
16. Mentally healthy
17. Make a mistake
18. Milk farms
19. 54
20. Male deer
21. Great joy
22. Glue
23. Wages
24. One's life work
25. Illuminated
26. A bit of crying
27. Postal employee
28. Agrees to
29. "Hawkeye"

30. Breakfast bread 65. Mrs. Charles 66. Youthful suffix 67. Alex Trebek, for one
31. Confess
32. Warmth
33. Gardener's need
34. 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
$\begin{array}{ll}\text { 9. Lover's song } & \text { 61. Logger's tools } \\ \text { 10. Shell-covered crea- } & \text { 64. High card }\end{array}$ tures
10. Exam type
11. Fairy tale monster
12. Dregs
13. Softened the color of
14. Nervous twitch
15. Most thin
16. Fourth estate
17. Main artery
18. Countrified
19. Cleveland's waterfront
20. Disloyal
21. Bring together
22. Foot pedal
23. Artifice
24. Stirs up
25. Practices boxing
26. Chivalrous
27. Arms storehouse
28. Border
29. Divisions of society
30. Relieved
31. School subject
32. Toward shelter
33. Brainstorm
34. Alaskan city
35. Exploding star
36. Walked
37. High card
.

ANSWERS





 BMy ofvo bisnov



MIXED MEDIA
by Jack Ohman


## -fithe mark by Mark Parisi


off the mark
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## John Adams

 and the mother of JohnQuincy Adams

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VAN DRIVERS Mature, licensed drivers with good driving records are needed to transpor pregnant andor parenting reen mothers will use agency van and will need good knowledge of C-U community. For further information, call Deanna
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Mental Health Center
of Champaign County P.O. Box 429 600 East Park Avenue
Champaign, Illinois $61824-0429$

## Classified Ad Form

## Name: <br> Address:

Phone:
Student: Year Noㅁ
Dates to Run:
Ad to Read:

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\$2.50 Students or \$3.50 Non Students for $\mathbf{1 . 3 5}$ Words. All Ads Must be Prepaid. Make Checks Payable to Parkland College. Tearsheets Will be Sent if a Self-Addressed Stamped Envelope is Enclosed.

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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 The Prospectus is Published Biweekly in the Fall, Summer, and Spring Semesters.

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## 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 FA.A. are putting into effect, it can only get safer."


Brett Polson "I figure you have about a 90 percent chance of sur viving."


Mike Cotay "I used to think it was safe but for the past few months there has been a lot of plane crashes, especially on smaller aircraft."


Tim Harris
"Air travel in the U.S. is safe enough from me to stay away from airplanes."
 "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.n


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


Reggie Willis
Reggie
t's safe."

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 were defeated by Tournament champion Lansing, Mich., 111-109.
In Saturday's contest the Cobras defeated Augustana College's junior varsity team $89-80$, award ing 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.

# Hit YOU 

## Support

 YOURParkland Athletes!

NEXT HOME GAME
NOVEMBER 29, SEE YOU THERE


COUNTRY FAIR APARTMENTS MONEY SAVING RATES HEAT, WATER, GAS, SATELLITE TV, REFUSE \& SEWAGE PAID

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- GE electric range w/self-clean oven
- Lots of spacious closets
- Hassle-free laundry each bldg.
- 24-hour, on-site,
management/ma
management/maintenance service
- Pool, BBQ, tennis basketball, and play-
grounds
- Free lighted parking
- Walk to shopping, restaurants, and
theater
- On MTD bus line
- Flexible lease terms

One small pet welcome with deposit. Weekdays $9-5: 30$, Saturday 9 Weekdays $9-5: 30$, Saturday $9-1$
No appointment necessary to view model apartment

## Cobra Basketball Schedule Nov.-Dec. 1994

(11-11/12, Lake County Tournament results: PC-121, Truman -93; PC-111, Lake County84; 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

