Volume 30,

## Stugo discussing Student Day idea <br> A Student Day and a

display in the Student Center were suggested at a meéting of Student Government to publicize the organization and get more student participation.

At the meeting on Thursday in the Flag Lounge, Pres. Blessing Omoniyi said, "We must think of ways to make Student Government more known to the student body through publicity and deeds."

The motion to set up a Student Government display in the $X$ wing was unanimously passed. Sen. Angelica Naguibe, Sen. Rhonda Henderson, and Stủdent Trustee Kelly Foster volunteered to plan and ter volunteered to
set up the display.

Officers agreed to delay
for several weeks to allow more time for planing and discussion.

Sen. Elham Brracket was appointed parliamentarian.

Linda Bealor was chosen senior senator by a majority vote.

The treasurer position was not filled and is being held open.

Sean Robertson, a volunteer for the United Way, requested Student Government members to help the United Way create a new awareness of the role of student voluteers. Robertson urged the organization to help on Oct. 26 with the building of a playground for Youth and Urban Ministries.


## Video Series Begins

Mary Lee Sergeant (center), Office of Woman's Studies, introduces the beginning of a video series entitled "Intercultural Awareness Series" to be aired the fourth Friday of the month from noon until 1 p.m. from September 27 to November 22. The video series began with Latina Women, which among other things, profiles a Latina feminist. The series is co-sponsored by the Center for Multi-cultural Education and the Office of Student Life and attempts to give intercultural insight by Shadow of Hate and will air on October 25.

## Parklanders take part in pow-wow

Parkland employees and students served as volunteers at the Circle of Honor Pow-Wow in the U. of I Armory on Saturday.

Gretchen Leuszler, IEP instructor and International Student Activities coordinator, and Suzanne Bishop, Parkland consultant and free-lance designer, worked during the powwow.

Susan Pinnell, program assistant Student Life, and advisor of the American

Indian Cultural Society, was a member of the Planing Committee. Former Parkland students who also were members of the committee include Jonathan Martinez Bill Winneshiek and Melissa Winneshiek.

From 800 to 1,000 people attended the 1 p.m grand entry, and another 500 to 700 were at the 7 p.m. entry.

Indian nations represented included Seneca,

Ottawa Ho Chunk, Miami, Potwatomi, Omaha, Lakota, Menominee, and Navajo.
These tribes also were represented: Cherokee Dakota, Ojibwa, Algonquin, Osage, Crow, Oneida, Tlinget, Nez Perce, and Creek.

Some of the variety of dances included the twostep/rabbit, snake, men's fancy, women's traditional, and fancy shawl.

## PC scholarships awarded

Five students have received scholarships for the coming semester.

Kathy Minnis, of Hammond, a Nursing student, has been awarded a Julia F. Burnham scholarship.

A graduate of Decatur MacArthur High school, Minnis plans to work in home health care.

Lorna Lutter, of Champaign, a sophomore, is the recipient of the M.G. and Gladys Snyder Scholarship.

This scholarship is awarded each year to an African-American student who is a graduate of a District 505 high school and has earned a minimum of 30 semester hours with a cululative GPA of 2.75 or higher.

Luttter is studying for a General Studies degree and plans to work in the special education field.

Scott Krutsinger, of Villa Grove, a sophomore, cont. on page 4

## Ouch! Flu shot clinic coming to Parkland

By Alice Lawrence Fink Prospectus Staff Writer

It's that time of year again- Flu season is sneaking up on us and the time to get those flu shots is now.

Parkland's Department of Health and Safety Specialist Jan Thom is conducting a "Flu Shot Clinic" Oct. 4 from noon to 3 pm . You need to make an appointment, so call 373-3879, or stop by her office, room L122. There is an $\$ 8$ dollar charge; the shot is good for three strains of influenza. Your family members are also eligible if they are 18 or older.

The following information is provided by the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention:

Possible symptoms of influenza are: fever,
chills, headache, cough, sore throat and muscle aches. It can lead to pneumonia and death. Most deaths by influenza are in the elderly, and those with impaired immune systems.

At risk people include: all people 65 years of age and older; residents of long-term care facilities, housing persons of any-age with chronic medical conditions; any children or adults, who has a serious long-term health problem with; heart disease, anemia, metabolic disease (such as diabetes), asthma, lung and kidney disease.

You should also get the shot if you are less able to fight off infections because of a disease you were born with, or are infected with HIV, or have had treatment with drugs such as long term steroids or cancer treatment, with x-rays or drugs.

The viruses that cause influenza change often, so people who need the vaccine should get it annually.

The vaccine begins to protect you after one to two weeks and protection may last as long as a year.. Flu is most common in the U.S. from December to April, so it is best to get your shot in the fall.

Since flu viruses change frequently, they may not always be covered by the vaçcine. You should keep in mind that other viruses cause symptoms that seem like the flu, however, the flu vaccine does not protect against these infections.

The vaccine contains viruses that are the same or similar to those thought to come to the U.S. this year. All the viruses in the vaccine are killed so you cannot get the flu from the vaccine.

## Page 2

## PC Police Reports

## Sept. 24

A female student reported that her bookbag was stolen from-her car. An officer filled out a theft report. The woman forgot to lock her vehicle.

## Sept. 24

The Parkland Bookstore reported a theft of thirty-two textbooks valued at around $\$ 1200$. Police officers filed a report and the theft is currently under investigation.

## Sept. 25

Officers located and served a warrant on a female student in the C -wing. The woman was escorted to the Champaign County Correctional Facility where she was released to a case worker from the Department of Children and Famiy services.
Sept. 25
The Welcome Center attendant reported a burglary in progress in the C-4 parking lot. They reported that an anonymous person had reported the burglary to college vehicles. Police officers immediately responded to the call. When they arrived on the scene; they noticed that there was a suspicious character. After a preliminary investigation, officers found out that the person was in fact a Parkland Vehicle Maintenance worker.
Sept. 26
METCAD radioed to all police agencies and advised of a hit and run accident that involved injuries. They advised all agencies to attempt to locate the vehicle for the Cham paign Police Department. Officers located the vehicle in lot C-4 and waited for the driver. The driver soon arrived and was held by officers until Champaign police showed up to question him.
Sept. 26
A motor vehicle accident was reported just outside the C4 parking lot. The reporter was not sure if there were in juries. Officers quickly responded and confirmed that there were no injuries. An officer completed the investigation and filed a report. Three traffic citations were issued to the involved parties.
Sept. 30
A briefcase was found in a restroom. The owner was located and said that he had left the case in his office. An officer took down information for the report.
Sept. 30
nom the sign language department asked to borrow a VCR from his classroom. He tried to remove it by pulling at the cables. An officer spoke with the instructor

## NEWS BRIEFS

## Health and Healing Series

Dana Merrill Gass, specialist in aroma and herbal therapies and owner of Kamala Per fumes, will discuss the use of herbs, aromatic oils, and perfumes to improve physical and emotional health at noon Oct. 10 in room L 111.
The free program entitled "An Introduction to Aroma Therapy and the Use of Herbs will be sposored by the Office of Women's Programs and Services.
For more information: 217/351-2541

## Nutrition, Diet, and Dentistry

Nutritionist David Meinz will present a workshop titled "Nutrition, Diet and Dentistry Today" from 8 a.m. to 5 .m. Oct. 12 in room C 118.
Participants will explore the relationships between nutrition and whole person health as well as learn about the issues of sugars, fats, osteoporosis, fast foods, and recommendations for patients.
Fee. For more information: 217/351-2224

## History of American Movies

Major historical movements of the American cinema will be seen and discussed during "History of American Movies: From Silents to Spielberg" on Mondays and Wednesdays, Oct. 14 to Nov. 20, from 4 to 5:50 p.m. in X 320. Movies will be viewed on Mondays from 3 to 4:50 p.m. with discussion on Wednesdays from 4 to $5: 50$ p.m.
Fee. For information/registration, 351-2544/351-2208

## Environmental Issues for Today

Participants in the workshop, "Environmental Issues of Today" will focus on relevant environmental Topics on Oct. 15 and 29 and Nov. 12 from 10 a.m. to noon at the Anita Purves Nature Center, Urbana.
The group will select issues to discuss such as acid rain, global climate change, ground water, nuclear power, pesticides, recycling, and overpopulation.
Fee. No fee for Parkland's Lifelong Learning Institute.
For more information: 217/351-2208

## Principles of Interior Design

A workshop on interior design will be from 4 to $5: 50$ p.m. Oct. 15 through Nov. 5 from 4 to 5:50 p.m. in X 117.
Fee. For more information, registration: 217/351-2544/ 217/351-2208
Career Planning Seminar
An Introductory Career Planning Seminar will be offered at 6 p.m. Oct. 15 in the College Center.
Participants will explore the career development process as well as their interests, abilities, values and goals.
Free. For more information: 217/351-2536
Resolving Conflicts
Psychotherapist Bonnie Kaufman will lead a two-hour workshop, "Resolving Conflicts Among Women, Respecting Differences," from 7 to 9 p.m. Oct. 15 in the Wesley Foün dation Lounge, 1203 W. Green St., Urbana.
For more information: 217/351-2541

Editor-in-Chief: Mike Karr
Assistant Editor: Cory Gibson On-Line Editor: Amarjeet Singh Features Editor: Alex Lobel Entertainment Editor:
Christopher Wilson
Sports Editor:
Donna Lents-Johnson

Next Publication Date: Wednesday, October 9, 1996 Ad Deadlines: Noon, Friday, October 4,1996

News Office: $\mathbf{2 1 7} \mathbf{3 5 1 - 2 2 1 6}$
Advertising: 351-2278
Fax:373-3835
Online Address: http://www.parkland.cc.il.us/prospectus/

Photo Editor: Dori Phelps
Production Staff: Richard Langendorf Advertising Manager: Stephanie Hodge Advertising Staff: Abby Franklin

Justin Howard

Advisor: Doris Barr

The Prospectus is published weekly during the fall and spring semesters, and monthly during the summer session by students of Parkland College, located at 2400 West Bradley Avenue, Champaign, Illinois, 61821-1899.

## COUNTRY FAIR APARTMENTS

MONEY SAVING RATES
HEAT, WATER, GAS,
SATELLTE TV, REFUSE, AND SEWAGE PAID

- Large 1 \& 2 Bedroom
- Furnished or Unfurnished
- Frost-free GE refrigerator - GE electric range w/self-clean oven - Lots of spacious closets - Hassle-free laundry each bldg. - 24-hour, on-site, - Pool BBO temaintenance service - Pool, BBQ, tennis, basketball and playgrounds - Free lighted parking - Walk to shopping, restaurants, and theater - On MTD bus line - Flexible lease terms - One small pet welcome with deposit 359-3713 $\quad$ 2106 W. White, $C$
Weekdays $9-5: 30$, Saturday $9-12$ Weekdays $9-5: 30$, Saturday $9-12$
No appointment necessary to view model apartmení


## FALL 1996 INTRAMURAL SCHEDULE

| Ongoing Activities | Play Begins | Time \& Location |  |
| :---: | :---: | :---: | :---: |
| Open Gym Sign Up Deadline |  |  |  |
| Volleyball | September 16 | Mondays, 11 a.m. - 1 p.m. (Parkland Gym) | **** |
| Basketball | September 25 | Wednesdays, 11 a.m. - 1 p.m. (Parkland Gym) | ***** |
| Fitness Center <br> Enroll in NCR 850 | August 26 |  |  |
|  |  | Monday - Thursday, 7-9 a.m., 12-1 p.m., 3-6 p.m. (P128) <br> Friday, 7-9 a.m., 12-1 p.m.. p.m.., 3-5 p.m.. (P128) | *** |
| Parkland Trotters | August 26 | Ongoing All Year | * |
| Events | Play Begins | Time \& Location |  |
| Euchre | TBA | Arranged by Participants | Sign UP Deadine |
| Indoor Activities | Play Begins | Time \& Location | Sign UP Deadline |
| Volleyball League | October 7 | Mondays, 8-11 p.m. (Parkland Gym) | September 30 |
| Basketball |  |  |  |
| 3-On-3 | October 3 |  |  |
| 5-On-5 | October 2 | Wednesdays, 7-10 p.m. (Parkland Gym) | September 30 |
| 3-Point Shooting | October 15 | Tuesday, Oct. 17 \& 24, 11 a.m. - noon (ParklandGym) | October 15 |
| Free Throw Shooting | October 22 | Thursday, Oct. 26 \& Nov. 2, 11 a.m. - noon (Parkland Gym) | October 22 |

## INTRAMURAL BOWLING TOURNAMENT AND 8-BALL TOURNAMENT AT Arrowhead Lanes Free

## Trip to Paradice Gambling BOAT, FOR FACULTY AND STAFF. THURSDAY, NOVEMBER 7 AT 5:OO P.M. $\$ 5.00$

Sign up as soon as possible for these events. Sien Up table located at the Student Center and the Physical Education Office.


## Circle One:

Individual (No Team)

## Partial Team (Needs Players)

## Complete Team

Completed Registration forms should be placed in an intramural SignUp box near P105 or X153 by the Sign-Up deadline.

* There is no deadline to $i 8 n$ upe paricipand semester.
${ }_{* *}^{*}=$ The activity will begin as soon as there is sufficient enrollment. The activity
may be offered more than once in a semester if there is enough support.
*** $=$ Enroll in NCR 850 through Admission anytime during the semester for Fitness Center use. There is an \$18 fee.
$*_{* * *}=$ There is no preregistration required. Participants may show up for the scheduled time of the activity.

1. All participants in Parkland Intramural activities must be enrolled at Parkland for at least one credit hour or be an employee of Parkland (faculty/staff) 2. There is no fee for Parkland students, faculty, or staff to participate in any Parkland Intramural activities, except for the Fitness Center Use (NCR 850). Cost for NCR 850 is $\$ 18 /$ semester)
2. Use the form on the opposite side of this schedule or a plain sheet of paper to register for an activity. Include your name, social security number, phone number, address, and activity desired when registering.
3. For a team activity, indicate if you have a complete team, need additional players, or would like to join a team. When registering a complete or partial team, please include the team's name and the team members' names and phone numbers. 5. Mandatory Team Captain meetings will be held prior to the opening day of each team activity. Rules, league schedules, and other pertinent information will be distributed. The dates for these meetings will be announced and each team will be informed.
4. Completed enrollment forms should be placed in the intramural Sign-Up boxes near P105 or X153 no later than 5 pm on the deadline date. Failure to do so may result in the non-registration of your team.
5. There is no preregistration for Ongoing Activities, with the exception of enrolling at Admission for Fitness Center Use (NCR 850). Participants may show up at the designated location of the activity at the scheduled time.
6. Intramural events will be announced in the Prospectus and on Cobra Vision (Parkland's TV monitor). Reminders will be distributed on sign, flyers, and posters. 9. Any questions regarding scheduled activities or for general information should be 9. Any questions regarding scheduled activities or
directed to the Intramural Department at 351-2426.

## Parkland Trotters

I Parkland Trotters is a self-paced running or walking program designed for students, faculty, and staff who wish to enroll in a noncompetitive exercise or wellness program. Participants run or walk at their own convenience and report the distance on a sheet of paper in either of the Intramural Sign-Up boxes (P105 and X153). Pregress is charted and posted on the Intramural bulletin board located in the Progress is Education building across from P110. Prizes are awarded when participants Physical Education building across from P110. Prizes are awarded when partic I reach milestones such as 50 or 100 miles and names are also recognized in the
I Prospectus. For more information, contact the Intramural Department at 351-2426.

Page 4

## Scholarships...

cont. from front page
has received two scholarships: the Champaign County Sports Car Club Scholarship and the William C. Annin Memorial Scholarship.

Krutsinger, a former Urbana High School student, is studying for the Associate in Applied Science degree in Automotive Technology. He plans to transfer to Southern Illinois University.

Denise Stennett, of Tuscola, sophomore, has received the Jimm Scott Memorial Scholarship.

Stennett is studying for the Associate in Applied Science degree in Child Development.

Malikah Abdullah, of Champaign, sophomore, is the recipient of this year's Women's Business Council Scholarship.

Abdullah is studying for an Associate in Science degree in Business Administration.

All these scholarships are funded by donations to the College through the Parkland Foundation, which was established in 1969 to provde support for the College through fundraising and private gifts.

| So you know, you're sitting in |
| :--- |
| the john and you board out of |
| your mind -and you don't know |
| what to do, and so you say, |
| "hey, it's time to wipe, and |
| so you reach for that familiar |
| piece of paper but what comes |
| back in your hand instead is. |
| Prospectus! And you ask your |
| Pelf, "what have I been wasting |
| syy life for when I could have |
| meen in here the whole time, |
| reading the Prospectus!" |

```
Are You...
- feeling anxious at parties or other social occasions? having trouble talking in public?
- afraid of doing something that will embarrass you? - avoiding social situations?
```

If you answered YES to any of these questions, you may be eligible to participate in a 5 -week/10-session program designed to help peo ple overcome their social fears.

A program of the Stress and Anxiety Clinic

## Trade Secret

2000 N. Neil St.
Champaign, IL 61820
Contact Persons: Kay or Donna
352-5930
Fax: 352-6033 (Have to call first to tell us
you're faxing)



Delivering The Perffect Pizza!


351-7272 355-5858 384-7272
2104A W. SPRINGFIELD AVE• CHAMPAIGN


## Pregnant? <br> We'se here to helf!

 We offer free pregnancy tests, counseling, informat and caring support for as long as(217) 351-7744 or 1-800-550-4900 free, nonjudgmental, and confidential! Hours: Mon. -8 gat. 10 a.m. - 1 p.m. 110 1/2 N. Neil, Champaign
Gat the facts hefore you choone!


Saint Francis Medical Center College of Nursing Peoria, Illinios NLN Accredited

$\qquad$


Full \& part-time study available each Fall \& Spring semester

Admissions Office 511 NE Greenleaf Street Peoria IL 61603-3783 Ph: (309) 655-2596

## MITAUA THAI FINEST THAI CUISIME

Cocktail \& LOUNGE - DINE IN $\bigcirc$ CARRY OUT $\circlearrowleft \longrightarrow$


134 WEST CHURCH, CHAMPAIGN O OPEN 7 DAYS: 11:00 A.M.- 10:00 P.M. (217) 359-5540

## Troy's Uniforms

Men's and Women's Lab Coats $\$ 5.00$ off

Shoes (Cheokee \&- Nurse Mates) $\$ 5.00$ off
(not valid with any other coupon or discounts)
367.3701

108 W. Main
Urbana

9.5 Monday-Friday
9.4 Saturday

Exprasa 10.31

# DOES YOUR HOME FEEL RIGHT? <br> By Alexander Lobel 

Features editor
The new, pretty, oriental-looking book on the coffee table (or under the Christmas tree) is the Feng Shui Handbook by Master Lam Kam Chuen. It is subtitled: How to Create a Healthier Living and Working Environment.

It is a book to use to make your environment more pleasant; at home, at the office, or in a depressing hotel room. It can teach you how to arrange or select your environment within the harmonies of nature. And, most conveniently, you don't have to change yourself to feel improvement.
Feng Shui (pronounced "Fung shoy") literally means "Wind and Water." The roots of this art lie in ancient China, where a geomancer would read the flow of air and water at a certain spot and see if it would present favorable conditions to build a house there.

Today, Feng Shui experts use specialized compasses ("Lo Pan"), to determine locations for modern businesses, or to find the appropriate arrangement of furniture at home. However, you don't need a "Lo Pan" to use with this book.
In part one, the author introduces the fundamental principles of Feng Shui, with out being too esoteric. Part two shows plenty of examples how these principles can be applied in daily life.

Have you ever looked for a house or an apartment, and after loeking at numerous places you walk into one that feels right, although others were more practical? Have you ever spent half a night in a hotel room, unable to sleep, until you pushed the bed into a different place? You might have a natural sensitivity to Feng Shui that can be developed and trained.

Master Lam does not teach you ancient rituals of divination to get you on the track. He gets you acquainted with qualities of energies in substances like wood, metal, or

earth. Likewise, he explains the energies of different shapes and colors.

People who have already heard of the principles of Yin and Yang, and the eight trigrams, representing the fundamental conditions of earth and cosmos, will find part one easy to read. Others may have to slow down a bit, till they get through page 40 , but will find themselves rewarded throughout the rest of the book.

You will find evaluations of famous buildings, like the United Naions, the U.S. Capitol, and the Taj Mahal through the eyes of the Feng Shui practitioner. For the most part though, the book contains lots of good advice about your home.
Having plants in the bedroom is a good idea during the day, when they produce oxygen. But at night, when their gas exchange is reversed, they should be removed.

Other guidelines in Feng Shui
are as apparent as poetic metaphor:

Exposed knives, hanging from the side of a kitchen table can cut the atmosphere. An overhead beam above your bed can put pressure on your resting body.

The facade of your home is like a face. The door is the mouth. Double approaches or curving stairways from different angles to the front door are like two tongues: Argument and discord can be the result.

Water can be wonderful, but it should be in front of your house, should not be too close to the house. Creepers on the walls can affect the ability of the building material to breathe; the walls of your home are like your skin.

However, Master Lam writes that we all have developed certain habits with which we feel very comfortable. If you encounter advice in this book that doesn't agree with the way you live, and you are positive the way you live is good
for you, then follow your own in stincts.

The Feng Shui Handbook is pleasurable reading and a lot can be learned from it. Keep in mind though, that it can take decades to become a Feng Shui master. This book is only an introduction into an art that is thousands of years old.

Today, there is growing interest in Feng Shui outside China. To cities like Singapore, San Francisco Paris, and London, Feng Shui masters are called to give their advice
If you like architecture and inte- rior design, and want to know more about how to make a place feel right, you will enjoy this book.

The Feng Shui Handbook by Master Lam Kam Chuen is published by Henry Holt and company, Inc. It is sold in good bookstores for $\$ 16.95$. But, of course, you can also find it in the Parkland College Library.

## Fun Lovin' Criminals beat the rap

By Christopher Wilson Entertainment Editor

Come Find Yourself, the debut album from New York's Fun Lovin' Criminals, has found itself in heavy rotation on my C.D. player. The self-produced album runs the range of rap music from the punchy bass-driven sounds of "The Fun Lovin' Criminal" to the mellow, laid-back sound of "Methadonia."
The latest hype surrounding the band has to do with the soon-to-be-overplayed single, "Scooby Snacks," which samples the intro to Pulp Fiction. Quentin Tarrantino even shares authorship with the band on the track.
The word, "fun" is prevalent throughout the album. The fact that the band plays their own instruments and writes some of the most intelligent (if not obscure) lyrics in rap music today, makes them a very viable
band-("Runnin' around/ knowns. Come Find Yourself Robbin' banks/ all whack on flows seemlessly from track the Scooby Snacks)-Sam- to track, giving the album a ples run the gamut from sense of continuity, somePulp Fiction to Lynard thing truly lacking in the Skinnard's "Free Bird."

The main focus of the lyrics is fun. Even with serious subjects such as crime and heroin addiction, the band always manages to have a good time. The tempo of the songs is what shifts the mood. The House of Pain type rile up of "The Fun Lovin' Criminal" begins the disc, and immediately afterward, the mood shifts from upbeat to mel low with "Passive/ Aggres sive." However, as the title suggests, the mood does not suggests, the mood does long.
stay mellow for very

Instrumentation is an interesting point on the album. It's extremely difficult to tell which songs are being played live and which ones are based on samples. The production value is amazing coming value is amazing coming
from three virtual unAnother refreshing break is the fact that The Fun Lovin' Criminals are not wrapped up in the whole east coast/ west coast rivalry that is making a lot of rap music nothing but a bunch of boastful emptiness. This more positive attitude puts them in close ranks to such great performers as The Fugees and Nas on the east coast, and Coolio on the west.

Come Find Yourself offers its listeners a full hour of listening pleasure by giving them something to laugh about, as well as some food for thought. The album definitely gets the thumbs up from me. It's not often that rap artists offer up satire on the genre itself. It is a welcome addi tion to the world of rap.




## MIXED MEDIA

by Jack Ohman


SXGMSNV

Classified


Office Help Needed! Wanted: Someone to work in office for Triple A-1 Transportation Service. Apply in Person or send Resume to 1722 W. Bradley. For more info call 840-0571 (Local Call)

## Help Wanted

Part-time delivery person LA-Z-BOY showcase shoppe need a part time deliv ery person to work weekends and some hours during the week. Heavy listing; Non-smoking enviroment; apply in perSon to: 506 Anthony Next to MENARDS

## Wanted!!!

Individuals, Student Organizations and Small Groups to Promote SPRING BREAK TRIPS. Eam MONEY and FREE TRIPS. CALL THE NATION'S LEADER INTER-CAMPUS PROGRAMS http://www.icpt.com 1-800-327-6013
*EARN EXTRA INCOME* Earn \$200-\$500 weekly mailing phone cards. For information send a self-addressed stamped envelope to Inc., P.O. Box 0887 ,
Miami, Fl 33164 $\xrightarrow{\text { Miami, FL } 33164}$
Certified Nursing Assistant Student Nurse Work 5-10pm part-time gaining experience in home care. Automobile required. Every other Satu
day scheduling required. Diversified Health Care Services, Inc.


Are you looking for a clean, quiet, living arrangement? Are you wanting 3 great, neat \& quiet female, non-smoking roommates? If so, you should consider subletng my apartment! Give me a call fo more info. Heidi at 367-615

Small 1 BR Eat in kitchen, hardwood floors, perfect or singles, short term lease, newly re-
$\overline{\text { Wanted Sports Writers }}$ For the Prospectus Newspaper

Apply in Room X-155


It ain't your mama's paper

Page 7
Fopming the
avclevs of
your day,
evepy
Wednesday
et about
noon, the
Drospectus
is thepe.

CONFIDENTUL-SNEE - IEGNL
PREGNANT? UITRA SOUND SERMCES
PREGNNUY TERMINAION 1-800-692-3424 NITROUS OXIDE NITROUS OXIDE
GAS ANALGESAA
affiliated women's services, inc.

## ISYour PInter



From color printing to desktop
publishing, Insty-Prints does it all. INSTY-PRINTS $-\begin{gathered}1001 \mathrm{~N} . \text { Mattis } \\ \text { Champailin } \\ 356-616\end{gathered}$

## honey aidioney' irish lunch a dinner house al

IRISH LUNCH a DINNER HOUSE SAVING FOR RETIREMENT IS WHEN IT LOOKS LIKE YOU CAN LEAST AFFORD IT.

Can't afford to save for retirement? The truth is, you can't afford not to. Not when you realize that your retirement can last 20 to 30 years or more. You'll want to live at least as comfortably then as you do now. And that takes planning.
By starting to save now, you can take advantage of tax deferral and give your money time to compound and grow. Consider this: Set aside just $\$ 100$ each month beginning at age 30 and you can accumulate over $\$ 172,109^{\circ}$ by the time you reach age 65 . But wait ten years and you'll have to budget $\$ 219$ each month to reach the same goal.

Even if you're not counting the years to retirement, you can count on TIAA-CREF to help you build the future you deservewith flexible retirement and tax-deferred annuity plans, a diverse portfolio of investment choices, and a record of personal service that spans 75 years.
Over 1.8 million people in education and research put TIAA-CREF at the top of their list for retirement planning. Why not join them?
Call today and learn how simple it is to build a secure tomorrow when you have time and TIAA-CREF working on your side.

Start planning your future. Call our Enrollment Hotline at 1 800 842-2888.
जम:
BREF
Ensuring the future
for those who shape it."

- Soups, Salads \& Stew
- Irish Pizza \& Calzoneys - Hot Plate Specials
- Appetizers to Place
- Fabůlous Dinners
- Gourmet Sandwiches
- Total Carryout
- Box Lunches for Meetings Come for Irish Breakfast

Mattis \& Bradley, Champaign 351-5855

po

Rt

# PC student wins multiple titles in motocross 

By Donna Lents-Johnson Prospectus Sports Editor

Ever wonder what it's like to ride straight up a steep, rough hill? How about if that ride were atop a 750cc motorcycle? Just ask Parkland student Jason Northrup.

Secondary Education student Jason Northrup, began riding motorcycles at age four. He grew up riding the walls of an old strip mine near Kickapoo State Park west of Danville. By six, Jason was racing in local contests, and by seven had won his first district title.

On Sept. 22, Jason raced in the 1996 Indiana State Motorcycle Hillclimb Championship race in Cayuga, Ind. This race was the second of a two-day event, and was the final race in the 1996 Indiana hillclimb season. Many
district championships, as well as State champions, would be decided at this race.

The 20 -year-old MSHS graduate had another fasttime week-end. Jason posted the fastest times of both events; the Sunday fast time won him the State Championship Fastest Time Cup as well as the State Championship trophy and jacket for winning the 500 cc class.

In the 750cc class, Jason flew his Hondasaki triple high and far over the first jump on Saturday night, landing it and then shooting over the top for his second class win of the evening and was harboring thoughts of a double state championship win. On Sunday, however, his full throttle assault on the big triple sent it soaring too high and rotated past vertical off the jump, resulting in a hard
crash at the 65 ft . level. On another fast time.
Northrup's season results on the 750 class maline were much the chine were much the same as on his 500 . He won the District season point championships in both Illinois and Indiana and won the state championship race in state championship race in Illinois.

Already planning for 1997, Northrup is building an 800cc Open Class bike to go with his 500 cc and 750 cc machines, his goal being triple state and district titles and a national win. In 1995, he won triple district titles in Illinois for the $200 \mathrm{cc}, 400 \mathrm{cc}$, and 500 cc .


Jason Northrup at the Indiana State Championship

## PC Golfers place sixth and ninth

Prospectus Sports Writer
Parkland's Golfers placed sixth at the Lincoln Trail Invitational in Robinsonon and ninth at the Lincoln College Invitational

At Robinson, PC's squad shot a 329 in the final round to edge Spoon River, 680 to 704.

The Cobras were led by Eric Frese's total score of 163 and a second round

Nary shot a second round 78 to finish with a 164 and Dave Holzner finished the tourney with a 167 and a econd-round of 80 .

Parkland's scores included: Eric Frese first round of 84 , second round 78 , final score of 163 ; Bruce McNary 86-78-164; Dave Holzner 87-80-167; Matt Curl 94-92-186; Derek Meinhart 98-93-191.

Greg Thom's squad
lnin 16 th out of a 20 -team field. Eric Frese led the Cobras with a first round of 76 , a second round of 78 , and a total of 154. Also, Bruce McNary shot a 75 -80-155.

Other Parkland scores included: Matt Curl 75-81156, Derek Meinhart 79-80-159, John Kelly 79-81 160, Nick Weaver 82-78160, Chad Gessner 83-79

## Cobras prove lethal to Lakeland; claim victory in straight sets

By Jacob Livengood Prospectus Staff Writer

Parkland's Volleyball squad defeated Lake Land College 15-7, 15-7, 15-12 on September 25 at Mattoon.

PC ran into trouble in the third set, falling behind 9-0. Six consecutive points fueled the Cobra comeback.
"When we were down, I told them to keep their focus on the basic fundamentals and especially concentrate on blocking and defense," said Volleyball coach Brenda Winkeler.
"Everybody contributed to the comeback, but Sigele (Overstreet) really sparked us," added Winkeler

Overstreet has emerged as an emotional leader for Winkeler's squad and has
added spark to the Cobra lineup.
"When she (Overstreet) picks it up defensively it really makes a difference. She'll make a great dig and it will really inspire the team," said Winkeler.

The match was highlighted by Erika Brez's 10 kills, Sigele Overstreet's 8 kills and 14 digs, and Anne Chatterton's 8 kills and 8 digs.
"We're staying close to the top teams in the nation so I'm very optimistic about the rest of our season," said Winkeler

The Cobras, 12-8 overall and 3-0 in conference, will play at Springfield College on October 2.

On October 4 \& 5 Parkland will host a tournament versus Vincennes, Wabash Valley, Elgin, Wabonsee, and McHenry.

Time Warner Cable of C-U, Channel 9 Heartland Wireless Cable, Channel 50 WEDNESDAY, OCTOBER 2 2 THURSDAY, OCTOBER 3 $10 \mathrm{AM}-9 \mathrm{PM}$ TELECOURSES FRIDAY, OCTOBER 4 \& SUNDAY, OCTOBER 6 6:00 PM THE PARKLAND CHALLENGE Rantoul v. Prairie Central 6:30 PM Victory Christian v. Heritage 7:00 PM Parkland Community Forum: 8:00 PM Live and Action
9:00 PM Education: A Good Place to Start! Spanish TV Magazine, Program4 4
MONDAY, OCTOBER 7
MONDAY, OCTOBER 7
10 AM - 4 PM $\quad$ TELECOURSES
6:00 PM
$\begin{array}{ll}\text { 6:00 PM } & \text { Parkland Report: The Parkland Foundation } \\ \text { 6:30 PM } & \text { Older Adulthood: A Season of } L \text { life }\end{array}$ 6:30 PM Older Adulthood: A Season of Life 7:00 PM Goals 2000 Back to School: Getting Your Com-
munity munity In Involved

## $\begin{array}{ll}\text { 8:00 PM } & \text { Parkland Commu } \\ \text { Teens in Action. }\end{array}$

9:00 PM Teens in Action.
9.30 PM Fayth M. Parks Tradition of Healing, Dr.

9:30 PM Feminist Perspective on Nursing
TUESDAY, OCTOBER 8
10 AM-4 PM TELECOURSES
6:00 PM Parkland Report: the Parkland Foundation
$\begin{array}{ll}\text { 6:30 PM } \\ \text { 7:00 PM } & \text { Older Adulthood: A Season of Life }\end{array}$
7:00 PM Germany Live
7:30 PM Bayreuth, in English
8:30 PM Bayreuth, in German
9:00 PM The German Scene, in English
WEDNESDAY, Region Eng, German
10AM-9 PM TELECOURSES


