

## P

## News

## Prospectus

## Wednesday, March 20, 1996

## Health...

continued from front page
that they haven't seen a dentist in a year. Sixty-four percent said they have seen a dentist one to two times in the past year.

More than three-fourths (79\%) said that they have medical insurance coverage; $63 \%$ have dental coverage.
"Deciding whether one can afford to visit a doctor shouldn't be a reason to forego medical treatment. The decision should be based on whether one can afford not to visit a doctor," one student said.

They're back!
Parkland staffers dressed the part of historical female figures Mar. 7 in celebration of Women's History Month. Back row (left to right): Sandra Boileau, Dean of Continuing Education; Mary Lee Sargent, History/Women's Studies; and Pauline Kayes Director of Women's Programs and Services.
Front row (left to right): Jan Thom, Occupational Health Specialist/Educator; Ann Burke, Adult Basic Education/GED; and Lorena Johnson, Women's Studies.

The Parkland Chamber Choir and Choral Union with Guest Conductor Keith Pedersen and the Vermilion Festival Chorus and orchestra
 (sung in Eiglist)
Sunday, March 3l, 4 p.m.
Wesley United Methodist Church
For information call $217 / 355-2366$ 1203 West Green Street, Urroan
$\$ 8$ General Admission
$\$ 5$ Students and Seniors


## 焉丰 <br> Student Government Elections

## April 8-10

Positions available for the 1996-97 year Student Government Officers Student Government Senators Student Trustee

Petitions may be picked up outside of the Student Government Office, X 159 Petitions must be returned to X153 clo Shelley Stoltenberg, Activities Program Manager, by noon, Mon., Apr. 1.

Poll Dates

| Poll Dates |  |  |
| :---: | :---: | :---: |
| Mon. Apr. 8 Tue. Apr.9 <br> 11 a.m.-1 p.m. 11 a.m.-1 p.m. | Wed. Apr. 10 |  |
| $5-7$ a.m.-1 p.m. |  |  |


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| :---: |
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Prospectus
Wednesday, March 20, 1996

What did you have for breakfast?
by Alice Lawrence Fink Prospectus Staff Writer

So what if you don't eat a nutritious breakfast?

Since there's nothing feeding your brain, Jan Thom, Parkland Health and Safety specialist, says you don't think clearly, and when you get hungry, you will be so ravenous you may grab a candy bar or whatever sugar is handy because you subconsciously know that it will give you the fastest relief. (Hunger is no fun for anyone.)

Thom suggests starting your day with something nutritious, maybe a bagel (but sorry, no cream cheese), fruit, cereal (not the sugary kind) with milk, juice, or perhaps a waffle or pancake (but not drowned in butter).

Anne Harkins, manager of Gullivers, reports that Gulliver's biggest break-
fast seller at Parkland is a ham, egg and cheese biscuit.
Christine Wing, Journal
ism major, says, "I don't

breakfast. I know I'm sup posed to, but I don't have time. I'm terrible about it It's the most important meal of the day.'

Dorothy Weber, Business Administration major, has a full breakfast at
home. "I'm a diabetic and have to watch what I eat. I breakfast between 6:30 and 7 a.m."

Sandy Derrick, a sophomore in Business, said eating a good breakfast is a new habit for her. She realized her metabolism had changed and decided to shape up, including exercising. As a mother of three, she says she tries to make certain that her children develop good nutriion habits.

Chris Tucker, Criminal Justice sophomore, takes a breakfast shortcut: "A candy bar or something like that.'
Chris Thomas, freshmen in Psychology, said, "When I do eat, it's just some bacon and bread."
Danny Joyce, sophomore in Occupational Therapy, says he usually picks up "a candy bar, chips or whatever, something mall"

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## Beyond <br> Therap <br> a comedy by Christopher Durang

 directed by Mikel. L. Matthews, Jr.PARKLAND COLLEGE THEATRE March 22, 23, 28, 29, 30 at 8 p.m. - March 24 at 3 p.m.

S8 General Admission - $\$ 5$ Studentis/Seniors/Children



Parkland College
Parkland Coilege

## China Buffet <br> At Country Fair Shopping Center

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## Student Voices <br> How do you feel about the DUI laws in Illinois?



Michael Hawkins
with friends, it should not be a problem for someone to stay sober, still have fun and drive people home. If your drinking,
or whatever, alone, besides that being a sign you need help, why not chill at home?"


## Chris Fracker

"I personally don't care, but my mom's against it.

## Ray Siere

"I'm glad that over the years the laws have become more strict. One should be responsible for one's actions, especially when lives are involved."

Michael Lee Irvin "I feel good about the DUI laws because I don't think people should drink and drive, (let alone) drink."

## GOMING TO PARKLAND MABGH 27:

## So who's gonna be there, anyway?


 tion? Are you one of those who wish that
a bunch of employers would just get together in one place at the same time so
cover more territory and get a better cover more territory and get a better
idea of what it is you want to do as a career? Then smile; your wish tan Then smile; your wish has been grant-
ed.
On Mar. 27, Parkland's annual Job \& On Mar. 27, Parkland's annual Job \&
Career Fair will feature dozens of employers gathered in the Gym (the $P$ buildand field applications from students look-
ing for information about carer choices and possibilities.
More than 80 employers are slated to
participate in the event which participate in the event, which will run
from 10 a.m. -1 p.m. and from $5-7$ p.m. Some employers are expected to be conducting on-the-spot interviews as
well according to Gerry Hough, director well, according to Gerry Hough, director ployment office.
In the past, Hough said, some employ-
ers have hired students on the day of the event.
In addition to the tips for preparation In addition to the tips for preparation
for the event (see far right), there is a 16 for the event (see far right), there is a $16-$
minute vidootape currently available for
interested parties interested parties to watch, How to Make
p.m. M-Th.
and from 8 a.m. -5 p.m. p.m. M-Th. and from 8 a.m. $5 \mathrm{p} . \mathrm{m}$. on Fri-
days.

- AAA Chicago Motor Club Accounting Alternatives - Alliance Communications - Americana Healthcare - Amer. Software \& Hardware Dist Bank Illinois
- Bath \& Body Works
- Beyers Enterprises
- Big Dog Sportswear - Blue Cross Blue Shield of IL The Carle Arbours - Carle Clinic
- Carle Foundation Hospital - Central Illinois Bank - Champaign Consortium/JTPA - Champaign Environmental - Champaign Park District - Consolidated Market Response - Covenant Medical Center - Excel Telecom
- Excel Telecommunications - Express Personnel Services Fazoli's
(List of scheduled Job Fair participants as of Mar
- Federal Aviation Administration
- Franchise Management Systems
- Franklin Life Ins. Co.
- Gibson Community Hospital
- Growmark
- Herberger
- Hobbico
- Illini FS, INC.
- Illinois Army National Guard
- JC Penney
- John Wright \& Associates
- Kelly Temporary Services
- Kraft Foods, Inc.
- Land's End
- Manpower Temporary Services
- McDonald's
- MedRehab, Inc.
- Mental Health Center/Centerpoi
- Mid-State Technical
- Nat'l Council of Teachers of Eng.
- The News-Gazette
- Nims Associates
- Opportunity Specialists, Inc

Payless Shoesource
Personalcare Insurance of Illinois

- Radisson Suite Hotel
- Roberson Transportation
- Sears
- Solo Cup Company
- TJ Maxx
- Target Store
- Tri Star Marketing
- Tridan Tool \& Machine
- U.S. Army Recruiting
- U.S. Marine Corps Recruiting
- U.S. Navy
- U.S. Air Force
- University of Illinois Police Dept.

Urbana Park District

- WBCP Radio 1580-AM
- WCIA

WDWS/WHMS

- Western Staff Services

Job market improves for college grads
by Kelley Gary
College Press Service


Chemical engineers out of the gate
will make the most cast, averaging
$\$ 11,182$.
Atip for job hunters: Get an intern
ship and head south
 cent of new hires had career-related ex
perience, and job-hunters with internship
experience have even a greater experience have even a greater chance
at bagging a job.

Ueographically, the Southeastern
United States will be especially fertil
ground for job ground for job hunters, followed by the
North Central Northeast and Northwestern U.S. Southwest, Many college careertern U.S.S. are doing ren-rort that more corporations Colorado College Career Cor rector Richard Roberts said there is sometimes a shortage of students who ant to see recruiters, a turn-around from a few years ago.
But even as corpor
hore recruiters to campuses, many grad uates are steering toward careers in reas, said Roberts. about their chances in the corporate set ting, even though there is a general up-
lurn in the jou market" furn in the job market,", he said.
Before any art history Before any art history majors resolve
to become chemical engineers, move to
Atlante Atlanta, and chemical eng the bineers bucks, move to to
advisest students to use the survey as a
guide guide only,
"Don't push students into fiey a cause of pay and demand, but students
should be aware should be aware of what's going on in the
marketplace," he said.


## The Job Fair:

How To Make It Work For You

(1he Mar. 27 Job Fair in the Parkland Gym will feature dozens of area employers, recruiters and hiring representatives. As such, here are a few suggestions for the job-seeker to keep in mind:

- Learn who's coming ahead of time


## 

$\qquad$ - Arrive early and plan to names of most, if not the names of most, if not all, the employers who plan to partici-
pate. Narrow the list down to pate. Narrow the list down to
those of most interest and begin those of most interest and begin
to research their products/serto research their products/ser-
vices and employment needs.

- Contact employers of spe- le cial interest ahead of the ing. fair
Send a strong letter expressing Take the right things with your interest, adding a resume you slanted to their needs, to all Take along a supply of resumes; companies in which you have a they are important even with special interest. Point out that companies you have contacted you will be in touch with them at ahead of time. Also, bring a list the fair - and are looking forward to it.
- Prepare be sure to contact those people - Prepare a 45 -second sum- immediately afterward to notify mary of your qualifications them that they may be hearing
Job fairs offer only brief contact from XYZ Company. Carry an atJob fairs offer only brief contact from XYZ Company. Carry an atwith organizations, so be prepared to make the most of your
time. Work up an interesting ver Know what you are going
time. Work up an interesting ver-
bal summary of your back- to ask bal summary of your background, achievements and career interests so you won't be fumbling for words at the wrong time.

Try to have one or two questions in mind for each employer. The

- Dress the part

The first impression you create Learn what's going to is critical, so dress in conserva- happen next
tive, professionally-tailored and As you leave each employer, well-pressed clothing. How you learn what happens next and look will play a big part in deter- what, if anything, you should do mining employer interest. to advance your candidacy.
Ifo the Carer Opportunities Nows, P.O.Box 190 Garrett Park, MD Info prepared by the Career Opportunities News, P.O.Box 190 Garrett Park, M
Sumited by the Parkland Career Planning and Employment Services office.

## Variety

## 

## Across

1. Gwynne or Astaire
2. Hit, old style
3. Cook a certain way
4. Georgia city
5. A fabric
6. Semicircular part of a church
7. Of the ear
8. Letters
9. Derogatory word
10. Most joyous
11. Aquiline bird
12. A deadly $\sin$
13. Gunner's need
14. Splendid dwelling
15. Free
16. Discount
17. Chicago players
18. With heavy heart
19. Jab
20. Strained food
21. Casino items
22. Name in Genesis
23. Barked
24. Hard seed
25. Detoured
26. Oil colors
27. Employer
28. Personal interest
29. Persecuted one
30. Not alee
31. Sorrowful cry
32. New
33. Leisure
34. "- Like It Hot"
35. Battery terminal
36. Ceremony
37. Try
38. Move down
39. Winter toy

Down

1. By reason of
2. Repetition
3. Arab VIP
4. A lessening
5. Garment part
6. Familar term for a girl
7. Part of MIT: abbr
8. Ball stand
9. Ballet cast 10. City in Maine
10. Hyalite
11. Woe -!"

## MIXED MEDIA

by Jack Ohman

13. Lighthorse Harry et al
21. Edge
23. Ed the singer
25. Felt poorly
26. Stationery
27. Overhead
28. L.A. player
29. Attracted, in a way
30. Chinese or Japanese
31. Implied only
32. Paradises
34. Customer
37. Pertaining to fathers
38. Rootless ones
40. In use
41. Festive
43. Beginning
44. Kitchen gadget
46. Stockholm native 47. Upright spar
48. - vera
49. Butts
50. Acknowledge
51. Weather word
52. Punta del -
53. Marsh plant
56. Lennon's widow


## off the mark

by Mark Parisi


NEAR-ROADKILL EXPERIENCES


SCENE FROM THE POPULAR PARABLE, "THE ANTAND THE GRASS HOPPER".


Prospectus
Wednesday, March 20, 1996

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$\qquad$

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## Sports

## Cobra women finish season 11-22

by Brandon Lewis Sports Editor

Parkland's
women cagers finished up their 1995-'96 campaign with a record of 11 up and 22 down after a Mar. 3 loss to Illinois Central College (8350 ) in the Region 24 semifinails at Shawnee College.

Prior to the March 3 loss, the Cobras defeated Shawnee College at home for the second time this year (Feb. 27 58-46) in their last victory of the season to advance to the semifinal round.
Stacy Terneus, the team's top player all season, was the only Cobra to score in double figures against Shawnee recording a double-double with 20 points and ten rebounds.

However, it wasn't the offense that won the game for the Cobras, it was the team's outstanding defersave showing. The Cobras allowed Shawnee to make only 15 shots from the field all night while also causing their opponents to commit 29 turnovers as well as swiping 18 steals.

The victory set up a semifinal matchup with Illinois Central College
who had already easily defated the Cobras earlier in the season $64-49$ back on Feb 20.

The Cobras were never able to quite get their shooting on track versus ICC, making only 19 of 65 from the field with no players finishing up in double figures in scoring or rebounding

The Cobras offense was led by Ruth Hawthorne who dumped in 9 in the loosing effort while Beth Winter led the team on the glass with 8 boards

The Cobras were especoaly hurt when Stacy Terneus fouled out with 5:07 left to go in the game and the Cobras' season

Head Coach Angie Johnson attempted to get his team fired up, receiving a technical from the officials but, in the end, it wasn't enough as ICC went on to end the Cobras' season.

The loss epitomized much of the Cobras' season, a lack of consistent shooting to go along with little rebounding help underneath contributed greatly to the Cobras' 11-21 overall record.

Despite a pretty good all around defensive show-
ing in most of their games, the Cobras really needed a go to player this year like last year's team MVP Robyn Preachy. By next fall, Coach Johnson hopes he will be able to recruit the kind of scoring leader his team needs; otherwise, he will need one of this year's freshmen to step up and assume the roll.

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Executive of the Week
Name:Elham Barakat
Major: Education
Where You Hail From:
Jordon, but I live in Rantoul.


How Long Have You Been At Parkland:
This is my third semester
Hobbies: Cooking, cleaning, baking, singing, riding my bike in the summertime
Committees \& Current Issues: Stu-go member of the week, visiting day.



## Words and Colors:

Constructing the Mosaic of a Brazilian Experience

Marina Colasanti
Writer, artist, journalist and former editor of the Brazilian women's magazine Nova

For further information, call the Miller Events Line 333-1118

Tuesday March 26, 1996 8 pm

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