rospectus

Inside:

BREAST CANCER AWARENESS... PG. 6

PC Police Reports

Sept. 30

· Reporting person called in vandalism in the basement of the A-wing.

· Reporting person called in a theft of money from her purse. She is an employee at Gulliver's Value Express. Reporting person claims that at 6:30 P.M., the instructor from the Sign Language class across the hall asked to borrow the TV/VCR in her classroom. He tried to remove it by pulling at the cables, etc. An officer spoke with the instructor of the Sign Language class.

Oct 2

· Reporting person advised that upon arrival in the library on Saturday, Sept. 28 at 9:00 A.M., she found that someone had gained access to the library computer system. She stated that only a minimal amount of people have knowledge of the system and how to enter it. The incident is still under investigation.

· Passerby reported a reporting person that there was a light blue vehicle of unknown make and model with the door open. There was a dog dog in the vehicle and an empty baby seat. No persons were around the vehicle. Officers located the vehicle, and the owners returned. After speaking

with the owners, the officers cleared without a report.

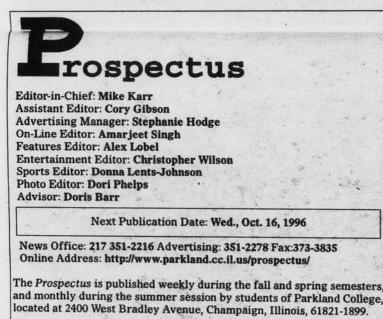
 A person reported a theft of money. After an interview, the responding Parkland Police officer discovered that the theft actually took place off campus, in the jurisdiction of the Champaign Police. The victim was referred to the Champaign Police Department for further reporting of the incident.

Oct. 3

Reporting person stated that there was a male walking through a parking lot, looking into vehicles. The RP stated that the subject looked suspicious. Police officers responded to the area, but were unable to locate the suspicious male. The RP stated that prior to police arrival, the suspicious male entered a vehicle driven by another male and they exited the parking lot. Officers attempted to locate the vehicle, but were unsuccessful. The officers cleared with no report filed.

Oct. 4

Caller reported suspicious activity in the C-4 parking lot. Officers responded and found no suspicious activity.



Grade workshops

Two Making the Grade workshops for students in grades 7, 8, and 9 will be offered from 10 a.m. to noon Oct. 12 and Oct. 19. One workshop will be presented in room X 117, and the other will given simultaneously in electronic distance education classrooms in tuscola, Rantoul, and LeRoy. Fee. For more information: 351-2546.

NEWS BRIEFS

Lifelong series

Jerry Landay, professor of journalism at the U. of I., will give the next lecture in the Issues and Interests series sponsored by the College's Lifelong Learning Institute at 1:30 p.m. Oct. 16 in the Champaign Public Library. He will discuss activities taking place in other communities as citizens began to demand more of news broadcasting. The lectures are free to Institute members; advanced registration is required for those who are not members. Individuals may join the group at any time. For more information: 217/351-2544

African-American Women

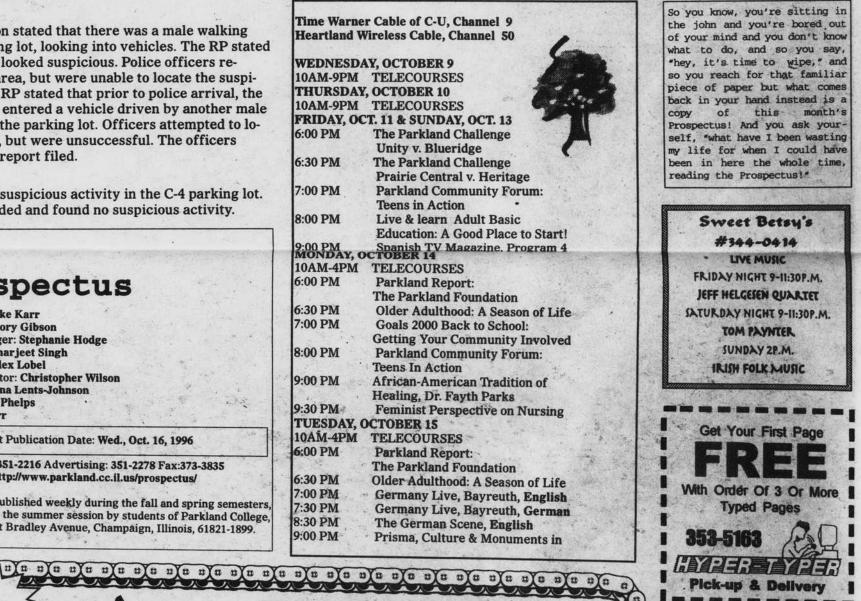
The joys and challenges of being an African-American woman in the U.S. will be discussed by at a panel titled A Day in the Life of an African-American Woman at noon Oct. 18 in the X 200 Lounge. Free. For information: 351-2541

Insurance prelicensing

A property and casualty insurance prelicensing workshop will be given on Wednesdays Oct. 23-Nov. 13 from 6:30 to 9:30 .m. in X 320. The workshop meets the 30-hour requirement to sit for the Illinois property and casualty licensing examination. Fee. For more information: 217/373-3779

Behind Closed Doors

Kathy Frizzell, counselor, will present a free workshop, Behind Closed Doors: What Happens in Counseling? from noon-12:50 Oct. 24 in X 150. Parkland counselors work with students on academic, career, and personal issues. This seminar will explain counselors' training requirements, the professional ethics that guide their work, and their general counseling methods. Open to students, staff, and community. For more information: 217/351-2219.





Wednesday, October 9, 1996

Craig Ross is a wannabe Lennon

craig ross dead spy

report

The lyrics are an inter-

dealings

faking/

commentary,

esting blend of social com-

mentary and introspection.

Ross can go from personal

("You'd just love to get me

out of your world") to gen-

Everybody's faking it") at

the drop of a hat. However,

all the songs go through a

relationship

("Everybody's

erational

Student Voices

Do you believe that the news gives the full story? If no, why would the media present only part of the story?



Brian Njuguna Kiragu

Page 3

"I think it gives the right impression."



Samantha White

"I believe they tell you what they want you to hear whether it's the whole story or not."

Tony Schlichtman

"I believe that the media is largely out for their own best interest. It is up to us to get our news from various types of media to get the whole story.'

Teresa Wynn-Martin

"No, because there is a lot of stuff that goes on behind the set. If they told the truth we could be more involved today."

personal, semi-cynical filter before being put onto disc. Dead Spy Report is a completely personal album.

not only because of the lyrical content, but also because Ross plays the majority of the instruments on the album. Ambition is definitely not lacking in Ross.

Instrumentation is fairly simple guitar, bass, drums, and synth. There are, however, a few surprises, like

the pedal steel guitar on "Cry." Most of the work that made this album sound interesting was done behind the boards. Very little is run through without being affected by some electronic device, which makes for interesting (if sometimes tedious) listening.

Features

Craig Ross wears his influences on his sleeves. He is probably very proud of the fact that he can make his album sound like a bunch of John Lennon outtakes. The rough sound around the tracks is also somewhat reminiscent of a post-Girlfriend Matthew Sweet.

The total effect of Dead Spy Report is not terribly profound, but it is a good album to listen to on a semiangry day. I recommend this album for all of you mellow cynics out there.





Alura Yarber

"I believe it does and doesn't. You would have to be there to really catch the full story [not by hear say]. News still has many facts that are helpful."

BY CHRISTOPHER WILSON ENTERTAINMENT EDITOR

Craig Ross, the latest in the line of D.I.Y. pop stars, gives us his perspective on the world around him. His debut album, Dead Spy Report, takes him out of production and into the limelight.

The album is a nice mix of mellow rock with a hint of anger lying underneath. Opening the disc is "Mudslide," permeated by a sense of oppression. "They got tired of you/ What they gonna do to you?" leads the listener into believing that this is going to be a delve into a "me against-theworld" attitude. However, Ross breaks from that attitude, and shifts gears quickly into the personal slant of "Out of Your World."







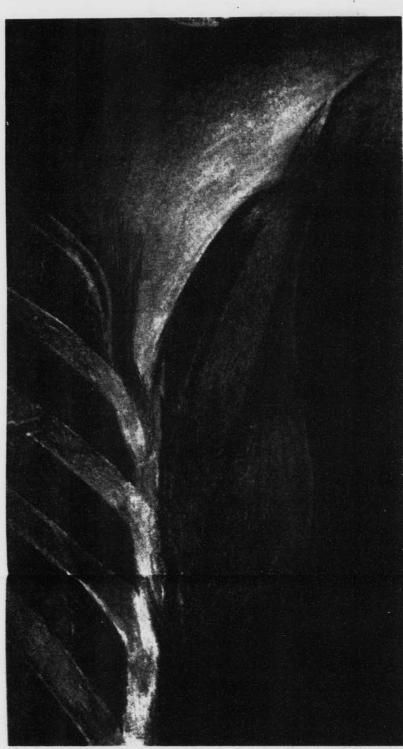


Lana Morgan "I think it is pretty accurate."

Margaret Myers

"No, because the press only tell us what the public wants to know."

RAISING AWARENESS: BREAST CANCER October is breast cancer awareness month BREAST SELF-EXAMINATION (BSE)



BY ALEXANDER LOBEL FEATURES EDITOR

October is National Breast Cancer Awareness Month. Breast cancer is the most common cancer among women.

By the end of the year, in our country, 185,700 new cases of breast cancer will have been diagnosed for 1996, and 44,560 (including 260 men) will have died from it. Just this year!

One out of eight women in the U.S. will develop breast cancer at some time in her life. Most frequently it occurs in women over 45, those who have not borne children or have their first child beyond age 30, those who have gone through menopause, have a family history of breast cancer, those in higher socioeconomic levels, obese women, and those who have experienced prior cancer of the breast uterus, ovary, or colon.

Beast cancer awareness includes being aware of common misconceptions. A bump or blow to the breast will not cause breast cancer. Breast-feeding will not cause breast cancer, nor does it protect against it. Finally, fondling or caressing will not cause it either.

David Remmert, Director of Health Education, Champaign-Urbana Public Health District, advises that any change in the breast warrants investigation. "However," he says, "women should remember that most changes in the breast are not signs of cancer. When lumps are biopsied, only 20% turn out to be malignant."

A lump or thickening of the breast is the most common sign of breast cancer. The lump may be tender, but most often it is painless.

The second most common symptom (found in 10% of the cases) is discharge from the nipple. Sometimes the discharge is clear, sometimes milky, sometimes bloody, but, like most lumps, most nipple discharges indicate a benign condition.

Other symptoms can be dimpling or puckering of the skin,

retraction of the nipple, scaly skin around the nipple, changes who thinks she has it, do? The best thing to do is to get advice in skin color or texture, or swelling, redness, or heat in the and suggestions from knowledgeable professionals in the breast. However, when such symptoms appear, it doesn't have field. to be cancer.

A mammogram (x-ray of the breast) can reveal cancers too small to be felt. The American Cancer Society recommends a baseline mammogram between the ages 35 and 40, followed ion is often a good idea. Different doctors can look at a probby annual or biannual mammograms from age 50 on.

"Breast examinations by a physician should be part of every woman's regular checkup," says Remmert. "If a physician does not perform a breast examination routinely, a woman should ask for one."

Breast self-examination (BSE) involves regular monthly and systematic examination of the breasts and underarm areas for signs of abnormality. "Because many breasts normally feel a little lumpy," Remmert says, "the key to successful BSE is regularity. A woman needs to become familiar with the structure of her breasts, so she will readily recognize any changes in the way they look or feel." Approximately 75% of all breast cancers are discovered by the woman herself.

Early detection is very important. Today, we have no established guidelines that are likely to prevent breast cancer. Some studies suggest that low fat intake lessens the chance, which makes it well worth considering a different diet, but it does not protect a woman from breast cancer.

Other studies have exposed that mammography itself (like all x-rays) can be a cancer causing agent. Regrettably, this may have actually been the case in the past. Breast cancer cases diagnosed today may been induced years ago through irresponsible mammogram procedures and too high a dose of radiation per "shot." In the 1960s, the dose of radiation for a mammogram was up to a hundred times higher than today.

In addition, it was occasionally believed that women should begin having annual mammograms at the age of 20. Today, doctors agree that mammograms for most women under 35 are superfluous. Some even say that they are not necessary for most women under 40. This is good, since the risks of getting cancer from radiation decreases with age. It is now generally recognized that the benefit of being able to detect breast cancer at an early age of its development far outweighs the risks.

However, up-to-date mammography equipment (as required by the FDA since 1994) is only as good as the interpretation of mammograms. It is therefore good to know an experienced certified mammography technologist is reading them, rather than a technologist who does mostly x-rays of limbs and lungs and occasionally a mammogram.

It is a good idea to do some investigation to find the best place for mammography in one's area. One way to get started would be calling the American Cancer Society, National Headquarters (404) 320-333, or the Illinois Division (312) 647-6150, and asking for their recommendations.

There is much discussion about the use of the drug tamoxifen to prevent breast cancer. Initially, tamoxifen has been applied for treatment. However, it decreased the risk of reoccurence in the treated breast, and reduced the incidence of new tumors in the opposite breast by 35%. This gave rise to new hopes and a new study in which tamoxifen is being tested as preventive agent on16,000 women.

This five year study, which began in 1992, is still ongoing and results are not yet available. What makes tamoxifen objectionable are its side effects: eye problems, depression, and increased risk of uterine cancer. Nevertheless, information gained from this study could lead to the synthesis of a new drug with less serious side effects.

The tendency to contract breast cancer can be inherited. The risk for early-onset breast cancer can be assessed through genetic testing. In a few years these tests could come into routine use at many clinics.

A woman who knows that she has inherited a high risk of contracting breast cancer can use this knowledge to her advantage. She will probably have her breasts examined more often. What will happen when providers of health insurance get access to the results of genetic tests? A number of states have already passed laws to prevent such test results of being used to discriminate against patients.

The National Breast Cancer Coalition, the American Society of Human Genetics, and the National Advisory Counsel for Human Genome Research recommend that genetic testing should only be conducted as part of an ongoing research project until some ethical issues about disclosing information are resolved.

What should a woman who has breast cancer, or a woman

Doctors can tell their patients about their risks and op-tions. The patient should receive all the information needed to lem differently and still be good doctors.

REGIONAL SUPPORT ORGANI-ZATIONS FOR CANCER AND BREAST CANCER PATIENTS

REGIONAL

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SPRINGFIELD CANCER SUPPORT SANGAMON BREA GROUP 217-787-7187

THE MOST COMMON SITES FOR BREAST CANCERS TO DEVELOP ARE THE UPPER, OUTER AREA OF THE BREAST AND THE AREA SURROUNDING THE NIPPLE. THE C-V PUBLIC HEALTH DISTRICT RECOMMENDS THE FOL-LOWING STEPS FOR BSE:

1. STAND IN FRONT OF A MIRROR, INSPECTING BOTH BREASTS FOR ANYTHING UNUSUAL, SUCH AS ANY DISCHARGE FROM THE NIPPLES, PUCKERING, DIMPLING, OR SCALING OF THE SKIN.

2. CLASP HANDS BEHIND YOUR HEAD AND PRESS HANDS FORWARD. YOU SHOULD BE ABLE TO FEEL YOUR CHEST MUSCLES TIGHTEN, WHICH SHOULD EMPHASIZE ANY CHANGE IN THE SHAPE OR CONTOUR OF THE BREASTS.

3. NEXT, PRESS HANDS FIRMLY ON HIPS AND BOW SLIGHTLY AS YOU PULL YOUR SHOULDERS AND ELBOWS FORWARD. LOOK FOR UNIFORMITY AND WATCH FOR CHANGES IN SHAPE OR CONTOUR.

4. RAISE YOUR ARM. USING FINGERS OF THE OPPOSITE HAND, EX-PLORE THE BREAST THOROUGHLY. BEGINNING AT THE OUTER EDGE, PRESS FLAT PART OF FINGERS IN SMALL CIRCLES, MOVING THE CIRCLES SLOWLY AROUND THE BREAST. GRADUALLY WORK TOWARD THE NIP-PLE. PAY SPECIAL ATTENTION TO THE AREA BETWEEN THE BREAST AND THE ARMPIT, INCLUDING THE ARMPIT.

5. GENTLY SQUEEZE THE NIPPLE, LOOKING FOR DISCHARGE.

G.REPEAT STEPS 4 AND 5 LYING DOWN, FLAT ON YOUR BACK.

BSE SHOULD BE DONE ONCE & MONTH. THE BEST TIME TO DO BSE IS TWO OR THREE DAYS AFTER YOUR PERIOD ENDS. SELF-EXAMINATION OF THE BREASTS, REGULARLY PRACTICED, MAY SAVE YOUR LIFE.



Page 6

Comics





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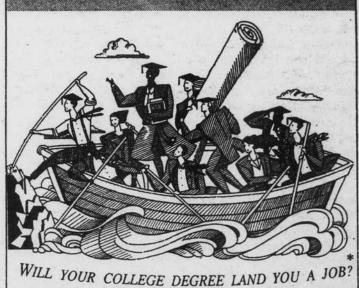
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Page 7



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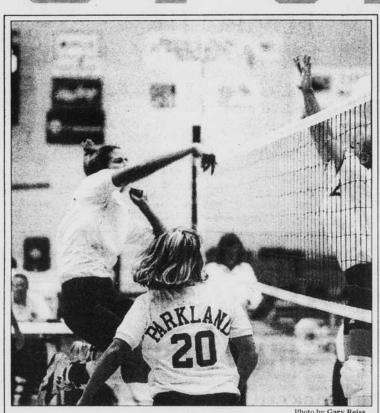


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WEDNESDAY OCTOBER 9 1996 PAGE 8



Airborne and assisted Parkland player, Erika Brez, spikes the ball over the net as Tracy Chaplin moves in to assist the play.

Catch up with Cobra's Cross Country team

BY JACOB LIVENGOOD PROSPECTUS SPORTS WRITER

Parkland's runners have certainly piled on the miles lately.

Jeff Bovee's harriers competed at the Eastern Invite, Danville's Cross Country Classic and at Greenville lenge was at the Greenville College.

Four Cobra runners competed at the EIU Big Blue Open at Effingham.

Freshman, Brandon Scott led the way finishing 70th with a time of 22:09 for the 4-mile course.

Other Cobra finishers were: Noah Freeman, 76th, 22:40; Trent Gastorf, 80th, 23:09; Matt Gray, 82nd, 23:29.

The following week, PC finished 11th out of a 21 team field at the Danville Classic. A total of 121 runners competed. Brandon Scott led the way again finishing 42nd with a time of 28:26 for the five mile course.

second for the Cobras and 57th overall with a finishing time of 29:05.

Noah Freeman, 70th at 29:32, Matt Gray 79th at 29:54, and Jason Schultz 107th at 31:46, completed Parkland's scoring.

The Cobra's next chal-College Invitational. PC finished sixth overall. Brandon Scott finished eigth overall with a time of 27:55.

Competing in his first race in two years, Miguel Martinez finished secondfor PC and 13th overall with a time of 28:20.

Other Parkland finishers were: Trent Gastorf 18th at 29:37, Matt Gray 28th at 30:46, and Noah Freeman 30th at 32:07.

"We've been banged up the past couple of weeks, and our next meet is two weeks away, so it really is perfect timing for us," said Coach Bovee. The Cobra's next run is

Cobras finish in second place at **Parkland Volleyball Tournament**

BY JACOB LIVENGOOD PROSPECTUS STAFF WRITER

Parkland's Volleyball squad used a combination of endurance and determination to finish the two-day Parkland Tournament in second place. The Cobras played a total of five matches within a two-day period.

The Cobras started strong with a 15-8 first set victory over Elgin but lost the next two 15-10, 15-11.

Erika Brez and Anne Chatterton led the Cobra attack with 10 kills apiece.

Parkland's second chal-

against Waubonsee.

Brenda Winkeler's squad dominated early, leading the first match 12-4. The Cobras were fueled by outstanding defense and powerful spikes by Erika Brez, who finished the match with 7 kills. Waubonsee rallied to narrow the score to 13-8, but PC held on for a 15-8 first set victory.

In the second set, Parkland dominated to finish off Waubonsee 15-4.

On the second day of action, PC defeated Wabash 15-13, 15-8 and Oakland 15-

lenge of the day was 10, 9-15, 15-2 to earn a shot at McHenry in the championship match.

> Versus Oakland, Erika Brez had seven kills and Anne Chatterton had six kills to lead PC.

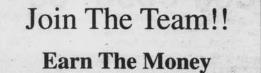
Parkland lost the first match against McHenry 15- . 5 but bounced back to win the second set 15-12.

McHenry, which was undefeated in the tournament, finished off the Cobras in the third set 15-9.

Jamie Dague, Erika Brez, and Julie Langendoerfer had eight kills each to lead the Cobras.



PC Cross-Country Team





Trent Gastorf finished in Kenosha, Wis. on Oct. 19.

Parkland Golfers finish 8th at Rend Lake Invitational

BY JACOB LIVENGOOD PROSPECTUS STAFF WRITER

Parkland's Golfers shot a 658 at the two-day Rend Lake Invitational in Indiana to finish eighth out of the 13 team field.

Bruce McNary led the Cobras with a 160 for the 36 hole course. McNary shot a first round of 78 and a second round of 82.

Eric Frese was Park- on October 10-12.

land's second lowest scorer with a first round of 85, a second round of 76 and a total score of 161.

Other Parkland scores include: Dave Holzner 83-84-167, John Kelly 85-82-167, Nathan Hieronymus 89-82-171, Tim Vanderbiezen 88-84-172.

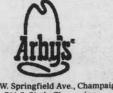
The Cobras next challenge is at the Region 24 Tournament in Springfield



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