



Student voices
We asked students for what their favorite day of the week is and why.

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Volleyball
The Lady Cobras got their fangs deep into Springfield.

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Faculty Art
Works by PC faculty are now on display in the Gallery.

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P Prospectus

Since 1969

Volume 29, Issue 3

The Student Newspaper of Parkland College

Wednesday, September 6, 1995

TV lounge moved to X148

Hours extended

by Jon Nitschke
Prospectus Staff Writer

The TV lounge that formerly existed in an open part of the X wing has been merged with the Game Room, in nearby X148.

The move was made to decrease the sound made when the TV set and games were located in the area outside X148, Dean of Students Carol Steinman said.

Freshman Tammy Fairbanks said recently, "It was really loud before. It's nice now to be able to study where it's quiet, and people watching TV can (do so) without being disturbed by people talking."

The game room includes a coin-operated pool table and the arcade games "Mortal Kombat II" and "Run and Gun."

"The Addams Family" pinball machine also is in the room.

Game room hours have been increased by four hours, Steinman said, and now are from 7 a.m. to 10 p.m.

4 Ws and a ? Fair Sept. 20

by Andrew Rodgers
Prospectus Staff Writer

A "Who, What, When, Where?" Fair on Sept. 20 from 10 a.m. to 4 p.m. in the College Center will welcome students back to campus.

PC students will be some of the first in the nation to experience Virtual Reality in Motion, a simulated plane ride.

A scavenger hunt, prizes, and free Subway sandwiches will be available. WPCD will broadcast the event, and clubs will be offering information.

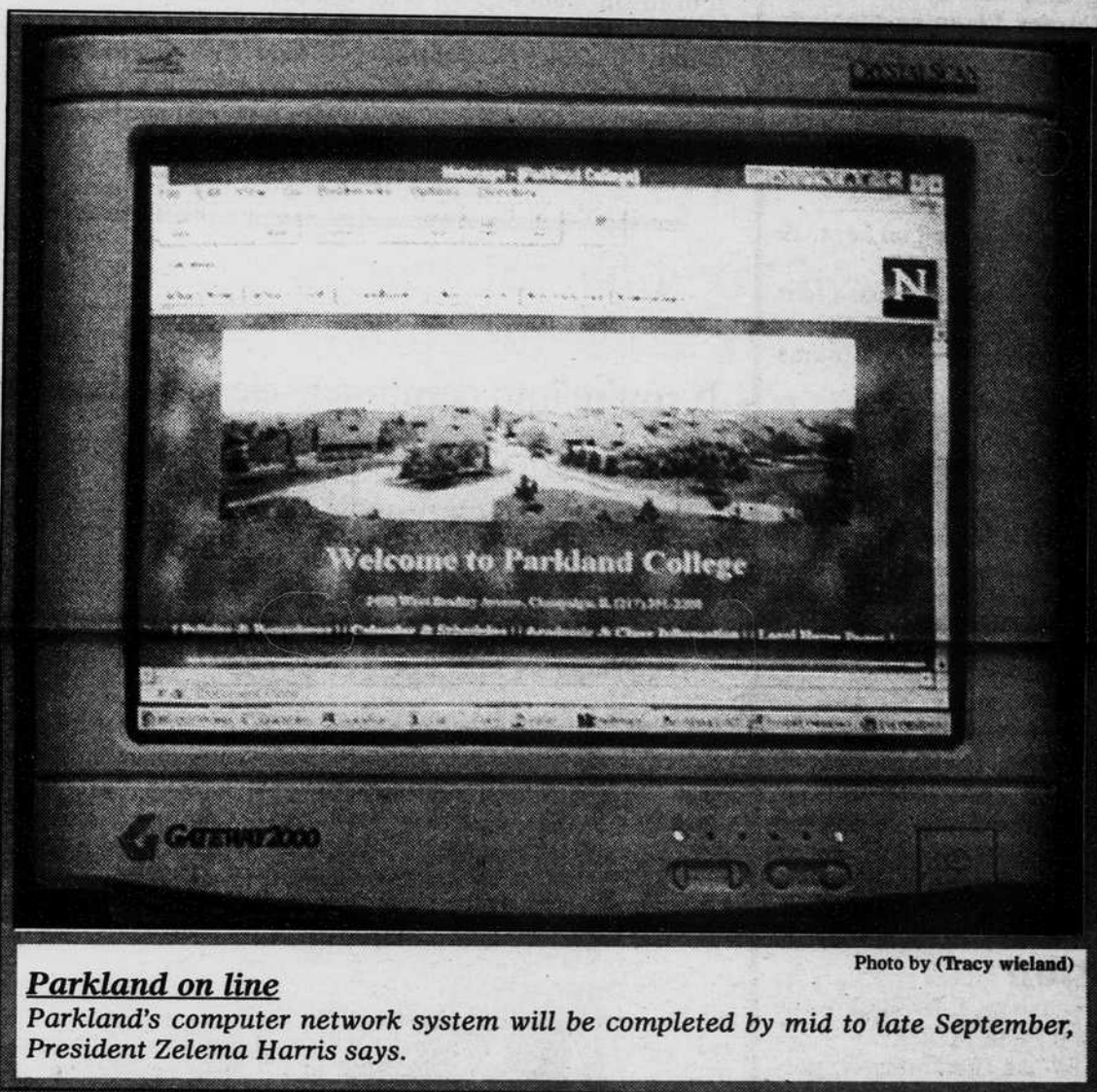


Photo by (Tracy Wieland)

Parkland on line

Parkland's computer network system will be completed by mid to late September, President Zelema Harris says.

Students, staff using Internet

by Carlarta Ratchford
Prospectus Staff Writer

Students and staff now can surf the Internet by using the computers in the Instructional Technologies Lab (X 115).

A surfer does not need to have his/her own personal account to surf the Net, according to Jim Snellen, technical support specialist of the I.T.L. All he/she needs to do is double-click on the Netscape icon.

Computers in the Lab are equipped with a graphical browser (Netscape) to allow information to be accessed from numerous sources around the world.

"It relates to education specifically because large and growing numbers of educational institutions are establishing (World Wide) Web pages where they can

publish remarkable things about their institutions," says Snellen.

Students can also use the lab to log onto Prairienet, C-U's dial-up, public-access onramp to the Information Superhighway—again by merely double-clicking on a specific icon, in this case, Host Presenter.

Host Presenter is an Internet tool that allows a user to run a program from Parkland as if she/he were at that remote location.

Student Lab Monitor Chris White said he became interested in the Internet "because of the availability (of information) and being able to talk to people in the chat zone."

Internet also includes a Rapid Filer, which files graphics that can be transferred to users around the

world. Included is a signon system that allows students to logon using a FTP server.

Jeff Simpson, editor-in-chief of the *Prospectus*, said he knew "absolutely nothing" about either computers or the Internet just two years ago.

"Now I surf the net and exchange information with people from all parts of the world."

Simpson said he looks at the Internet as "a teacher, and Internet users are students who get to pick their own subjects to study."

But will the Internet's popularity continue to grow or even last?

According to Simpson, "Like rock and roll, it's here to stay."

9 StuGo offices open

by Christine Wing
Prospectus Staff Writer

Elections to be held Sept. 18, 19, 20

An unprecedented nine Student Government positions are open for application in the fall election.

The offices of vice-president, secretary, and treasurer are vacant, as well as six senator positions. Elections are scheduled for Sept. 18, 19, and 20.

According to the *Parkland Student Activities Manual*, the vice-president assumes the president's duties in his/her absence, helps senators coordinate their projects and activities, and keeps files on all current projects, committees, and policy evaluations.

The secretary's responsibility is to keep records of the minutes at each Student Government meeting and distribute copies of those minutes to the senators and to the *Prospectus*. S/he also maintains attendance records for each meeting, prepares written correspondence for the Senate and disseminates any relevant information to all senators and officers.

Much of the treasurer's responsibility involves the budget. S/he compiles and publishes the Student Government budget and manages all finances by keeping records of all financial transactions.

One of the main jobs of the senator is to speak directly for the students. Senators attend College functions and keep abreast of student concerns, bringing the issues to the proper committee or group within Student Government.

Elections

...continued on page 7

NEWS BRIEFS

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 Sept. 12.

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 hour-and-a-half long program.

For more information: 217/351-2509.

Career planning seminar

Parkland's Career Planning and Placement Center will offer an Introductory Career Planning Seminar on Sept. 19, at 6 p.m. Participants are asked to meet at the Welcome Center desk in the College Center.

Reservations are requested. For more information, call 217/351-2536.

Garden planning

Map and Plan Your Garden will be offered on Sept. 19 from 7 to 9 p.m. in L256.

Master Gardener Heather Young will discuss plant selection, varietal choices, shade and sun, and theme gardens, providing homeowners with multiple options for new or rejuvenated landscaping.

There is a fee for the workshop.

For more information: 217/351-2508

Learners' series

Attorney Richard L. Thies will speak on *Doing Business in China* Sept. 19 at a meeting of the Lifelong Learning Institute at 1:30 p.m. at the Champaign Public Library. Thies was sent to China as special representative for the president of the American Bar Association.

For more information: 217/351-2544

Prairie series

Prairie Scape, first of a series on the East Central Illinois Prairie, by Earl Creutzburg, professor of biology, will be offered Sept. 20, from 3 to 5 p.m., beginning in X320.

There is a fee for the series.

For more information: 217/351-2508

Internet introduction

Parkland will offer a new workshop, Introducing the Internet, Sept. 20, from 7 to 10 p.m. in M208.

In addition to learning how to use the Internet, participants will see demonstrations of basic tools and services.

There is a fee for the workshop.

For more information: 217/351-2235

Refrigerant certification

Parkland will offer its EPA-approved refrigerant certification testing on Sept. 9.

Certification training will be from 8:30 to 11:30 a.m. Testing is scheduled from 1 to 5 p.m. For more information: 217/351-2235.

**¡Hola estudiantes—fiesta, fiesta!
Hispanic Heritage month begins**

by Brennan Pope
Prospectus Staff Writer

Latin dancing, poetry readings, and student displays of Hispanic culture can be seen at Parkland this month, which has been designated as Hispanic Heritage Month.

Los Ocho Amigos will be dancing in the Gallery Lounge at noon on Sept. 7. This group is comprised of Parkland and University of Illinois students performing a variety of dances from Latin countries. The audience will also get a chance to join in the dances, "So tell people to bring their dancing shoes," says Shelley Stoltenberg, co-organizer of the event.

Last year's presentation by Los Ocho Amigos had a "huge, huge, huge turnout. People had a really good time," Stoltenberg said.

With the help of some students, visual representations of Hispanic culture are being shown in the front display case in the Student Center. There are examples of Guatemalan clothing and a unique painting from El Salvador, among other items were provided by Parkland students.

On Sept. 18, Frankie Estrada will read original poetry reflecting her experiences as a Latina growing up in East Los Angeles.

Another performance will present excerpts taken from material on the life of

Frida Kahlo, a famous Mexican painter whose self-portraits pioneered the feminist movement in Mexico between 1920 and into the 1950's. The excerpts are from a larger performance taking place in Chicago.

The Activities and Services Board, Latin-American culture instructor Bruce Morgan, and a number of Hispanic students have been involved in the program, Stoltenberg said.

The Activities and Services Board planned these events and have been advertising them on campus. Members are also responsible for selling refreshments and setting up for the Los Ocho Amigos dance.

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Senior Editor: Andrea Franklin

Sports Editor: Brandon Lewis

Photo Editor: Tracy Wieland

Advertising Co-Mgr.s: Kari Mahannah

JimiBeth Myers

Circulation Mgr.: Tami Kee

Faculty Adviser: Doris Barr

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by Amy Slavin
The California Aggie
U. of California-Davis
(College Press Service)

DAVIS, Calif.—Paul can recall nights of sleeplessness and times when he would cry all night.

Together with drug abuse, attempted suicide and years of therapy, this has been part of his struggle with clinical depression.

"There was a time when I seri-

Treatment, compassion: keys to dealing with...

be treated. The illness ranges from major depression, to a milder form, called dysthymia, to manic depression.

The latter is characterized by mood cycles ranging from depression to elation.

Symptoms of depression, such as fatigue, feelings of hopelessness or pessimism, restlessness or sleep disturbances, may initially seem like everyday aspects of college life.

However, according to Emil Rodolfa, a psychologist at the UC Davis Counseling Center, everyday problems can be distinguished from depression on the basis of intensity, frequency and chronicity of symptoms.

"If people become sleepless around mid-terms, that's something very different from having those feelings and not being able to identify the source of those feelings," Rodolfa said. "If they can't work them out, if they can't get over the symptoms, that presents a potential

of college as "the best years of your life" with the reality of the competitive environment at UC Davis.

Paul described the difficulties of attempting to earn a degree while battling depression.

"It interferes with your concentration," Paul said. "It's real subtle — you almost don't notice the detrimental effect it has on your concentration, your ability to think clearly, your desire to succeed."

Marilyn, whose name has also been changed, is a college student who was diagnosed with depression at the age of 7. She says she feels a gap exists between public perception of the illness and reality.

"Depression is basically a chemical imbalance in the brain that can be either inherited, it can develop on its own, or it can be the result of a normal depression that your body gets used to," she said.

"I think people think it's something you can just snap out of...that isn't something you can control," Marilyn added.

Depression is often intertwined with drug and alcohol abuse.

lethargy caused by depression.

For those who seek professional help, Rodolfa said, options can generally be divided into two categories: psychotherapy or counseling and medication.

Various types of antidepressants are prescribed for depressive disorders with a range of side effects.

"There are some very effective medications out right now," Rodolfa said.

Both Marilyn and Paul have undergone counseling and taken medication and report that while certain medications were not effective, others alleviated symptoms.

Furthermore, individuals respond differently to various medications.

According to NAMI, more than 75 percent of clinical depression patients "respond well" to medical treatment, while "nearly all" experience some degree of improvement. However, their highest success rates have resulted from counseling combined with medication.

For those whose friends may be experiencing depression, Paul emphasized that support and encouragement are essential, and he said friends should listen without feel-

DEPRESSION

ously thought I was going crazy," said Paul, a senior computer science major at the University of California-Davis, who asked that his name be changed in this article. "I didn't know what was happening."

Paul was diagnosed with depression by a psychiatrist in 1985, shortly after his parents separated. Now undergoing therapy and prescription drug treatment, he tells his story both in the hope that he can help other college students suffering from the disease and as part of his own healing process.

Paul's experiences are not uncommon among the more than 11.6 million people affected by clinical depression in the U.S., according to the National Alliance for the Mentally Ill.

While some forms of depression are more severe than others, all can

for depression."

According to NAMI, individuals experiencing a combination of these symptoms for more than a two-week period should see a doctor of mental health professional.

While depression can affect anyone, twice as many women as men report being affected by the illness; however, this may be a cultural variable.

"Two-thirds of the client population here at the Counseling Center are women," Rodolfa said. "Women are just more willing to talk about their concerns than men are."

Rodolfa also noted that dealing with depression can be particularly difficult in a stressful academic environment. Students, he said, sometimes have to reconcile the image

According to NAMI, as many as 40 percent of substance abusers also suffer from clinical depression.

For those who think they may be experiencing clinical depression, options for treatment exist both on the individual and professional levels.

Rodolfa suggested looking for ways to alleviate the stress or sadness that might be exacerbating one's depression, such as working to change problematic relationships with others.

He also noted that physical exercise has been shown to reduce the

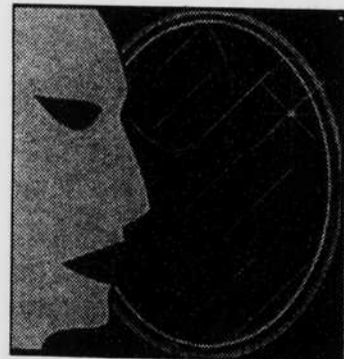
ing they must provide solutions.

"Offer them support, not advice," he said.

Paul suggested stressing the importance of friendship and the person's individual worth.

Marilyn, however, noted many individuals hide depression very well and may be suffering more than they let on.

"It could be your best friend who's depressed, and you'd never know it because they cover so well," Marilyn said.



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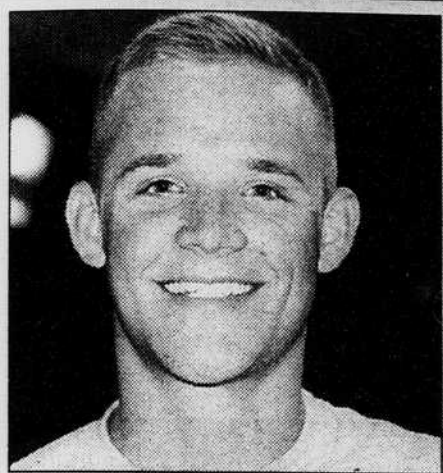


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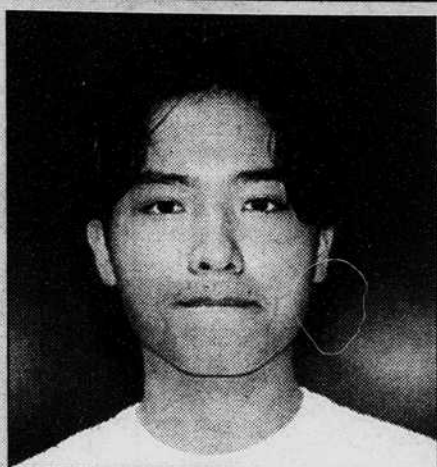


“What is your favorite day of the week? Why?”



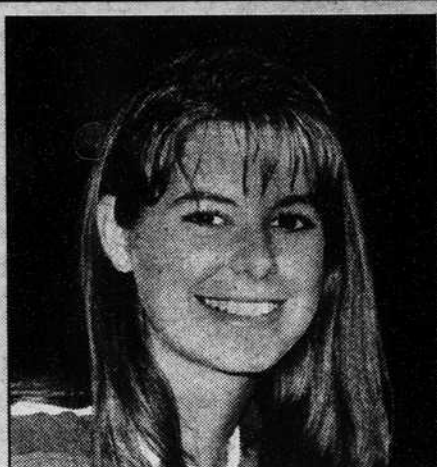
Lynn T. Adreon

“Friday, because the bars are waiting for all my money.”



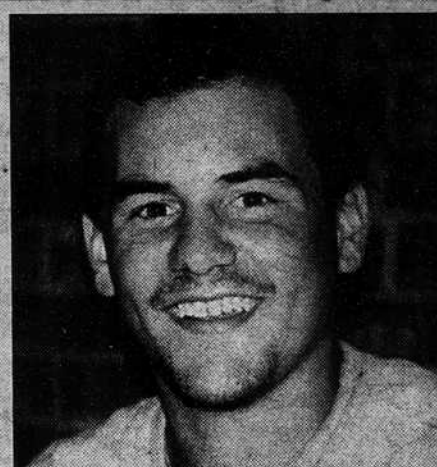
Bho Nguyen

“Thursday, because I don’t have classes.”



Jennifer Hall

“Friday, because I know I have the whole weekend to party and forget about school.”



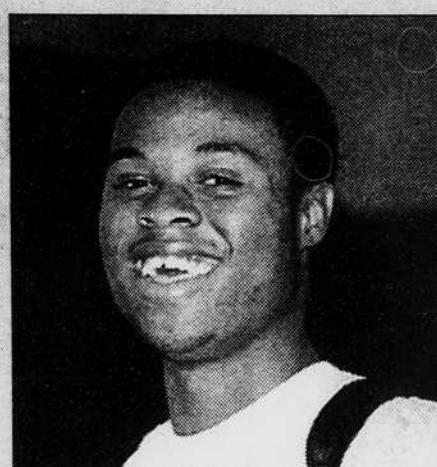
Shane Martin

“Friday. I know the weekend is coming and I don’t have to do anything!”



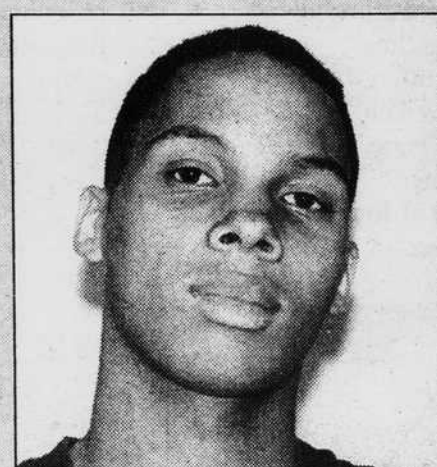
Angie Oswald

“Thursday, because you’re over the hump and you can see the weekend ahead of you.”



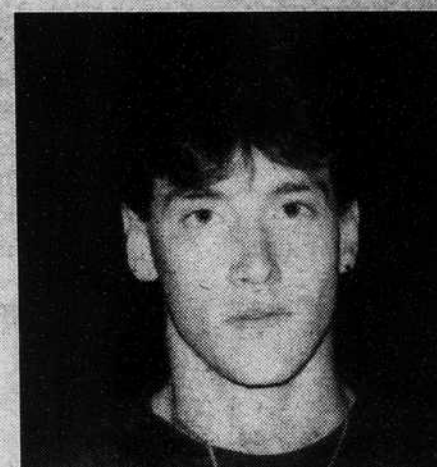
Bearling Robinson, Jr.

“No class.”



Michael Green

“Thursday—I have one class that day.”



Rob Porter

“Saturday, because I don’t have school and I can go out Friday and not have to worry about getting out of bed.”

The Arts

Faculty show opens in Gallery

by Florence Ignacel
Prospectus Staff Writer

A crowd of artists, students, and administrators filled Parkland Art Gallery during the reception for the 1995 Parkland Art Faculty Exhibition last Thursday evening.

Chris Berti, an instructor in Sculpture, Ceramics, and three-dimensional design, is one of the 13 art instructors who are exhibiting their work.

“It is a ritual and an honor to participate in this yearly event,” he said.

Berti added that he created the wood sculptures especially for this show, explaining that all his other pieces are in an art gallery in Milwaukee.

Robert A. Laible, instructor in metalwork

and jewelry, said, “I am always amazed at the work the other artists do.”

Laible is presenting four rings, two of which are wedding rings commissioned by friends.

Juanita L. Gammon, head of the Visual Art Program, described the Gallery as “a learning laboratory.”

She said she uses the exhibit as a means of dialogue with her students because the show is a good way to introduce students to “top quality faculty work.”

She said, “I think our community should be proud to have artists of this caliber not only working and exhibiting, but also sharing their experience with the students in a private tour.”

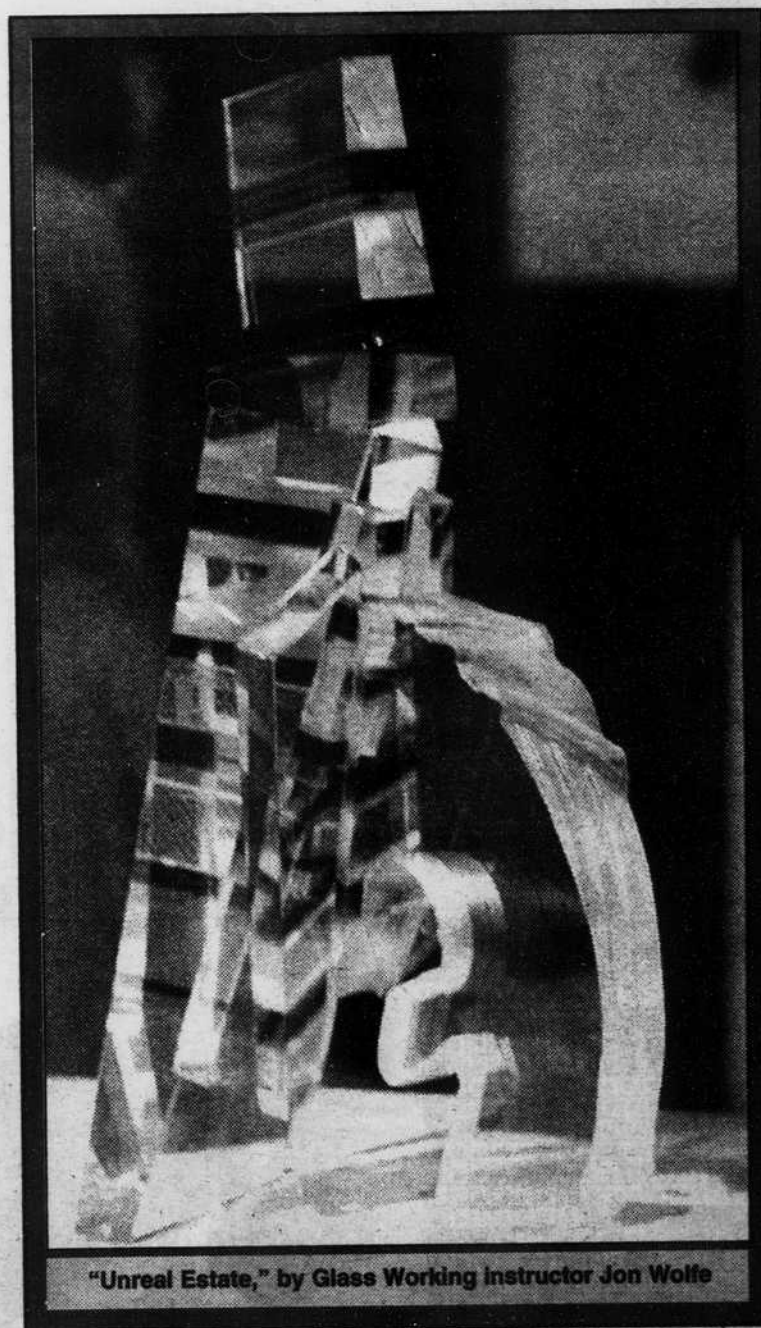
Craig M. McMonigal, photography instructor, said his work is not for everyone. He was referring to two nude photographs.

“I don’t do them for shock or eroticism value. I find human forms beautiful,” he said.

Ann B. Coddington Rast, instructor in two-dimensional design, said this show gives students insight about what she does outside the classroom. She added that her work is separated from what she teaches.

“It might also give students some ideas about which teacher they may want to take classes with,” she said.

The exhibition will continue in the Gallery until Sept. 29.



“Unreal Estate,” by Glass Working instructor Jon Wolfe

Crossword Puzzle

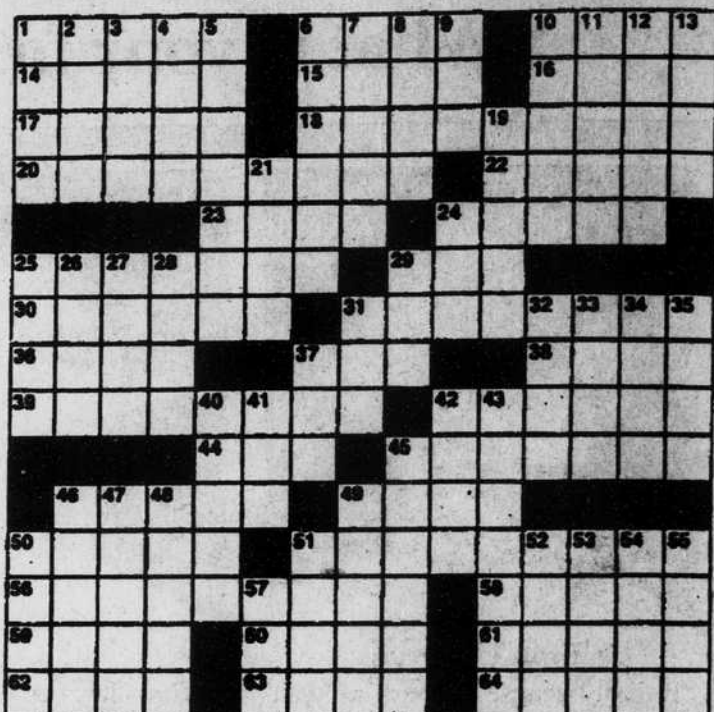
Across

- 1. Change gears
- 6. Phooey!
- 10. Apiece
- 14. Diminish gradually
- 15. Wading bird
- 16. Genuine
- 17. Usher's beat
- 18. "—over the rainbow..."
- 20. Monstrous
- 22. Detested
- 23. Not slack
- 24. Shirley or Casey
- 25. Embodiment
- 29. —de-sac
- 30. Record again
- 31. Do nothing
- 36. Kind of exam
- 37. Disapproving cry
- 38. Enthusiastic
- 39. Chosen one
- 42. Cause to think of
- 44. Hem and —
- 45. The best policy
- 46. Rome's river
- 49. Sprint
- 50. Horses
- 51. Of many uses

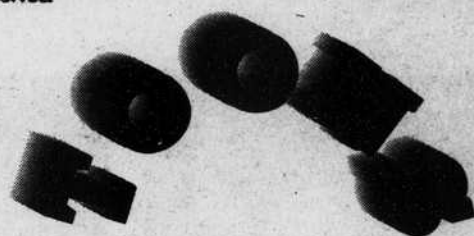
Down

- 1. For men only
- 2. Eyelash
- 3. —facto
- 4. Hat material
- 5. Oak's summit
- 6. Off-color
- 7. Concerning
- 8. Duration
- 9. Compass pt.
- 10. "— Frome"
- 11. Mountain ridge
- 12. Remedies
- 13. Pay attention
- 19. Unbroken
- 21. "— Time, Next Year"
- 24. Pitcher
- 25. God of love
- 26. Father, in France

- 27. Native of Calabria: abbr.
- 28. "A" — of Two Cities"
- 29. Average grade
- 31. Contend
- 32. Mild
- 33. Rara —
- 34. Add color to
- 35. Whirlpool
- 37. Not very many
- 40. Thorax
- 41. Material for paving
- 42. Mr. Perot
- 43. Make better
- 45. Calcify
- 46. Western lake
- 47. Manacles
- 48. Flat cap
- 49. Not very bright
- 50. Mil. rank
- 51. Hill's opposite
- 52. Road charge
- 53. Notion
- 54. Took off
- 55. Italian family
- 57. "— a jolly good..."



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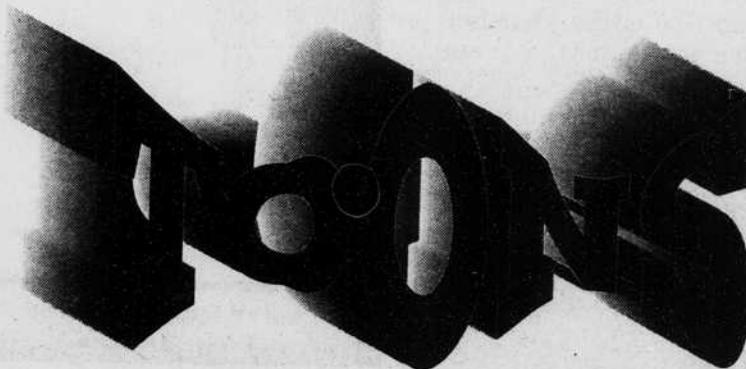
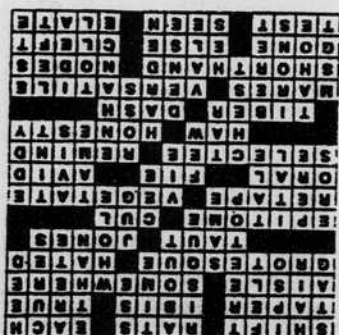


off the mark

by Mark Parisi

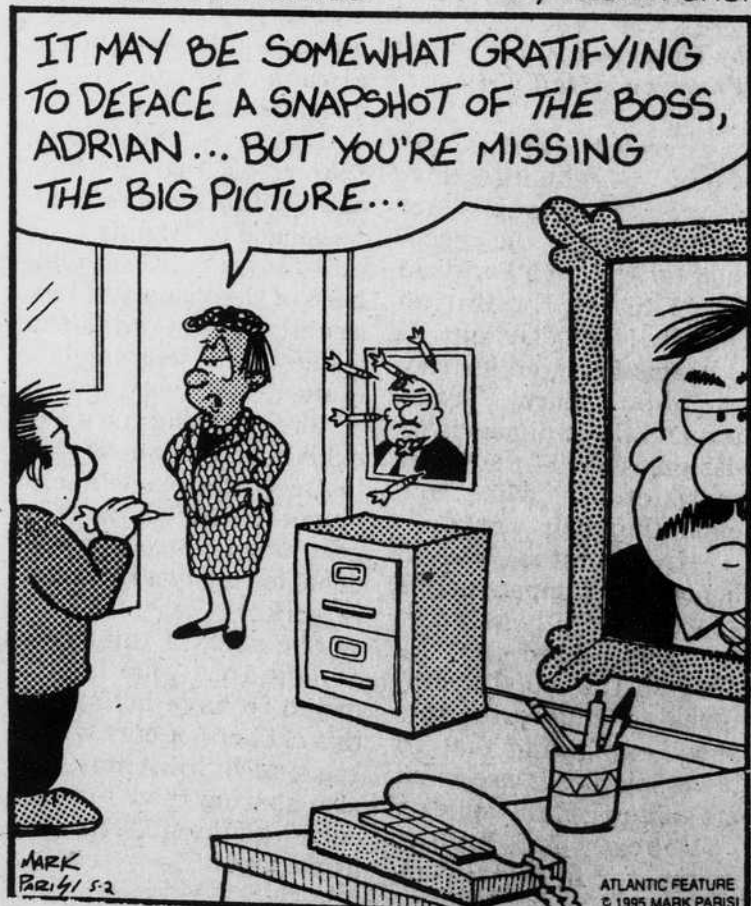


ANSWERS



off the mark

by Mark Parisi



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Elections

...continued from page 1
According to the *Student Activities Manual*, senators also chair special committees and work closely with the vice-president.

StuGo officers and senators learn how to work within a business and political atmosphere and develop leadership and other skills they can take with them in their future careers. Shelley Stoltenberg, Activities Program manager, said.

Applications are available outside the Student Government office, X159, and are due to the Student Life office, X153, by Sept. 11.

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.....9/6

Covenant Medical Center
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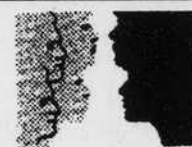
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Sports

Lady Cobras blow out Springfield

by Andy Howey
Prospectus Sports Writer

Parkland's Lady Cobras stung the Bulldogs of Springfield College three times on Aug. 30: 15-8, 15-1 and 15-9.

Leslie "Boss" Burnside dominated above the net by slamming 12 kills and scooping up 6 digs and was second in hitting percentage with 30.4, earning her the game's MVP honors.

Jennifer "Enforcer" Harris, from Warrensburg-Latham, made the winning point in the second-game blowout. She is third on the team with a hitting percentage of 21.4.

Kari Koenning had 2 aces on serves and ranked first among the Cobras in hitting percentage at an even .100.

Jaime Newnum had 2

solos and 4 assisted blocks. The team's overall hitting percentage on the night was 33.3.

Coach Brenda Winkeler was able to let each Cobra see playing time, and kept rotating her Cobras, keeping them fresh and striking fast on the floor.

Players on both teams were nervous in the opening game, and technical difficulties at the beginning didn't help.

The game was tied at eight when Parkland took over, finishing with Kate Keller's game point.

In the second game, the Cobras averaged more than a point a minute.

Parkland was pumped from start to finish in the brief (12-minute) contest.

Harris capped the game off with a monstrous kill, and the Lady Cobras con-

trolled the tone of the game—until the Bulldogs woke up halfway through and mustered up some defense.

But the Cobras showed their fangs and mounted a whopping 8-1.

Springfield started coming back at that point, and it looked as if Parkland might fold.

But Winkeler subbed Burnside back in, who said "It's me again!" with a kill that could have been measured on the Richter Scale.

Parkland soon jumped out in front but still couldn't end the match.

Harris served into the net; Springfield scored four in a row.

That's when the Cobras attacked with a kill from Harris, and it was all over.

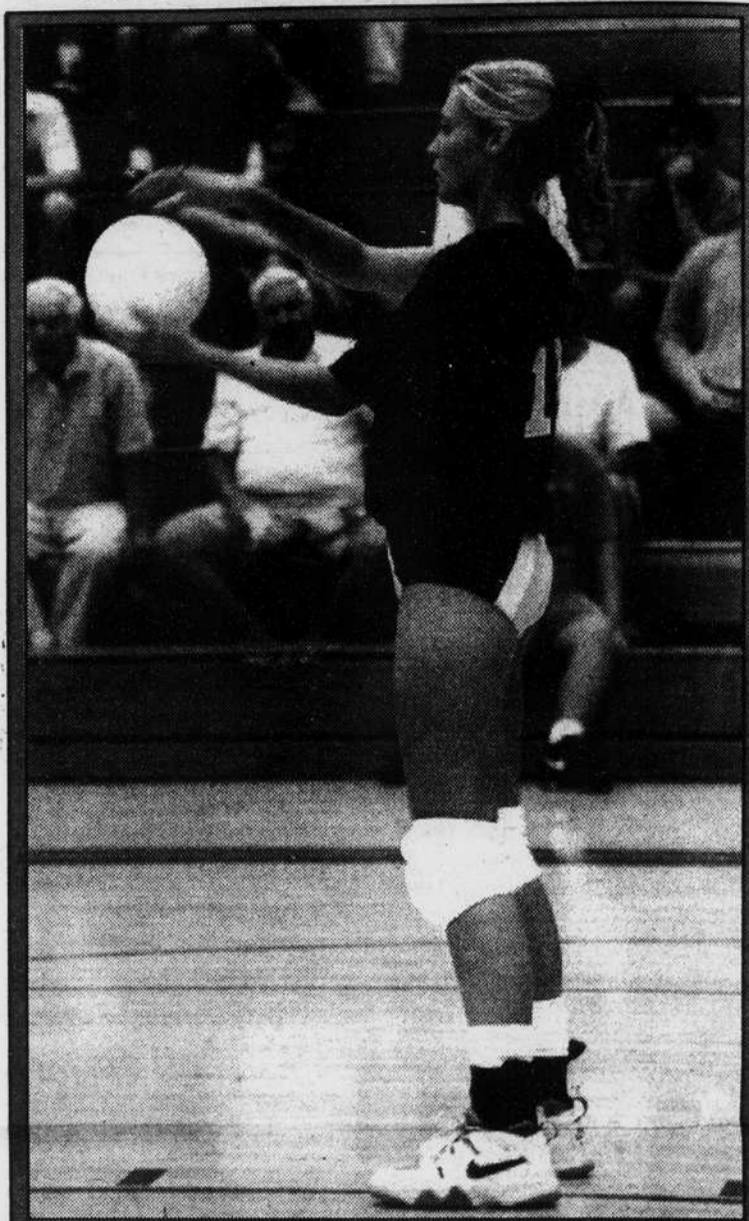


Photo by Tracy Wieland

Now serving number...

Cobras outside hitter Jennifer Harris readies for another power serve, the kind that win games 15-1.

Cobras still looking for worthy competition

by Brandon Lewis
Sports Editor

Hot off the heels of their dominating season-opening win over Springfield College, the Lady Cobra's volleyball team continued their hot play with a sweep of the South Western Michigan Invitational, winning the tourney's championship and improving their record to 7-0.

The Cobras won all their games, sets and matches during the one-day tourney, en route to a championship title, which pleased head coach Brenda Winkeler.

"It was a great, overall volleyball effort" Winkeler said. "We played some real good teams, and the interesting part is that we didn't lose a single game; we didn't go three games with

anybody."

The Cobras started out the tournament with a 15-9, 15-6 win over invitational hosts South Western Michigan, who were undefeated coming into their matchup with the Cobras.

After wins over Kellogg, Glenn Oaks and Vincennes Colleges, the Cobras faced what would be their toughest matchup of the tournament in Elgin college, which was ranked #6 in the pre-season polls.

However, instead of having trouble with the highly-ranked Elgin, the Cobras romped to yet another win 15-6, 15-7.

In the tourney's championship game, the Cobras notched yet another easy win over Flint, Michigan-based Mott College, 15-8,

15-6.

Contributing greatly to the Cobra's day-long effort were Leslie Burnside, who led the Cobras in kills in almost every match, including 15 vs. Vincennes, and Kari Koenning, who led the Cobras in digs.

Winkeler said she thinks she knows some of the main reasons for the Cobras success.

"One of the biggest keys for us was our setting. Kate Keller did a great job setting, averaging about 25 assists per match," Winkeler said.

This week the Cobras will travel to Mattoon to face Lake Land College Sept. 6, before returning home to host an invitational of their own over the weekend of Sept 8th and 9th.



Sports Schedule

Volleyball

Wed 9/6 at Lake Land (Mattoon) 7 p.m.

Fri 9/8-

Sat 9/9 Parkland Invitational (all day)

Tues 9/12 Kankakee 7 p.m.

Cross Country

Sat 9/9 at Millikin Classic

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