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Nat'l Depression Screening Day scheduled for PC

By BEN HARDIN
PROSPECTUS STAFF WRITER

National Depressional Screening Day will be marked at Parkland with an informational program on October 9.

It will be the 7th anniversary of National Depression Screening Day, originated by Douglas G. Jacobs, M.D. NDS is held on the Thursday of the first full week in October, Mental Illness Awareness Week.

The presentation will tentatively be held from noon to 2 pm in room C118.

During that time there will be a speaker from the Mental Health community, a questionnaire, literature, a movie, a question and answer period, and screening interviews. Referral resources will be given to people who test positive.

NDS was originated to offer local residents a chance to learn about signs and symptoms of depression and to participate in a screening test. The screening is completely confidential and free.

The first National Depression

Screening Day was held in October of 1991, and was attended by 5,000 people at 90 sites. Due to the popularity, over 85,000 people attended in 1996 at over 2800 sites in every state and in Canada.

Depression strikes more than 17 million Americans each year, and less than half of these people seek treatment, according to figures from the National Institute of Mental Depression. However, of those people, over 80% recover in six to eight weeks. One of five adults may experience depression at some point in their life.

Clinical depression is a disorder of mood that is very intense and affects the mind and body at the same time.

Currently, doctors think that clinical depression might be associated with an imbalance of chemicals in the brain that carry messages between nerve cells that control moods and other bodily systems, such as sleep and appetite.

The four main types of depression are major depression, Dysthymia, bipolar depression, and Seasonal Affective Disorder.

Symptoms of depression

- ① Depressed mood
- ② Diminished interest and pleasure in activities
- ③ Significant change in appetite and/or weight
- ④ Sleep disturbances
- ⑤ Restlessness or sluggishness
- ⑥ Fatigue or loss of energy
- ⑦ Lack of concentration
- ⑧ Feelings of worthlessness or inappropriate guilt
- ⑨ Thoughts of death or suicide

Major depression, the most common type of depression, is characterized by at least five of the nine symptoms. There are several levels of severity and impairment.

Dysthymia, the second most common type, is a milder form of depression, and the symptoms last two years or more. Because it lasts so long, it can cause serious impairment.

Bipolar depression has strong family linkage and affects the

same amount of men and women. It is the depressive phase of manic-depressive illness, which has highs and lows. In general, the symptoms are the same as major depression, with variations such as excessive sleep and increase in appetite.

Seasonal Affective Disorder (SAD) is a type of depression that follows seasonal rhythms, with symptoms appearing in Winter and fading out in Spring and Summer. Research indicates that the lack of sunlight triggers a biochemical reaction that may cause symptoms such as loss of energy, sadness, decreased activity, and excessive eating and sleeping. The majority of these people are women, and children are also affected.

Suicide is associated with depression. About 30,000 people die a year from suicide. Men commit more suicide than women, at a ratio of about 4:1. If someone talks about suicide, take them seriously; notify a professional. Most patients

Symptoms of adolescent depression:

- ① Increased moodiness, irritability, and argumentativeness
- ② Poor concentration
- ③ Sleep and appetite changes
- ④ Increased self-criticism
- ⑤ Despair, sadness, and emptiness
- ⑥ Loss of energy
- ⑦ Lack of interest in usual activities and friends
- ⑧ Increased talk of death and dying
- ⑨ Threats of suicide

Two editors named at Prospectus

By BEN HARDIN
PROSPECTUS STAFF WRITER

Stephanie Hodge and Cory Gibson were named by the Publications Board as editors of *Prospectus*, Parkland College's student newspaper.

The Board, which named Hodge and Gibson at the July 24 meeting, is comprised of three students, one Student Government member, one student at large approved by Student Government, three members appointed from Parkland College's staff or faculty and approved by the Parkland College Association.

Carol Steinman, Dean of Students; Doris Barr, *Prospectus* advisor, Susan Pinnell, business manager, and Tina Henderson, *Prospectus* office manager, serve as ex-officio members.

Hodge, a sophomore, is going into liberal arts and sciences. "I'm trying to decide whether or not to go into journalism, and from what



I've seen so far, I like it."

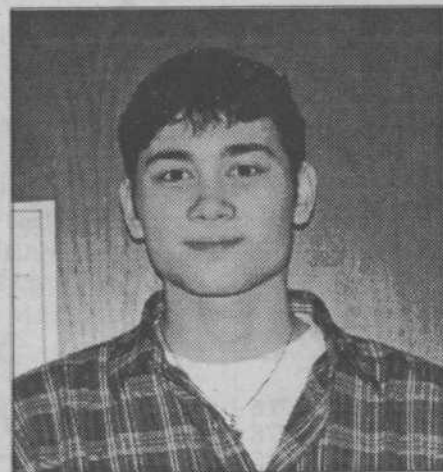
Gibson, also a sophomore, is majoring in engineering and plans on going into technical engineering. After Parkland, Gibson plans to attend ISU.

"I enjoy working at the *Prospectus*, meeting new people, and discovering new experiences," he said.

Other staff members are Amarjeet Singh, on-line editor; Abigail Franklin, Sara Taylor,

Adam Owen, Jill Holmes, Nicole Hodge, Jimibeth Meyer, advertising; Nicholas Traxler, sports editor; Steve West, Rudy San Miguel, Jake Livengood, Khristy Bennett, Brian Tuma, Ben Hardin, staff writers; Josh Gorman and Rick Langendorff, layout; and Jon Nitchke, circulation.

The *Prospectus* is published every Wednesday. It is circulated free on campus and at 12 locations in the Twin Cities.



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commit suicide during a fit of depression.

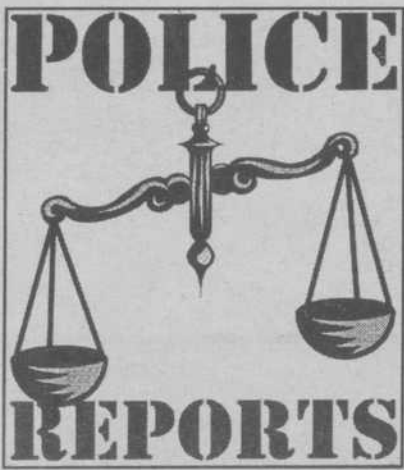
Often with treatment, suicidal thoughts disappear.

Parkland students who feel they may need advice on depression may call the counseling service at Parkland according to Counselor Norm Lambert.

"If the student is already seeing someone off campus or in the community, they should seek that professional out first," Lambert says. "If they are not seeing anyone, the counselors at Parkland will speak to them and help them to meet with the appropriate referral agency."

Lambert says that there are different types of depression and those that suffer from it should be treated by a professional trained in that particular area. "We want students to know that the Counseling Center at Parkland is always an option," says Lambert, "but we will not treat them; we will only make sure they get the appropriate help."

According to Lambert, mental health professionals will be available to meet one on one with interested students during the National Depression Screening Day October 9 at Parkland.



Parkland College

Tuesday, September 9

- Officers responded to a report of burglary to a motor vehicle in the M-6 parking lot. Officers arrested one suspect after he was found inside of the vehicle. The suspect, a former student, was arrested for burglary to a motor vehicle (Class 2 Felony) and stalking (Class 4 Felony).
- A student reported that several items were taken from a parked vehicle. The vehicle was parked in the C-1 parking lot. Damage was done to the drivers side door lock. The incident is currently under investigation.

Wednesday, September 10

- A student reported that she had left her purse unattended on the third floor of the X wing. When she returned the purse had been taken. Staff recovered the purse and some of the items in the B-1 parking lot.

Thursday, September 11

- Officers responded to a hit and run accident in the B-5 parking lot.

Friday, September 12

- A student reported that his wallet had been stolen from the second floor in the L-wing bathroom.

Monday, September 15

- A faculty member reported that several AG signs had been vandalized or stolen. The signs used to mark the different type of plants were broken and thrown down in the field.

All reports are under investigation

Music Reviews

By: *Steve West*

LUCID ☆☆☆
FREDDY JONES BAND
 Mercury/ Capricorn



THE BOTTLE & FRESH HORSES ☆☆
THE REFRESHMENTS
 Mercury



The Freddy Jones Band has not been heard from in the last two years. The last time these Chicago natives came up for air was in 1994 with the release of *North Avenue Wake Up Call* (1994), the follow up to the successful album *Waiting for the Night*.

Lucid, the fourth CD from the band, could quite possibly be the band's best effort yet. The band's maturity and true musical talent shine on every track of the album. The old Freddy Jones are still an underlying theme in the music. However, *Lucid* goes a step further, incorporating everything from horns to some fantastic acoustic guitar playing.

Lucid just may be the album to push Freddy Jones from a college bar band to a household name.

Release Date: 9/9/97
 Available: local record stores.

The Bottle & Fresh Horses is the second album from the Arizona band who enjoyed limited success with their first album *Fizzy Fuzzy Big and Buzzy*.

While many of today's alternative bands are either breaking up or moving into the shark tank of electronic music, the Refreshments seem to be staying in their own little world. The album is definitely accented by the band's southwestern style of music, but it offers little more and may appeal to a much younger crowd.

The Bottle and Fresh Horses is a good effort. However the day of bubble gum alternative music is over.
 Release Date: 9/9/97
 Available: local record stores

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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:
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Letter to the Editor

Dear *Prospectus* Editors,

As editors of the *Prospectus*, you decide what will be published in each issue. The basis of your decisions are your editorial policies. I would like to ask and recommend that you review the message you are sending through your editorial policy on the depiction of women in the *Prospectus*.

I would like to call attention to three particular items that are representative of the message you choose to send.

1. In the March 12, 1997 issue, James Howell was quoted as wanting to belong to the 1970's generation because "the Black Panthers and pimpin [sic] women were strong."

2. In the September 10, 1997 issue, the front cover had two pictures with people in them. In both the backsides of women are either the focus of or promi-

nently displays in the picture. The men are showing facing the camera.

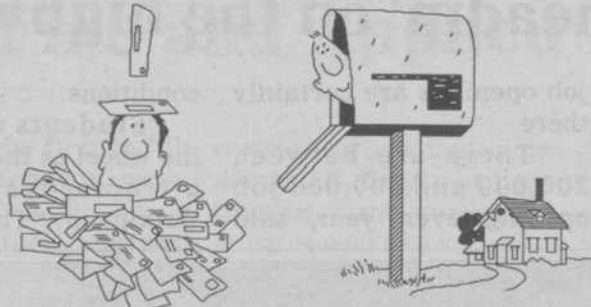
3. Paging on further in the September 10 issue, Jeff Cain is quoted as recommending that Pamela Anderson be added to Mount Rushmore "because she is stacked."

The message of the *Prospectus* is unmistakable. It is that women are sexual objects.

As editors, you might respond that the accomplishments of women, e.g., scholarships and athletics, are also reported. This is true. However, that coverage is undercut by the sexual objectification of women that is encouraged

by the *Prospectus*. You might also respond that you are free from censorship and that you are free to print whatever the law allows. True and true again but still besides the point. Whatever the freedoms you have as newspaper editors, those freedoms are no excuse or basis for poor editorial choice, judgement or policies. As the editors of the *Prospectus*, you have the power to determine the messages that the *Prospectus* sends. Please desist in using that power to portray women as sexual objects.

Lisa Hinchliffe
Parkland Faculty Member



Student Voices

What show on television would you like to see off the air?

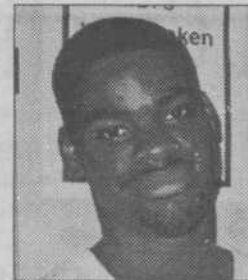


Becky Medlock
"Bevis & Butthead. It's just gotten way too old and they always play stupid videos on it."

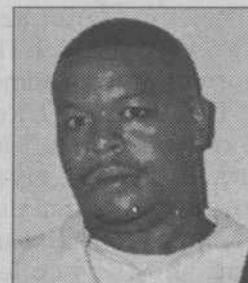
Tony Rice
"Saved By The Bell, because you can only go to school so long."



Cynthia Woolen
"Bevis & Butthead because it influences negativity."



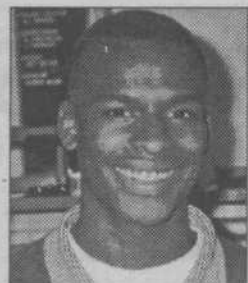
Michael Clark
"Saved By The Bell. After they graduated the show wasn't good anymore."



Eric Watson
"Star Trek. Who cares about seeing aliens and people kicking it in space."



Melvin Saunders
"Beverly Hills 90210-39765-9376. They are all like 26 years old and just out of high school."



Jeremiah Kelly
"Bevis & Butthead because they promote a lot of foolishness."

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Tractor-Trailer Training headin' on the highway, city streets

By JACOB LIVENGOOD
PROSPECTUS STAFF WRITER

Parkland's Tractor-Trailer Training program has one thing in common with country singing star Willie Nelson: they both can't wait to get on the road again.

And on the road they are.

"Students are required to have 320 hours of behind the wheel experience to get their license," said Dave Wilkinson, program director of Parkland's TTT program.

The 11 week program runs like a full-time job, said Wilkinson. He said he works with students from 10 a.m. to 5 p.m. each weekday.

A 20 week program is offered for weekend and night students, said Wilkinson. "TTT courses are based at the former Chanute Air Force Base in Rantoul."

"We teach industry level skills," said Wilkinson. "They learn how to handle a tractor-trailer professionally on the highway and on congested city streets."

So what about those wide right turns?

"We do have problems

turning," said Wilkinson.

What about those handy-dandy little brakes the drivers ed instructors had in high school?

job openings are certainly there.

"There are between 200,000 and 500,000 job openings every year," said

conditions. "Students are behind the wheel as they jackknife a tractor-trailer," said Wilkinson. "They learn to

"The jackknife is induced," said Wilkinson. "The students then see how easily it can happen."

Driving semi-trailers that's are 48 feet long and 102 inches wide certainly is different for students.

The average car is roughly 15 feet, according to J.B. Sprague, sales professional at Shelby Motors in Urbana.

That makes tractor-trailers about three times the length of an average car.

"We drive two kinds of trailers," said Wilkinson. "One has 18,000 pounds in it, which is pretty light weight. The other doesn't have any weight at all. We switch those during our city driving."

While other Parkland students may study the three "R's," TTT students study the three "T's." Wilkinson said no general elective classes are required for the program.

"You must have a GED or high school diploma to be eligible for the program," said Wilkinson.

He said the starting salary for a TTT graduate ranges from \$18,000 to \$24,000.



Big Wheels Keep on Turnin'

Parkland's TTT program has five tractors and began in 1985. The program has three full-time faculty and six part-timers.

photo courtesy of David Wilkinson

"We don't have a special brake," said Wilkinson. "We gain control through being ahead of things."

Wilkinson added, "Students must follow explicit demands."

If students complete the program, Wilkinson said

Wilkinson. "Truck companies know that Parkland students receive a quality education. We have nearly an 85% placement record."

That "quality training" includes Skid Pad Training, which teaches students how to react to hazardous

control this and other problems like controlling braking."

The training, held in Appleton, Wisconsin, is a controlled environment with about 400 by 600 feet of wet surface, said Wilkinson.

Guys' Tips on Creating Beautiful Dorms

By Colleen De Baise
College Press Service

Lava lamp. Hanging beads. Colored light bulbs. With a few accessories that stark cramped space can be transformed into the dorm beautiful.

Just like choosing the right outfit—say a polyester bowling shirt over a buttoned down oxford—can define your personal style, so can some well chosen items for your dorm rooms, say students.

"I'd say the way to go is tapestries," offers Greg Niebur, the Ohio State University senior, referring to large sheets of colorful fabric that adds a touch of class to any dorm room. "And you've got to have a welcome mat inside or outside the door—like a little mat to wipe your feet on."

Watch out Martha Stewart.

"Lava lamps, he continues. "They're very

popular. And big oriental rugs for dorms without carpeting. If there is a spot for it, then hang beads maybe."

Neibur, a former dorm dweller who now lives in an apartment, days he favors decorative touches that serve a purpose like functional art. "Change your light bulb from normal light to something different [like] bright red or yellow," he suggests. Why? "It gives [your room] something different from anyone else on the floor, and if you open the windows bugs won't come in."

While Niebur is just an ordinary college guy, the experts agree functional art is a good thing, especially for college students. Magnetic Poetry, for instance, is the rage on college campuses, according to its makers.

Magnetic Poetry, as anyone who would look closely at Mel Gibson's

apartment in "Conspiracy Theory" knows, consists of tons of little words stuck on magnets, handy for decorating refrigerators. Dorm dwellers often string together words, particularly provocative ones like "waxing," "sausage," and "drooling," to leave risqué messages for roommates or friends.

New drinking games have been inspired by "Mag Po," the company says.

"In absence of fridges, students use file cabinets, lockers, dry erase boards, metal doorways, metal bookshelves and any other metal or magnet friendly surface," says John Larson, a company spokesperson. "We even have confirmed reports of people sticking them to their braces and a metal plate in one wrestler's head."

Others choose to adorn their rooms with some hot signs—and, yes,

that's hot as in stolen, a few students readily admit. As far as good decorating tips are concerned, "I think most revolves around stuff that you steal," says Matt Grace, a junior at the University of California-Los Angeles.

At UCLA, a large popular addition to the dorm room is a large convex traffic mirror that normally lines Los Angeles streets. "They look like giant contact lenses, and they bare really easy to steal," says Grace, adding that one adorns his wall. "You look at it and it distorts everything."

Also good, he says, "are banners that you get from sporting events" and posters from surf shops, neither of which have to be stolen, necessary.

Though this weekend agenda does not include "antiquing," Grace says he also digs vintage stuff. A wooden airplane propeller hangs on his

wall, and he'd like to find an old Jack Daniel advertisement printed on sheet metal.

While it's easy to get caught up in the excitement of dorm decorating, don't forget to demonstrate good taste, warns Niebur, from Ohio State.

For instance, just say no to beer posters featuring babes in bikinis. "That's definitely out," he says. "You can tell a lot about someone by the way they decorate their room." And guys who decorate their room in such a fashion are obviously "childish" according to Niebur.

Along those lines, a "definite turn-off" is a room decorated by ever case of beer drunk by their room's inhabitants, he says. "Just imagine any particular beer case, plastered everywhere."

What do they think this is, a college dorm room.

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*'The creative side'***Jones discusses Fine and Applied Arts**

By BEN HARDIN
PROSPECTUS STAFF WRITER

"We like to think of Fine and Applied arts as the creative side of the College," said David Jones, chair of the department. "We are the place where students come to sing, play an instrument, paint, draw, shoot photographs, learn sign language, improve their computer skills, be on the radio, make films, or act on the stage."

The department is comprised of five academic programs: Art and Design, Music, Speech, Theatre, and Mass Communications. It is located in the C wing of the college.

Art and design is considered to be one of the top two year programs in the state and the enrollments support that claim. According to Jones, Art

courses are the first to fill in the department each semester.

Among the courses offered are drawing, 2 and 3D-design, photography, water color and studio courses like ceramics, sculpture, metal work and jewelry.

The Art and Design program is an AFA degree program, and is UIUC transferable. A number of students who complete the program transfer to UIUC in graphic arts, fine arts, and even architecture.

The Music program is also an AFA degree program. This year there are approximately 35 freshmen and 17 sophomores enrolled. This is also one of the two programs in the department that offer scholarships to students in the form of tuition waivers. Students can take such

courses such as music fundamentals, theory and ear-training, piano, music literature as well as a variety of vocal, jazz, or instrumental ensembles including Parkland Chorus, Chamber Singers, small and large jazz ensembles, Community band or Orchestra, and the new wind ensemble.

Many of these ensembles are open and free to community players as community service courses. Students in music have access to a state-of-the-art digital piano lab and two Macintosh computer labs.

Speech is considered to be the "workhorse" of the department because Speech 101 is a requirement for all degree-seeking students. As a result, some 400-500 students a semester are taking the course.

In addition to the introductory course, the department offers interpersonal communication, business and professional speaking, persuasion, group discussion, voice science and phonetics, and manual communication.

Speech is even offered via interactive video (business and professional speaking plus interpersonal communication) and over the internet (introductory speech).

Theatre is the second of the two scholarship programs in the department. Up to two twelve tuition waivers are awarded to both incoming freshmen and continuing theatre majors.

Students in the program enroll in such courses such as theatre history, acting, technical theatre, introduction to film, or repertory

theatre. In addition, the department offers theatre appreciation specifically designed for the non theatre major.

The largest program in the department is Mass Communications. Some 80 to 100 students each year enroll in such program options as Broadcasting, Journalism, Public Relations, Visual Arts, or Desktop Publishing. Students receive hands-on training at WPCD, the college radio station, PCETV, the video production center, in the program's Macintosh computer lab, and on the Prospectus.

In addition to the five academic programs, the department is the home for the Art Gallery and College Theatre.

The Gallery is recognized as a teaching gallery. Faculty from multiple disciplines bring their students to the Gallery for lectures, discussions, and class assignments.

The Gallery hosts nine shows a year starting with the Art faculty exhibition in the Fall. There are two student shows in the Spring including the Visual Arts and the Fine Arts exhibition. The Gallery is funded through college budgets, private donations, and grants.

The College Theatre is a community-based theater which means that productions are open to the entire local community. There are four or five shows each year concluding with the student show in late spring. The Theatre is funded through a combination of institution monies, ticket sales, and private donations.

Hispanic Heritage Month

October 15th to September 15th marks Parkland's Hispanic Heritage Month. Student Life has planned several activities.

A "Biculturalism among Latinos" video and discussion is planned for September 17th, from 12 p.m. to 1 p.m. in the South lounge.

Latin Lingo; Latin-American dance lessons and video are planned for the 18th, also from 12 p.m. to 1 p.m. in the South lounge.

A pinata party is on the 20th from 2 p.m. to 4 p.m. in the South lounge, kids are welcome.

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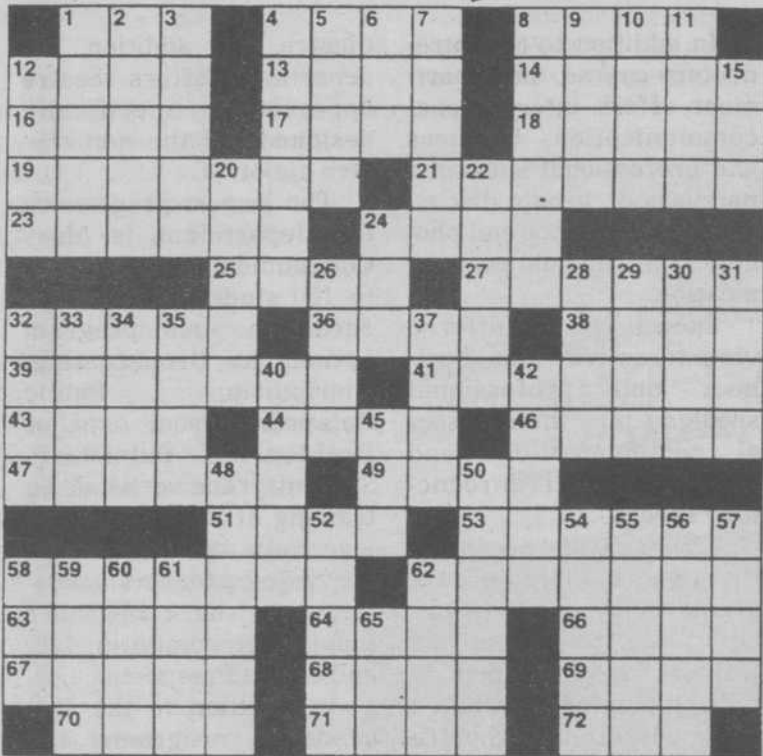
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XWORD



- ACROSS**
- 1 Surpass
 - 4 File
 - 8 Like two peas in —
 - 12 Recline in an indolent manner
 - 13 Buffalo's lake
 - 14 Give back a loan
 - 16 Busy as —
 - 17 Air shaft
 - 18 Box
 - 19 Long, violent speeches
 - 21 Shoulder adornment
 - 23 The Mad —
 - 24 Formerly Persia
 - 25 Try
 - 27 Vendor
 - 32 Marble
 - 36 Vow
 - 38 "Jane —"
 - 39 A few
 - 41 Hies
 - 43 Press
 - 44 Advantage
 - 46 Plus factor
 - 47 Offer
 - 49 Ogled
 - 51 Author O'Flaherty
 - 53 Nooks
 - 58 Tremble
 - 62 Barren
 - 63 Gay —
 - 64 Tardy
 - 66 Single entity
 - 67 Drill
 - 68 Always
 - 69 Selves
 - 70 More or —
 - 71 Snoozes
 - 72 Asian holiday
- DOWN**
- 1 Large food fish
 - 2 Wide awake
 - 3 Skirt feature
 - 4 Adore
 - 5 War god
 - 6 Transgress
 - 7 Jennings or Fonda
 - 8 Secret
 - 9 Lima's land
 - 10 Ring stone
 - 11 Appointment
 - 12 Thin strip of wood
 - 15 Thus far
 - 20 Stop
 - 22 Tunisian leader
 - 24 Call — day
 - 26 Auctioneer's word
 - 28 Allows
 - 29 Caustic substances
 - 30 Sea bird
 - 31 Relax
 - 32 — were (in a manner of speaking)
 - 33 Actor Richard
 - 34 Bard's river
 - 35 Care for
 - 37 "— went thataway"
 - 40 Mountaintop nest
 - 42 "— Thompson"
 - 45 Muffin
 - 48 Church officials
 - 50 Comes in wood
 - 52 Composer Harold
 - 54 Condiment vessel
 - 55 Depend
 - 56 T.S. —
 - 57 Gels
 - 58 Health farm
 - 59 Lug
 - 60 Impel
 - 61 Ruby and Sandra
 - 62 Stair
 - 65 Ms. Gardner



The Paparazzi

ANSWERS
 DAN RATHER AND NICK NOLTE David Niven, Amy Irving, Natalie Cole, Ralph Kramden, Anthony Newley, Tatum O'Neal, Hal Linden, E. T., Roger Ebert

PUZZLE ANSWERS
 DAN RATHER AND NICK NOLTE
 David Niven, Amy Irving, Natalie Cole, Ralph Kramden, Anthony Newley, Tatum O'Neal, Hal Linden, E. T., Roger Ebert

ANSWERS to "INITIAL REACTIONS" Puzzle
 DAN RATHER AND NICK NOLTE
 David Niven, Amy Irving, Natalie Cole, Ralph Kramden, Anthony Newley, Tatum O'Neal, Hal Linden, E. T., Roger Ebert

Here at the Prospectus, we'd like to remind you to

Check your batteries once a year.

<http://www.parkland.co.il/wa/prospectus/>

ANSWERS

T	E	S	D	V	N	S	S	E	T			
S	O	G	E	R	E	A	N	E	E	P	V	
L	I	N	U	E	L	A	T	E	E	R	V	
E	T	I	R	E	L	S	R	E	D	D	H	S
S	E	H	C	H	I	N	A	V	I	L		
I	E	S	S	V	E	D	E	N	O	I		
S	N	E	I	S	V	H	T	V	E	A	S	
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O	D	D	E	V	A	S	P	A	V	O		

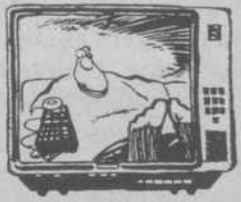
"INITIAL REACTIONS" PUZZLE
 49 S. Walnut Bend Cordova, TN 38018 By Stuart Levine PUZZLE # 62 © 1997 Initial Reactions

The top line links two familiar celebrity names, real or fictional. When written vertically, they form the "initials" of the reaction names below. Fill in the "linked" names to get the initials of the "reaction" names, or solve for the "reaction" names using the hints given, and use their initials to spell out, vertically, the "linked" names for the top line (Name 1 and Name 2)

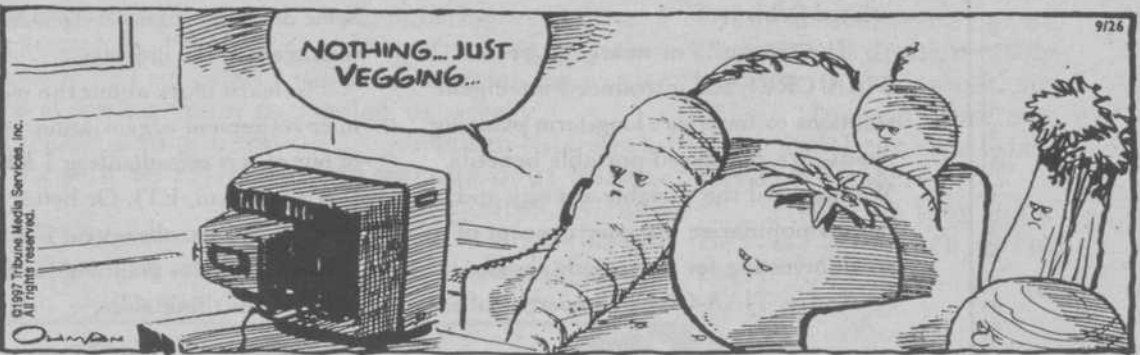
D _ _ _ R _ _ _ and N _ _ N _ _ _
 (NAME 1) (NAME 2)

LINK: They both starred in shows named "48 Hours"

NAME	NAME	"REACTION" NAMES	HINTS
1	2		
D	N	D _ _ N _ _	Leading man went "Around the World in 80 Days"
			She "Crossed Delancy" & "Competed" with Dreyfuss
			Nat "King" 's musical superstar daughter
R	N	R _ _ N _ _	Jackie Gleason's role on longtime sit-com "Honeymooners"
			Actor who played "Matthew Mugg" in "Doctor Dolittle"
			Ryan's daughter, who starred with him in "Paper Moon"
			Played the title role in TV comedy series "Barney Miller"
			A. K. A. the "Extra Terrestrial"
			A movie critic appears on TV with Gene Siskel



MIXED MEDIA
 by Jack Ohman



Classifieds

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and meal discounts. Accepting ap-
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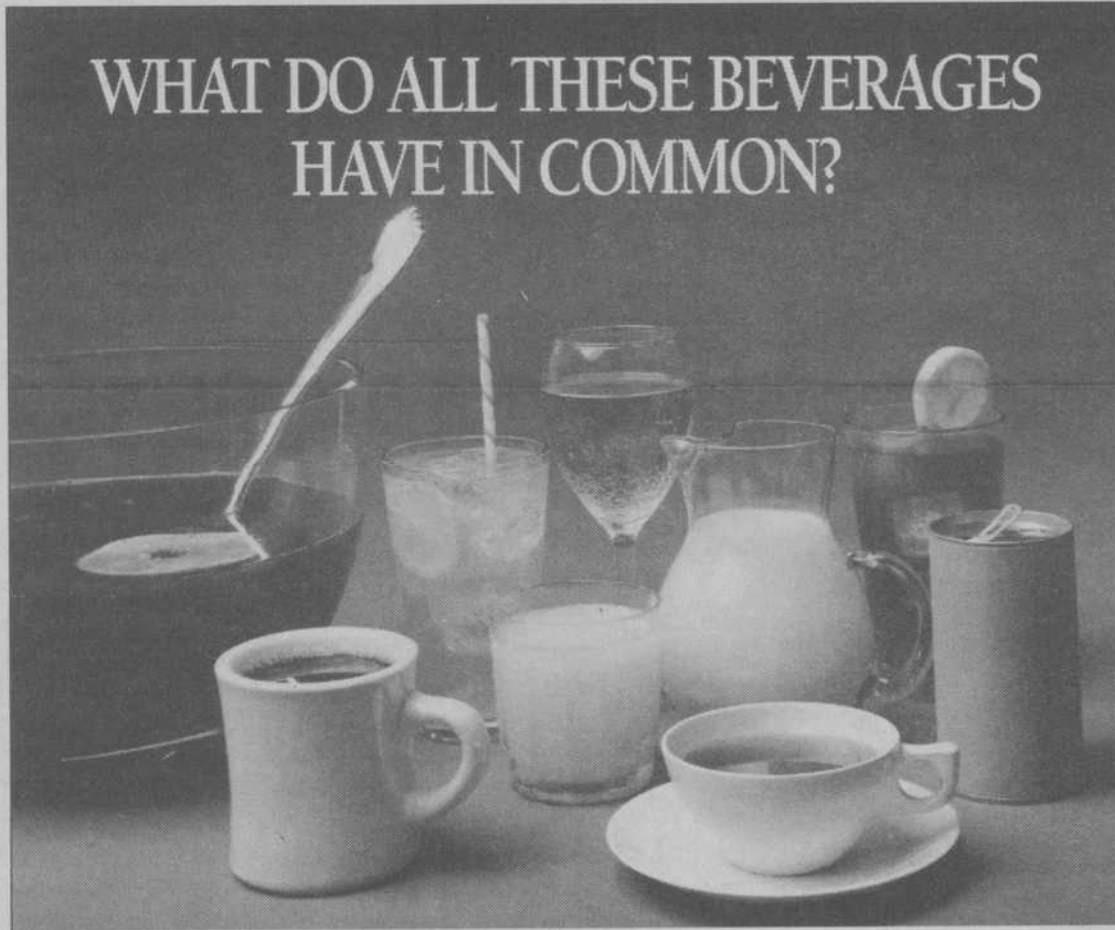
theatre
laugh
cry
shiver
think
smile
wonder
enjoy!
theatre
live

**10 Ten
10 Minute
10 Plays**

Directors:
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Warren Frank
Randi Collins Hard
Aaron Matthew Polk
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**WHAT DO ALL THESE BEVERAGES
HAVE IN COMMON?**

They all have a tasteless, odorless, colorless
substance in them that could set you up for rape.
And your drink could too.

- Rape is a sad reality. And it can happen
to anyone. *Even you.*
- When secretly slipped into a beverage,
even a glass of lemonade, 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)656-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!**

THIS MESSAGE IS PROVIDED BY HOFFMANN-LA ROCHE
IN COLLABORATION WITH THE DC RAPE CRISIS CENTER.

SEPTEMBER 1997

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

WEDNESDAY, SEPT. 17

5:00PM **MAKE A TV SHOW**
College For Kids Student
Production, 1997.

5:30PM **GOALS 2000: Making Connec-**
tions: *A National Town Meeting hosted
by the U.S. Dept. of Education and
the National PTA.*

7:00PM **THE ROLE OF CORRECTIONAL**
EDUCATION *National
Teleconference. U.S. Dept. of
Education's
Office of Correctional Education,
Eastern Kentucky University's
Training Resource Center, and
Correctional Education
Association.*

SUNDAY, SEPT. 21

5:00PM **RED HERRING POETS,** Ruth
Walker

5:30PM **RED HERRING POETS,** Laura
Hedin

6:00PM **PARKLAND COMMUNITY**
BAND CONCERT, SPRING 1997

7:00PM **PARKLAND COMMUNITY**
FORUM *Urban League in
Changing Times*

8:00PM **LIVE & LEARN**
Reach For The Stars, The Starker
Planetarium

9:00PM **PARKLAND REPORT**
State of the College, Pres. Zelma
Harris

9:30PM **FOR ARTS SAKE**
Robert Lee Mejer Solo Exhibition
PARKLAND CHALLENGE
Urbana v. Unity

10:00PM **Prairie Central v. Villa Grove**

10:30PM **MONDAY, SEPT. 22**

5:00PM **PARKLAND REPORT**
State of the College, Pres. Zelma
Harris

5:30PM **FOR ARTS SAKE**
Robert Lee Mejer Solo Exhibition
PARKLAND CHALLENGE
High School Quiz Bowl 1997
Urbana v. Unity

6:00PM **Prairie Central v. Villa Grove**

6:30PM **GOALS 2000**
Technology & Teacher Leadership

7:00PM **LIVE & LEARN**
From Eight to Eighty

8:00PM **GET WITH THE PROGRAM**

9:00PM

Sports

Wednesday
September 17, 1997
Page 8

Spikers 2nd in Belleville Tourney

BY NICHOLAS TRAXLER
PROSPECTUS SPORTS EDITOR

Erika Brez was back in the lineup. The Lady Cobras were coming off a disappointing victory over Springfield College on Tuesday, and the team had practiced harder than ever to prepare for the weekend invitational in Belleville, Ill.

All the pieces seemed in place for the tournament championship that slipped through their fingers a week ago in their own tourney. Friday evening went exactly according to plan. The squad marched on the floor and defeated Meramac college of St. Louis in four games lead by Megan Grafton's 10 kills and 3 big service aces. Next victim Belleville proved little challenge and the team breezed to a three game match victory (15-6, 15-2, 15-9). Grafton again put together a solid performance and with Elisha Houk getting in on the service ace fun, the squad seemed to be on a roll.

Saturday Parkland put their impressive 14-2

record on the line against the team that spoiled last week's bid at another invite title; LincolnLand. In the previous match the two teams dueled through the final game only to have the Lady Railsplitters triumph 15-13 in an emotional match. This match was no different. Locking horns throughout the five game match the games seesawed back and forth setting up a fifth game final with each team having two game victories in the match. In the decisive fifth game the normal 15 points was not enough to decide the winner. It took a LincolnLand score of 18-16 for the match to be over. Both teams played hard, but as Coach Winkeler pointed out it is not always playing hard that wins matches. You also have to play smarter than your opponent and better tactical defense. It seems even with Brez back in great form (23 kills versus LincolnLand) and other freshmen and sophomores stepping in with good contributions, the Lady Cobras

struggle with LincolnLand.

The loss to the Lady Railsplitters didn't take all the wind out of their sails though. The squad bounced back to pull out a 4 game match win versus Glen Oaks college of Michigan in the third place game. Again sophomore Brez lead with 17 kills and emerging star Kristie Henkleman contributed 10 kills and 15 digs for the victors.

Erika Brez and Tracy Chaplin have emerged as the "Set and Spike" duo for the Lady Cobras, but Megan Grafton has elevated her play this season and has continued to be a major contributor each night with sophomore leadership and solid play. The team will need to rely on these strengths and find help from everyone on the team along with all their needed FANS (that's us folks) when LincolnLand invades tonight at 7 p.m.

Upcoming matches also include another invitational this weekend in Kirkwood, Iowa.

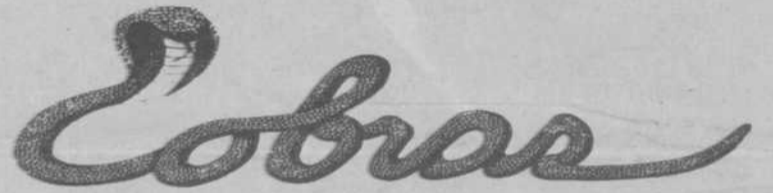
Intramural Sports '97

BY NICHOLAS TRAXLER
PROSPECTUS SPORTS EDITOR

Welcome Sports Fans to a new and improved year of intramural sporting events. This fall the IM staff is encouraging the entire student body to participate in a variety of athletic events. Open gym volleyball will run each Monday evening from 8-10p.m. throughout the semester as well as indoor soccer from 11a.m.-1p.m. daily. Hoopsters mark your calendar for October 4th. That will be the first day the gym will be ready for your use. The hours will be each day from Oct. 4th until the end of the semester with the same hours of indoor soccer, and every Wednesday evening from 7-10p.m. with a formal league starting October

22nd. Veteran and returning IM b-ball championship team member Melvin Washington says "bring some game or don't even come out." The IM staff encourages anyone that has a team to come on out and take a shot at the champs.

Also this year the IM staff is going to host a Euchre and Spades tourney in the gym during November. Also during that month Arrowhead Lanes will host another bowling and 8-ball tournament. Look for a flyer with more details in an upcoming issue of the Prospectus. The IM director Tim Wulf wants all students to get involved this year with intramurals and hopes if students have any questions they will not hesitate to call ext. 2426 or stop by in P(110).



Good Luck
Lady Cobras



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1997 Team Stats for Parkland (ALL)
Serving Report

Player	G	SA	S	SE	Good S	Rating	S%	SA%	S/G	SA/G	SA/SE	S Rat	RA	RE	3pt	2pt
Eycine Hode	4	0	0	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0	0
Megan Grafton	51	36	208	20	0	0	90.38	17.31	4.08	0.71	180.00	0.00	182	35	72	50
Sigele Overstreet	32	9	85	11	0	0	87.06	10.59	2.66	0.28	81.82	0.00	9	1	6	1
Amanda Frank	50	5	32	4	0	0	87.50	15.63	0.64	0.10	125.00	0.00	2	0	0	1
Erika Brez	41	9	103	17	0	0	83.50	8.74	2.51	0.22	52.94	0.00	4	0	3	1
Tracy Chaplin	53	33	263	27	0	0	89.73	12.55	4.96	0.62	122.22	0.00	0	0	2	1
Stacey Wesch	11	2	29	3	0	0	89.66	6.90	2.64	0.18	66.67	0.00	5	1	4	0
Lori Claybaugh	0	0	0	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0	0
Jamie Miller	3	0	2	0	0	0	100.00	0.00	0.67	0.00	0.00	0.00	0	0	0	0
Natalie Kortte	47	28	178	19	0	0	89.33	15.73	3.79	0.60	147.37	0.00	9	3	2	6
Kristie Henkelman	52	19	170	16	0	0	90.59	11.18	3.27	0.37	118.75	0.00	211	34	108	41
Jami Ketcham	19	0	20	1	0	0	95.00	0.00	1.05	0.00	0.00	0.00	36	5	13	10
Camille Hamarine	3	0	6	1	0	0	83.33	0.00	2.00	0.00	0.00	0.00	6	2	1	2
Elisha Houk	46	22	148	15	0	0	89.86	14.86	3.22	0.48	146.67	0.00	159	28	64	34
Noelle Ruthenberg	10	0	17	2	0	0	88.24	0.00	1.70	0.00	0.00	0.00	15	1	6	4
Total for Team	53	163	1261	136	0	0	89.21	12.93	23.79	3.08	1.20	.00	638	110	281	151

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Our new store has twice as much space and twice as much cool vintage and used clothes!

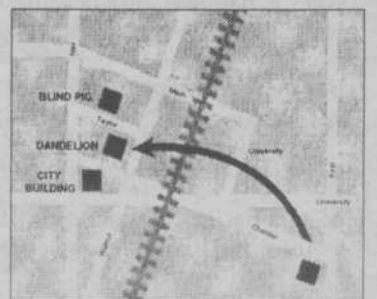
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dandelion

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