



Eastern to offer 4 yr. degree at Parkland!



CHARLESTON — A year and a half of effort paid off last week when the Illinois Board of Higher Education granted Eastern Illinois University the authority to offer a B.S.B. degree in Business Administration on the Parkland campus.

"We are extremely pleased to be able to meet the needs and aspirations of students in central Illinois," said Terry Weidner, interim provost and vice president for academic affairs at EIU. "We've worked toward this opportunity for a long time."

The program will offer gradu-

ates of associate degree programs a broad business background while meeting the scheduling needs of non-traditional working students with evening/weekend classes. Since Eastern already offers an M.B.A. program at Parkland, the B.S.B. program will also meet the transitional needs of those students who hold an Associate's Degree and who plan to seek their M.B.A.

Parkland initially invited Eastern to develop the B.S.B. program as a result of the college's assessment of the continuing educational

needs of its students.

"Parkland's alumni and other district residents will benefit from Eastern's business degree being offered on our campus," said Pres. Zelema Harris. "So many of us have looked forward to providing another opportunity for our students to complete the four-year degree. Eastern's administration and faculty are to be commended for articulating this need to the Illinois Board of Higher Education."

Eastern worked cooperatively with Parkland in planning and developing the proposed program,

while the University of Illinois guaranteed use of its Commerce Library facility for participating students. Courses will be taught by full-time Eastern faculty from Eastern's Lumpkin College of Business and Applied Sciences and may, in the future, utilize distance learning technology.

EIU's School of Adult and Continuing Education will be responsible for course and program support, including scheduling, advising and technical support. Admission and degree requirements will be the same as current Eastern

CONTINUED ON PAGE 2



rospectus

Parkland College Art Gallery will be exhibiting works of contemporary sculptors. "In the Works" will be displayed from November 5- December 11. For more information, call 351-2485.

The newly completed Surgical Technology program operating room at Parkland College will be open to the public to view on Wednesday, November 19 from 3 to 6 p.m. as part of the Surgical Technology open house. There will also be demonstrations of the equipment. The Surgical Technology room is located in L143.

The next presentation in the 1997-98 Woman's Health and Healing Series will explore ways in which the creation of images can enhance and enrich self-knowledge, particularly in women. "Making Art, Creating Images: Paths to Healing and Self-Awareness" will be offered Thursday, November 20, at noon in room L111. The program is free. For more information, call 351-2541.



Photo By: Ben Hardin

Transfer Fair participant

Eastern Illinois University was one of many college representatives that turned out for the Transfer Fair that was held last Wednesday.

Transfer Fair has successful turnout

BY BEN HARDIN
PROSPECTUS STAFF WRITER

28 colleges sent representatives to the college transfer fair held on Nov. 12. Colleges that attended were: Univ. of Illinois at Chicago, McKendree, Illinois Wesleyan Univ., Eureka College, Illinois State Univ., Purdue School of Technology, Bradley Univ., Illinois College, Columbian College, Greenville College, Wilkin Univ., Monmouth College, Rockford College, Southern Illinois Univ., Milwaukee School of Engineering, Univ. of Illinois, Western Illinois Univ., Auroa Univ., Univ. of Illinois at Springfield, Loyola Univ., Southern Illinois Univ., Saint Mary-of-the-woods College, Mennonite

College of Nursing, DePaul Univ., Butler Univ., Northern Illinois Univ., Eastern Illinois Univ., and representatives from Army ROTC.

At college transfer fairs, students can speak to representatives of the colleges, get applications, and other information about the colleges.

The Advising and Transfer Center hosted the event, which is held every Fall. Other transfer fairs are held throughout the year, but they are more specific private colleges and universities, and state universities.

People who wish to follow up on information or get applications and catalogs at the Advising and Transfer Center.

Police Reports

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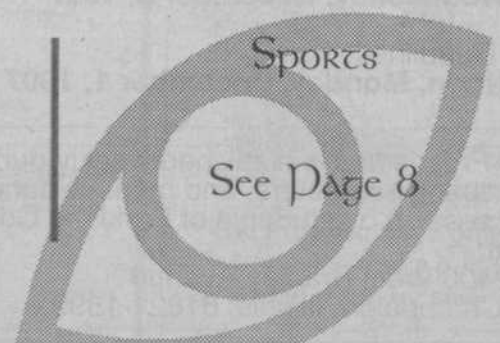
Cartoons

See Page 6

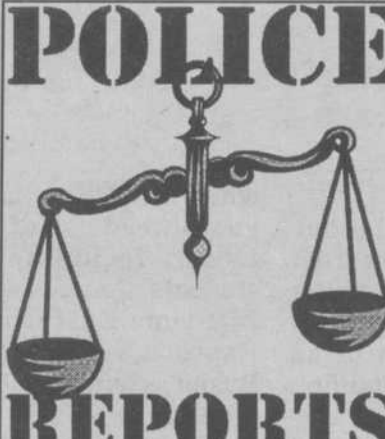
Sports

See Page 8

Take a Look Inside...



POLICE REPORTS



Monday, November 10

• A student reported that on November 5 during an intramural basketball game someone had stolen his checkbook and some personal papers. The student has also reported the theft to his financial institution. This theft is under investigation.

Tuesday, November 11

• A student was arrested on two outstanding warrants for failure to appear in court. The student was transported to the Champaign County Jail.

Thursday, November 13

• A student reported that his vehicle had been damaged in the M-5 parking lot. Person(s) unknown pulled a portion of the grill off of his vehicle. No other damage was noted. This vandalism is under investigation.

The Department of Public Safety responded to five emergency medical calls for service and 197 general calls for service during this week.

International student fee increase

John Surma, the Executive Director of Administrative Services, states that the recent increase in fees for out-of-district and international Parkland College students is actually determined by a complicated formula set by state statutes and the Illinois Community College Board (ICCB). The formula calculates levels of support from property taxes and state contributions so that in-district residents pay a lower rate per credit hour than people who live out-of-district. Since, however, the formula does reflect

state contributions, citizens of Illinois are given a greater discount than international students who contribute no property taxes to the state of Illinois. The formula is actually set up to insure that Illinois residents do not have to bear the costs of international students' education.

The current rate of pay per semester hour for out-of-district students is \$158.61 per credit hour. For out-of-state and international students, the rate per credit hour is currently \$208.64. The new fee is

\$180.07 for out-of-district students and \$235.35 for out-of-state and international students. Mr. Surma stated that enrollment drops also drive these rates up. Again, state statutes and the ICCB increase community college rates an average of five percent per year if enrollment remains the same. When enrollment drops, the increase (like the one reflected this year) may be as high as 12-13 percent. So decreasing in-district enrollment also has an effect on rising international students' tuition fees.

Eastern cont. from Page 1

policies.

The curriculum of the B.S.B. in Business Administration at Parkland will provide needed in-depth training in the areas of accounting, finance, management, marketing, and computer information systems and operations management.

Eastern will offer 48 semester hours in the major in sequence so that a student will be able to complete the degree in six consecutive semesters.

Students with an Asso-

ciate in Science or Associate in Arts degree will have met Eastern's lower-division general education requirements.

Eastern anticipates an enrollment of 30 students in its first year, beginning Fall 1998, and an increase of approximately 30 students per year after that.

Pat Hufmeyer is the contact representative at Parkland for the EIU School of Adult and Continuing Education. Her office is located in A 184, phone: 351-2543.

Fly on by!!!

Come see us at the Prospectus.



www.parkland.cc.il.us/prospectus/

Prospectus

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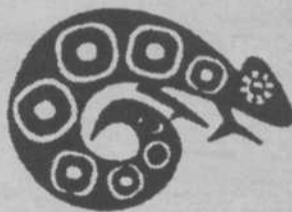
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The *Prospectus* is published weekly during the fall and spring semesters, and monthly during the summer session by students of Parkland College, located at:

2400 West Bradley Avenue
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Chameleon Salon



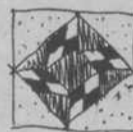
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A 1994 study from UC Berkeley showed that non-smokers exposed to second hand smoke regularly had a lower level of vitamin C in their blood, at an average of 24 percent.

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When this happens, it puts smokers and secondhand smoke inhalers at an increased risk for oxidative damage that has been linked to the development of cancer and heart disease.

To combat this problem, people exposed to smoke are advised to eat more antioxidant rich vegetables and fruits and to take daily supplements of vitamins C and E.

Editorial

A Parkland milestone

BY STEPHANIE HODGE
CORY GIBSON
PROSPECTUS EDITORS

When you and a lot of other people have hoped and wished for something for a long time, and then it happens, it takes a while for it to sink in, for you to realize that Eastern is really going to offer a four-year Business degree at Parkland!

For more than two years, editors and staff of the *Prospectus* have been reporting this story (see page 1) and doing what we could to publicize the program which will allow students to stay on the Parkland campus and earn a four-year college degree. Then some may continue to earn the master's degree

that is also offered at Parkland by Eastern.

The *Prospectus* would like to thank Eastern's Dean Ted Ivarie, College of Business and Applied Sciences; Dean William Hine, School of Adult and Continuing Education, and Dr. Terry Weidner, Interim Provost and Vice-President of Academic Affairs for their dedication to this project throughout the years that it took to get it finally approved last week by the Illinois Board of Higher Education.

The *Prospectus* also wishes to thank President Zelema Harris and Vice-President Dale Ewen for their continued work to bring this degree to the Parkland campus.

Both groups never gave

up but continued to refine and improve the program until it finally received approval. That's tenacity with a capital T. And that is the kind of dedicated administrators that will be in charge of the program.

This degree will benefit thousands of students in this area and add yet another level to the towering educational structure of this community. Congratulations to all those who worked so hard to bring this degree to Parkland and a hearty welcome (welcome back for many) who will study for their four-year degree on this campus.

Join us as we say...

Hooray!

ACCESS: New Student Club

BY RACHEL THOMASSIE
PROSPECTUS STAFF WRITER

ACCESS, a new student organization, held its first meeting last Thursday in the Learning Resource Service Room, X-148.

Although ACCESS (which stands for Awareness on the College Campus that Encourages Student Success) is a club comprised of students with disabilities, it also encourages communitywide awareness on other diverse social issues such as women's issues and racism.

According to IOC (Interorganizational Council) representative Dana Garlik, the official purpose of ACCESS is to "provide support, awareness, outreach, and resources for the Student

body, community, and Alumni of Parkland."

Kathya Alexander, director of Student Life at Parkland expressed enthusiasm regarding ACCESS:


"I can't say how excited I am about this organization. I think it will help all students at Parkland with increased awareness."

Current elected club officers are President Julius Hewitt, Vice President Issac Pedigo, Treasurer Kevin Ward, Secretary Kimberly Sisson, and IOC rep. Dana Garlik with staff advisor Norm Lambert.


It is possible that ACCESS could receive approval by StuGo as early as this Thursday.

ACCESS will hold its meetings on Thursdays at 3pm in X-148.

One of Parkland's tri-annual American Math Association of Two Year College (AM-ATYC) contests will be held on Thursday, Nov. 20, in room M325 from 12 to 1 p.m. Every one is invited to attend, although only students without an associate or bachelors degree may receive the prize, a hundred dollar gift certificate at the Parkland Bookstore. At past times, there were about 30 people "But I hope for a bigger turnout." said Phil Bossaers, who is in charge of the event.





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Casting 20 principals and 20 ensemble roles ages 20 - 70. Audition will include a prepared song (accompanist provided), script reading, and movement. Rehearsals begin in January, performances are February 18-March 7. All interested members of the community are encouraged to attend. Call 217/351-2529 for information and audition appointments.

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The *Prospectus* is only a hop, skip and a jump away! Stop by and apply within.

Drinking now can mean trouble later

BY BRIAN DUNN
KENTUCKY KERNEL
UNIVERSITY OF KENTUCKY

Ruth Staten hears the tragedy unfold every day.

She hears about the students who drink heavily and often because they think all other students drink heavily and often.

She hears about the students who constantly miss class and forget friends.

She hears about the students who drink to get drunk, who black out, wake, drink and black out again.

She hears because she counsels students with alcohol problems at University of Kentucky Student Health.

"We know that underage drinkers are drinking more frequently (than people over 21) and in greater amounts," she says.

And drinking more often and more heavily puts the person at greater risk of becoming an alcoholic, she says.

But that's not the only factor.

College environment, family genetics and anxiety can also lead to the disease known as alcoholism, Staten said, a psychiatric nurse who teaches in the College of Nursing.

Theories abound as to why alcoholism exists, but for nay person to become an alcoholic, he or she must first take a drink.

And binge drinking doesn't help matters.

American college students

spend \$5.5 billion dollars on alcohol each year, more than they spend of soft drinks, tea, milk, juice, coffee and books combined, according to the Journal of American College Health.

The journal reports 62.2 percent of students attending four-year colleges of universities said they drank at least one alcoholic drink a week.

"College students are drinking in ways that may put them at tremendous risk," Staten said.

Alcoholics usually start drinking at an early age, according to Alcoholics Anonymous, the National Council on Alcoholism and Drug Dependence, and the National Institute on Alcohol Abuse and Alcoholism.

Thereafter, people might feel increasing pressure to drink.

Perhaps the high school then college environment might force students into thinking they must drink because everyone else drinks, Staten said. Perhaps underage drinkers might drink to fight anxiety. Perhaps young drinkers might form a drinking problem because they have a line of alcoholics in their family.

"One risk factor for a person becoming an alcoholic is the person's parent," she said. "People underage drink more (than those of age), so they're putting themselves at greater risk (of becoming an alcoholic)."

Mladen Brkic, a 19-year-old business and management freshman

from Bosnia, has witnessed the effects of alcohol in European countries such as Italy, Greece and Bosnia, in the American high school environment, Henry Clay High School in Lexington, and in the college environment, UK.

Most European countries including Bosnia don't have a minimum drinking age. Brkic also drinks and has a family history of alcoholism.

He said he mostly believed environmental factors led to alcohol dependency. People who enjoy alcohol responsibly in social situations such as a party probably aren't going to become alcoholics, he said. But people who drink because they are depressed have a higher risk of becoming alcoholic.

In war-torn Bosnia, more people drink to escape, therefore more people become alcoholics, he added.

He said American teens tend to want to prove themselves. Perhaps they do so because they are told they can't he added.

At college, he said, American students want to prove they can drink heavy and often because they perceive other students do the same.

At any rate, American college students who succumb to this increase their tolerance level, a sign that alcoholism is on the horizon, he said. What starts a four drinks in a night might grow to eight or nine.

"You need to learn to control yourself," he said.

Seth Clark, a 21-year-old mechanical engineering sophomore, said he doesn't think underage drinkers will become alcoholics.

"I think it takes a certain person to become an alcoholic," he said. "Just because you drink underage doesn't mean you're going to become an alcoholic."

Clark said he started drinking when he was 15 and he has an uncle who is alcoholic, but he said he doesn't think he'll become one.

"My definition of an alcoholic is someone who craves alcohol," said Clark, who said he doesn't drink as often as he used to.

People who drink to escape or to fit in socially, they need to ask themselves, "When is too much, too much?" Staten said.

The National Institute on Alcohol Abuse and Alcoholism lists the following signs that someone has a drinking problem:

- *They are unable to control their drinking; regardless of what they decide, they wind up drunk.

- *They use alcohol to escape problems.

- *They develop a change in personality.

- *They develop a high tolerance and start to drink everyone else under the table.

- *They black out and sometimes do not remember what happened while they were drinking.

- *They have problems

at work or in school as a result of drinking.

*Their family and friends show concern about his drinking.

Two kinds of alcohol problems exist: alcohol abuse and alcohol dependency, commonly called alcoholism, Staten said.

Alcohol dependency differs from abuse in that tolerance increases drastically over time and withdrawal symptoms occur, such as morning shakes, hallucinations and seizures.

Otherwise, dependency and abuse are similar, Staten said. Both interfere with daily life as they hurt health and social functions.

Also, withdrawal symptoms increase as alcoholics age. Fatigue, then sweating, restlessness, irritability, hallucinations, seizures and delirium tremors (DT's) set in when a person stops drinking after any duration.

"Alcoholics who quit drinking can have seizures and die," he said.

Staten, however, said alcoholism isn't the only or the most urgent problem of underage drinking. Problems such as date-rape, violence, drunken driving and alcohol poisoning, which leads to lung failure, are predominant dangers to college students.

"I guess we've made it easy (to binge drink in college)- no big deal," she said. "But that's lent itself to the problems we're having today."

NOVEMBER 1997



PARKLAND COLLEGE EDUCATIONAL TV
Time Warner Cable of C-U, Channel 9
Heartland Wireless Cable, Channel 50

WEDNESDAY, NOVEMBER 19 & 26

6:00PM **THE MIKADO**
Performance & documentary.

8:30PM **LEARN TO EARN**
Issues in the integration of adult education, vocational education/job training and work for welfare recipients.

Thanksgiving weekend there will be no community education programming.

SUNDAY, NOVEMBER 23

5:00PM **RED HERRING POETS**
Dimitri Mihalas, Poetry Reading

5:30PM **Carmen M. Pursifull, Poetry Reading**

6:00PM **Brain Basics, APPLES Magazine**

7:00PM **PARKLAND COMMUNITY FORUM**
Courts at Work: The Newest Judges

8:00PM **LIVE & LEARN:**
Careers in Technology

9:00PM **PARKLAND REPORT:**
Technical & Business Training

9:30PM **FOR ARTS SAKE**

10:00PM **The Subject Comes First**
PARKLAND CHALLENGE
Rantoul vs. Ridgeview

10:30PM **Chrisman vs. Unity**

MONDAY, NOVEMBER 23

5:00PM **PARKLAND REPORT,**
Technical & Business Training

5:30PM **FOR ARTS SAKE**
The Subject Comes First

6:00PM **PARKLAND CHALLENGE**
Monticello vs. Rantoul
Championship Game

10:30PM **GOALS 2000: Preparing Classrooms**
for the Future: Ensuring Access to the Internet

7:00PM **LIVE & LEARN: Careers in Technology**

9:00PM **GET WITH THE PROGRAM**

TUESDAY, NOVEMBER 25

5:00PM **CROSSROADS CAFE**
"Walls & Bridges"

5:30PM **"Helping Hands"**

6:00PM **"The Gift"**

6:30PM **"Alls Well That Ends Well"**

7:00PM **PRISMA, English**

7:30PM **PRISMA, Spanish**

8:00PM **PRISMA, German**

8:30PM **PRISMA, French**

9:00PM **GERMAN SCENE**

10:00PM **GERMANY LIVE: Chemnitz**



Spring tuition deadline extended to Jan. 6

BY BEN HARDIN
PROSPECTUS STAFF WRITER

For students who register for spring classes in November and December, the Parkland College Business Office has extended the spring tuition and fee payment deadline from Jan. 2 to Jan. 6.

This action was taken to allow families an opportunity to pay spring tuition in the new year to take advantage of the new Federal Hope Scholarship Tax Credit which was signed into law by President Clinton in August of this year.

The HOPE Scholarship Tax Credit provides a 100 percent tax credit on the first \$1,000 students pay in tuition and required fees, and 50 percent on the second \$1,000, for as much as \$1,500. At the end of the year, eligible parents and students will be able

to deduct this tax credit from their 1998 federal tax liability.

"This tax credit is geared toward middle income families who are not eligible for federal or state grant assistance," said Jack Lyons, Director of Financial Aid, for students who are in the first two years in college, vocational school, or other eligible post-secondary training.

It is available on a per-student basis for net tuition and fees less grant aid. It is also available for the taxpayer's spouse or dependent children. The credit is phased out for joint filers between \$80,000 and \$100,000, and for single filers between \$40,000 and \$50,000.

Lyons said information about the HOPE tax credit will be included on the students' spring tuition bills, and on tuition payment information sheets avail-

able at all Student Service Offices and the Business Office. Additional information is also available on the Parkland College Financial Homepage at <http://www.parkland.cc.il.us/ss/financial/mainmen1/htm>.

Lyons also suggests that families speak to a professional tax advisor for more information about the HOPE Scholarship Tax Credit.

Other internet web sites that tell about the HOPE scholarship as well as the Lifetime Learning Tax Credit, student loan interest tax deduction, educational IRAs, state prepaid tuition plans, and community service loan forgiveness are: <http://www.ed.gov/offices/OPE/PPI/hopehome.html> (HOPE homepage) and <http://www.ed.gov/offices/OPE/PPI/97918tax.html> (Families guide to the 1997 tax cuts for education).

Student receives AMBUC scholarship

Elizabeth A. Phillips, a graduate of Unity High School in Tolono, is the recipient of the first Greater Champaign County Chapter of AMBUC's Respiratory Therapy/Occupational Therapy Scholarship.

Phillips is a sophomore studying for her Associate in Applied Science degree

in Respiratory Care at Parkland College.

Donations to the AMBUC's Respiratory Therapy/Occupational Therapy Scholarship fund may be made in care of the Parkland College Foundation, 2400 W. Bradley Avenue, Champaign, Illinois 61821-1899.

Construction student awarded scholarship

Kevin J. Henderson, a graduate of Fisher High School, is the recipient of the first Gayle Wright and Owen LeFare Memorial Scholarship at Parkland College.

The award is given to one or two students each year who are enrolled full time in Parkland's Construction, CAD, Manufacturing, or Electronics program.

Henderson is a sophomore studying for his associate in Applied Science degree in Construction Design and Management.

Donations to the Gayle Wright and Owen LeFare Memorial Scholarship fund may be made in care of the Parkland College Foundation, 2400 W. Bradley Avenue, Champaign, 61821-1899.

Need a scholarship? Try Financial Aid home page

BY BEN HARDIN
PROSPECTUS STAFF WRITER

The Office of Financial Aid's home page (<http://www.parkland.cc.il.us/ss/financial/mainmen1.htm>) has a wealth of information for students seeking scholarships.

At the main menu, click on the "Sources of Financial Aid" option, which will get you to a menu that has information on state and federal grants, federal work studies, student loans, veterans benefits, and scholarships.

On the scholarship link, the page has helpful tips and sources of private scholarship information such as Parkland's scholarship board located just around the corner from the office of Financial Aid and the GIS computer pro-

gram, that is a computer search program for scholarships from outside sources.

Next there is the option of Parkland College scholarships, Parkland Foundation Scholarships, or local scholarships.

On the same page, there is a menu that lets you choose if you want to look at minority, female, Native American, higher-EdNet, FastWEB and a scholarship scam alert.

FastWEB is a search program that has the user fill out some demographic information, make a FastWEB mailbox, then searches for scholarships from a databank of over 275,000 scholarships for ones that fit the student. Fast WEB also updates the mailbox, as 500 awards are added and updated daily to

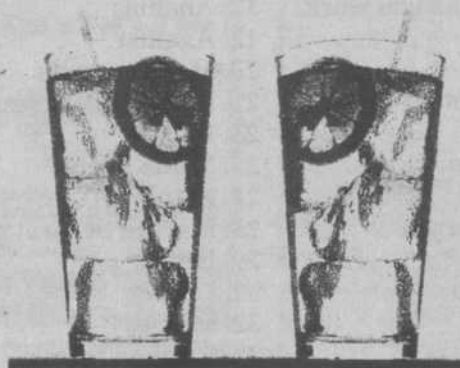
the databank. To fill out the information and conduct the search takes about 10 minutes, but you can access your mailbox with an ID in just a few seconds on subsequent checks.

The FastWEB site also has detailed information about local and federal aid, as well as a FAQ sheet.

The scholarship scam alert website has press releases of scholarship scams, as well as information such as warning signs, common scholarship scams, what to do if you find one or get caught in one, reliability reports, and SCAMS-L, a mailing list for "Reliability Reports," a newsletter with additional information.

One will quench your thirst. The other could set you up for rape.

Which would you drink?



Rape is a sad reality. And it can happen to anyone. Even you.

When secretly slipped into a beverage, even a glass of iced tea, sedating substances can leave anyone vulnerable to sexual assault. You may not be able to see it, smell it, or taste it. And you don't have to be at a bar or club. It could happen in any social setting.

The tragic fact is that the reasons for rape really have nothing to do with you. It happens only because there are people who wish to harm.

But there are some things that may help reduce your risk:

- Always keep your beverage in sight.
- At a bar or club, accept drinks only from the bartender or server.
- At social gatherings, don't accept open container drinks from anyone.
- If you experience dizziness, extreme drowsiness, or other sudden and unexplained symptoms, call someone you trust. Go to a hospital emergency room immediately. Try to retain a sample of the beverage for testing.
- If you think you've been sexually assaulted, call (800)630-HOPE for a rape crisis center near you, or call the police immediately. Don't be afraid to reach out for help. There are tests to help prove you've been drugged, and a federal law that can put the rapist in prison for 20 years.

So please, help reduce your risk.

Watch your drink!

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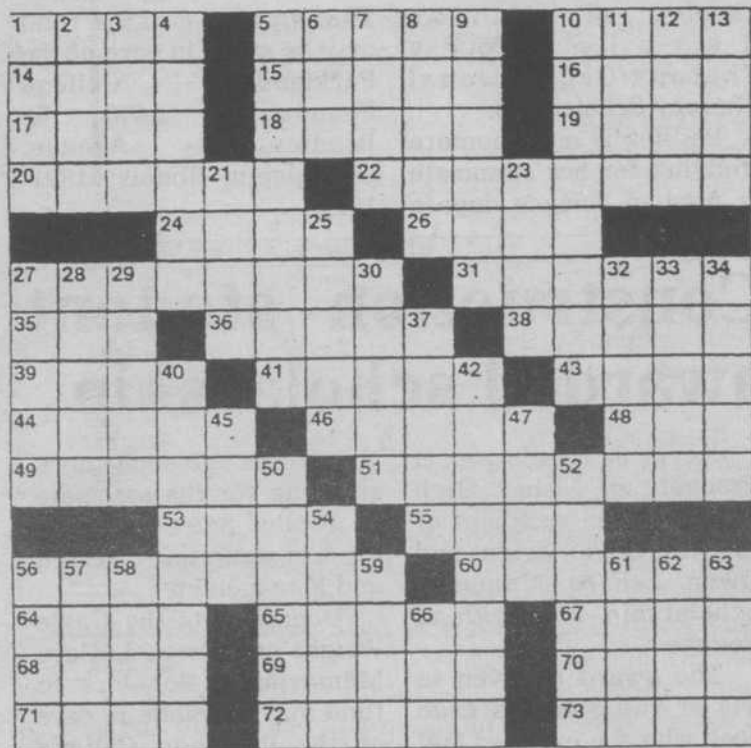
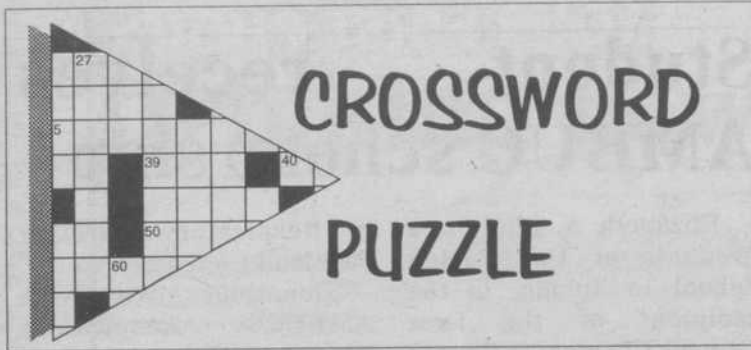
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Across

1. Apple throwing away
5. Ordinary writing
10. Hit
14. First man
15. Endures
16. Prong
17. Basketball team
18. Book of maps
19. Meal for Dobbin
20. Pep
22. Religious musical work
24. Chatters
26. Ogled
27. Native country
31. Motto
35. —de-France
36. Nap
38. Sudden forward movement
39. A Hayworth
41. Roman
43. Weed
44. Dodge
46. Sandwich stores
48. A Kennedy
49. Not too often
51. School breaks
53. Privy to
55. Hoax
56. End of the line
60. Egg dish
64. Russian mountain range
65. Bay window
67. Serve with a spoon
68. Farm structure
69. Lariat
70. Vocation
71. Observed
72. Vaults
73. Peruse

Down

1. Nightclub
2. Norse god
3. Great review
4. Come out
5. Umpire's call
6. Stool pigeon
7. Formerly Christiania
8. Gawk
9. Treaties
10. Excelled
11. Ananias
12. Against
13. Mexican coin
21. Liquid measures: abbr.
23. Relate
25. Name in golf
27. Employs
28. Martini decoration
29. Iron or tin
30. Hinder
32. Midges
33. Come to terms
34. Things lacking
37. Heaps
40. Addendum
42. Russian czar
45. Ages
47. Wrinkle
50. Drives
52. Odors
54. Water wheel
56. Colleen
57. "...cannot tell—"
58. Store event
59. Edith —, French chanteuse
61. Not of the clergy
62. —St. Vincent Millay
63. Adolescent
66. French summer

answers on page 7

Spring payments not due until January 6. See page 5 for more details.



MIXED MEDIA by Jack Ohman



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An eight year study of nearly 130,000 Californians, published in the Aug, 15 edition of *American Journal of Cardiology*, found that people who drank one or two drinks of red wine, white wine, or beer were less likely to develop heart disease than teetotalers.

After two drinks a day, these benefits disappeared. Research on the heart-health benefit of modern drinking has never proven that red wine is better than white wine or beer, one reason for the misconception being that beer drinkers tend to drink more than wine drinkers.

"Correct typing technique, correct posture, positioning your equipment correctly, and good work habits are much more important for prevention than ergonomic gadgets like split keyboards or wrist rests."

Paul Marzhausen, from the University of Nebraska College of Engineering and Technology gave this advise to students who work at computers for long periods.

He also said, "You should work relaxed. Anything that creates awkward reaches or angles in the body will eventually create health problems."

ANSWERS

S	C	A	N	S	A	F	E	S	N	E	N	S
E	V	L	R	I	A	T	A	O	I	T	V	S
A	V	I	O	R	I	E	L	L	A	D	E	S
T	I	O	R	I	O	M	E	L	E	T	I	T
S	W	H	S	N	O	N	I					
S	E	S	S	C	E	R	O	M	O	D	E	S
S	E	L	D	E	D	E	L	I	S	T	E	D
T	A	R	E	N	I	T	A	V	A	T	A	R
L	I	E	S	T	E	P	T	S	E	T	S	T
N	G	A	N	O	S	O	N	A	V	A	W	H
G	E	D	E	S	G	A	B	S				
O	I	O	R	I	A	T	O	R	I	O		
S	I	O	S	T	A	V	A	T	A	R	E	S
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Fitness Center is the missing piece

BY JOEL OSINGA
PROSPECTUS SPORTS WRITER

What's that you say? Need a class to fill in the gap to make your schedule complete? If this is the case, the Parkland Fitness Center is the missing piece of the puzzle.

The Fitness Center offers both credit and non-credit classes to make you both look and feel good

this coming semester. This is not only for Parkland students exclusively, but for students and non-students alike.

Non-credit classes are \$18.00 per semester, and credit classes run at \$63.00 per semester. This offers full access to the Fitness Center, and, for those who take it for credit, a 1-hour, transferable course. Only 24 visits are required for an A, but,

more importantly, you may use the center during open hours as many times as you'd like to improve your health and fitness levels. Not only does the Fitness Center provide a way to achieve the fitness goals you've always desired, but it stays with you when you transfer.

The Fitness Center staff offers everyone assistance in strength training and conditioning,

with a special personal training regimen exclusively available for credit students (by appointment only). Fitness Center director Tim Cochrane's goal is "to have people develop an appreciation for what exercise can do for them in physical fitness, state of mind, and overall well-being."

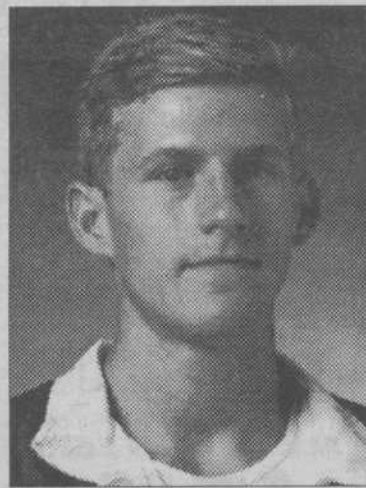
Enrollment for all credit classes will run up to mid-term, while enroll-

ment for the non-credit class will go on all semester. For further information or Fitness Center hours, contact the athletic department in P107 at 351-2226 or Tim Wulf located in P110 at 351-2426.

Don't leave your next semester's schedule in pieces; enroll now and bring it all together for the health of it with a class at the Fitness Center!



Sarah Dietrich



Brandon Scott

Cobras take 7th at National meet

BY JOEL OSINGA
PROSPECTUS SPORTS WRITER

Sarah Dietrich 5th overall

Wow.

Since the cross country team began the season on the 15th of August, they have made long strides in overcoming every obstacle set before them.

Well, not every obstacle. Although not ranked first, a seventh-place finish is impressive enough to make opponents to check ahead at their schedules for next season to see when they'll meet the Cobras again in competition.

The season consisted mostly of Division 1 four-year schools, so first-place finishes were not a regularity.

But excuses have never been a part of this team's

vocabulary.

Take All-American and fifth-place finisher Sarah Dietrich. Starting out at a small school like Blue Ridge, she was limited in many opportunities that big-school runners had. But she excelled and came to Parkland unaware of what she was capable of doing. "It's not what I expected at all," quotes Dietrich. She gives credit to newcomer coach Jeff Bovee, who's no stranger to championship athletes. "I felt like he pushed me to do what I never thought I could do."

It was a dream come true for Dietrich and Parkland both as top finishes propelled the Cobras in taking seventh. Although an unusually cold day in South Plains, Texas, Parkland had 3 top finishers puffing steam in the men's division to add on to Dietrich's impressive placing. Top finishers included Jason Courier placing 31st, Nick Parks finishing in the top 50, and Brandon Scott ending in the top 75.

Since the beginning of the season with Parkland's

#1 finish at Wabanssee Community College to the awe-inspiring finish in nationals, this Cobra team has been one long success story.

With only one return this year, this year's finish took many by surprise. Coach Bovee has seen lone return Brandon Scott as a "great leader on the team." Bovee sees Sarah Dietrich and Katherine Scott as next year's leaders to provide strong leadership for incoming 1998 recruits.

Overall, Bovee was extremely pleased with the teams effort saying before the tournament, "No matter what finish they get, they're going to give their best effort." After placing a foot in the door of DACC's strong hold on Region 24's cross country's scene, Bovee looks forward to do a run at the national championships for next year.

Bovee and everyone else alike. With only Brandon Scott waving farewell to Parkland, next year promises to be another one for the record books. Look out.



Intramural Basketball Standings

	WEST	W	L	EAST	W	L
TEAM 1	DUI	2	1	TEAM 5 NATURAL	1	1
TEAM 2	WHOCARES	0	3	DISASTERS		
TEAM 3	LA MAFIA	0	3	TEAM 6 YOUNG GUNS	2	0
TEAM 4	KEGS	2	1	TEAM 7 THUG LIFE	2	0

SCORING HIGH FOR THE FIRST 3 WKS. —RYAN McCARTY OF NATURAL DISASTERS W/ 33PTS.
TEAM HIGH — 99PTS. IN WEEK 3 BY YOUNG GUNS.

COBRA ACTION

Men's Basketball

11/22 7:30 p.m. Lincoln Trail at Robinson

Women's Basketball

11/20 5:30 p.m. John A. Logan Parkland
11/22 5:30 p.m. Lincoln Trail at Robinson
11/25 5:30 p.m. Illinois Valley Parkland
11/28 5:30 p.m. Muskegon Tourney Muskegon, MI
11/29 TBA Muskegon Tourney Muskegon, MI

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