

Prospectus

Champaign, IL since 1969

PARKLAND COLLEGE STUDENT NEWSPAPER

Wednesday SEPTEMBER 22, 1999

Vol. 32 Issue 38



We are the staff page 4

PC Child Development Center Gets Prestigious Accreditation

The Parkland Child Development Center has been granted accreditation by the National Association for the Education of Young Children (NAEYC).

This recognition has been achieved by only 7 percent of early childhood programs nationwide — some 6,215 programs as of May, 1999, serving 574,402 children

"This is a great achievement for our staff and for Parkland. It has been a long process, but one that greatly improved our program and will continue to do so for a long time," said Karen Bruning, director of the Parkland Child Development Center.

"I am genuinely proud of every one of my staff members for the hard work they have put into this process over the past year and a half. This announcement just confirms

what I have believed all along — that we truly are professionals working to improve the lives of the people we serve. I also want to thank our parents for the input and support they gave us throughout this process. Without them, we couldn't have done it."

NAEYC accreditation is a voluntary process by which early childhood program personnel demonstrate that they meet national standards of excellence. Child care centers, preschools, kindergartens, and before-and-after school programs are eligible to seek NAEYC accreditation. Approximately 12,000 programs are engaged in seeking accreditation.

The Parkland Child Development Center, like all programs seeking accreditation, underwent an intensive self-study, collecting information

from parents, teachers, administrators, and classroom observation. They received an on-site visit, conducted by early childhood professionals especially trained by NAEYC to validate their self-study results. All this information was independently reviewed by a team of national experts who grant or defer accreditation. When awarded, accreditation is valid for three years.

"The heart of NAEYC accreditation focuses on the child's experience," said Barbara Willer, spokesperson for NAEYC. "The process carefully considers all aspects of a program, including health and safety, staffing, staff qualifications, and physical environment. The greatest emphasis is on the children's relationships with the staff and how the program helps each child grow and learn intellectually,

physically, socially, and emotionally."

According to Willer, research supports the value of accreditation for children. Children's language and social skills especially benefit from the better quality found in NAAEYC-accredited programs.

"These are critical areas for children's success in school as well as in life," said Willer.

NAEYC accreditation began in 1985 with the first program accredited in 1986. NAEYC is the nation's oldest and largest organization of early childhood professionals dedicated to improvement of quality early childhood education. NAEYC established accreditation in response to the growing number of American children spending large amounts of time in group set-

tings away from home, and the uneven and often inadequate consumer protection afforded by state licensing of child care facilities.

The Parkland College Child Development Center is a demonstration laboratory school for children ages 2 through 5 that provides a quality, affordable, individualized program. It is a state-licensed facility which is open to children of Parkland students, staff, faculty, and community residents.

The center currently serves approximately 90 families full or part-time. In addition, the center offers learning opportunities for Parkland students and others pursuing a career working with children and families.

Faculty Showcase Continues

As a continuation of the Faculty Advising Initiative, Paul Sarantakos will give a presentation about his experiences here at Parkland College.

Thursday, Sept. 23 at 12:00 in L111. Paul will talk about his experiences as a the director for the Criminal Justice program and as a teacher of Criminal Justice students.

Mr. Sarantakos has been a Police Officer for the last 15 years. He has been the Chief of Police here at Parkland College for the last five years.

Paul will be assisting in advising criminal justice students with their Parkland careers. The faculty showcase is a precursor to the Faculty Advising Initiative.

"The concept is to let the students know the faculty



Paul Sarantakos

are people too. That is sometimes hard to do in the classroom. We want the students to realize we have families, concerns, and that we are friendly and approachable," said Sarantakos.

For more information about the Faculty Showcase please call Terry Adcock at 217/351-2369.

PC Enrollment's up: 8,143 students attending classes

Think the halls are a little more crowded than usual and it's tougher to find a parking space?

You're right. Parkland's Fall semester enrollment is up 2.6 percent (205 people) over last Fall with a total of 8,143 students attending classes.

Full Time Equivalent (FTE) is up .10 percent with 4,973 students enrolled for 15 academic hours.

Reo L. Wilhour, associate Director/Admissions, said the increase probably can be attributed in part to dual credit whereby high school students can take credit courses at Parkland.

Wilhour said higher enrollment in internet classes also accounts for some of the increase. He added that as many students were enrolled in internet classes this fall as were enrolled all last year.

New degree-seeking appli-

cations are up 3 percent and new degree-seeking enrollment is up 2.2 percent over last fall.

New non-degree applications are up a whopping 26.5 percent and non-degree enrollment is 29.2 percent higher than last year.

Total new applications are up 10.7 percent and total new enrollment is 10.5 percent higher.

Student Ambassadors



Sarah Butts



Danielle Atibalentja



Theresa Roney



Erika Anzo

Student Ambassadors provide visitors with a student's point of view about everything Parkland has to offer. They attend off-campus sanctioned college events.

Student Ambassadors receive leadership training, attend workshops, seminars, retreats; and they have many opportunities to develop their public speaking skills.

Erika Anzo, Sara Butts, Theresa Roney, Danielle Atibalentja have been selected as the Student Ambassadors for Parkland College.

Photos by: Neil Bernstein/Prospectus



Neil Bernstein/Prospectus

Parkland College hosts Chamber of Commerce After Hours for local Champaign businesses.

Police Reports

Theft Sept. 14, 1999 at 12:30p.m.- RP stated his CD player was taken from his vehicle in B-3 parking lot.

Theft Sept. 16, 1999 at 6:30p.m.- theft of bookbag from vehicle in M-6 parking lot.

Theft Sept. 16, 1999 at 3:45p.m.- Parkland faculty reported the theft of two lab chairs which occurred sometime between the end of July- mid August.

Admin. Sept. 17, 1999 at 7:35a.m.- Patrolled area for disciplinary meeting with instructor and dean of students.

Burglary Sept. 17, 1999 at 2:30p.m.- Reported the theft of tools from the S-bldg.

Traffic Accident Sept. 20, 1999 at 3:10p.m.- RP reports that a car was hit.

Crim Damage/ Trespass Sept. 20, 1999 at 8:40p.m.- S-12 was flagged down by Custodian to report graffiti in men's restroom near Business Office.

During the week of September 12-18, Public Safety responded to 5 medical calls and 429 service calls.

Campus Calendar

Free Conference on Spiritual Health

African American women are invited to a free conference on spiritual health, sponsored by SisteNet and Parkland College's Office of Women's Programs and Services, Saturday, September 25, from 8:30 a.m. to noon in the Parkland Gallery Lounge. Participants will focus on overcoming barriers to spiritual well-being and how to make the connection between spiritual, emotional, physical, and intellectual health. To register for the conference and to reserve child care, call 217/351-2546.

Financial Planning Seminar

Participants will learn how to invest to meet their goals during the "Financial Planning for Individual Investors" workshop, Tuesday and Thursday, September 28 through October 14, from 6 to 8 p.m. at the office of Edward Jones, 107 S. Garrard St., Rantoul. The workshop will cover stocks, bonds, mutual funds, annuities, tax-free investments, insurance, and IRAs, as well as how to structure a personalized investment portfolio. The fee is \$59. For registration information, call 217/351-2571.

Planetarium Show

"Dinosaurs in the field and on the Web," hosted by Dr. Russ Jacobson. "Dino Russ," scientist at the State Geological Survey, will be on hand to discuss his dinosaur digs in South Dakota and Wyoming and his prize-winning web site on dinosaurs. Come and see some real dinosaur bones and hear about where they might be found in Illinois! The show will be held in the William M. Staerkel planetarium at Parkland College, October 1, at 7:00 p.m. Admission is only \$1 at the door.

Theatre

Come see the Parkland Theatre troupe present its 10 Ten Minute Plays. The show will run from the 15th of Sept. through the 25th. For reservation information please call 217/351-2528.

Silver Screen Celebration

by **Brian Weidert**
News Editor

Parklands planning a party! Coming up on October 22, 1999, is the third annual Parkland College Foundation Gala Fundraiser.

The annual Gala raises money for the Hospitality Industry Program, Fine and Ap-

plied Arts, the Theatre, and the Planetarium.

The fundraiser will be held in the Gallery Lounge from 6-9pm. Tickets cost \$40 per person or \$70 per couple. To reserve tickets call 217/351-2458.

This year the fund raiser features a Planetarium show with clips from your favorite

Silver Screen films, a silver platter dinner with cuisine from nine local restaurant.

The fund raiser will also feature a silent auction for Hollywood Memorabilia and a trip for two to Universal Studios in LA., as well as a dancing to a live Swing Band.

Dog Days at Parkland College

by **Brian Weidert**
News Editor

A new event is coming to the campus of Parkland College, Dog Days. "This is the first year of what will hopefully become an annual event," says Susan Pinnell, who is hosting the show.

Everyone is invited; students, employees, family, friends, and THEIR DOGS.

There are some rules though, only well behaved dogs are allowed. No aggressive dogs or dogs in estrus

(in heat) please.

Owners must sign up their dogs prior to the days events. Dogs must be short leashed and crates are preferred between performances and during the salad pot luck.

The Dog Day events will be held on Saturday, Oct. 9, 1999.

The events include; a dog walk, a salad pot luck (meatless please), a dog contest, stupid dog tricks, a Halloween dog costume contest, and a Master/Dog look-a-like contest, as well as whatever

impromptu contest and events Susan might think up in the meantime.

"The show's purpose is to have a good time and to meet other dog lovers", explains Susan. "We are looking forward to a day of fun, socialization, and meeting each other and our friends and family."

To contact Susan or to find out more information about the Dog Day call Susan at 217/351-2206.

Prospectus



**Marujita's
Small
World**

*El Pequeno Mundo de
Marujita*

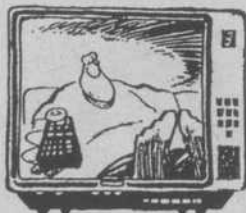
English/Spanish Private
School

Multicultural Education-
Individual Attention

6wks-6yrs, Pre-K & K

1305 S. Mattis Ave.
P.O.Box 6316-61826
Champaign

378-1970



Invest Your Credits

If you have college credit - use it.

*Transfer your college coursework and
complete an accelerated*

BACHELOR DEGREE!

*Bachelor of Business
Administration Degree,
with a concentration in:*

ACCOUNTING

MANAGEMENT

HEALTHCARE MANAGEMENT

COMPUTER NETWORK SPECIALIST

*Bachelor of Applied Science Degree,
with a concentration in:*

PRINT MEDIA

GRAPHIC DESIGN

Transfer Scholarships (up to \$4,800) Available for Qualified Students

NAPERVILLE CAMPUS
1804 Centre Point, Naperville, IL 60563 • (800) 789-8735

CHICAGO CAMPUS
401 S. State Street
Chicago, IL 60605
(800) 225-1520

**ROBERT
MORRIS
COLLEGE**

ORLAND PARK CAMPUS
43 Orland Square
Orland Park, IL 60462
(800) 880-9373

www.rmcol.edu

Founded 1913

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

Prospectus
Champaign, IL since 1969

PARKLAND COLLEGE STUDENT NEWSPAPER

Production Editor: **Tim Higgins**
News Editor: **Brian Weidert**
Photo Editor: **Neil Bernstein**
Advertising Editor: **Rachael Brumleve**
Production Manager: **Matt Gillenwater**
Advertising Reps: **Amy Kincaid**
Brandi Sumption

News Office: 217 351-2216
Advertising: 351-2278
Fax: 373-3835

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

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.

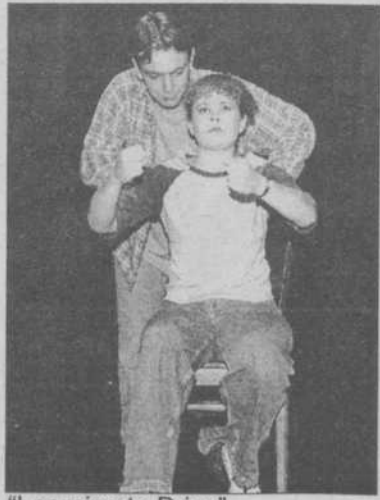
10 Ten Minute Plays

September 22, 1999

3



"Paradise # 3"



"Learning to Drive"



"Ms. Sorken"

COLLEGE COURSES ON TV

anthropology • business • music • and more

PCETV

call 217/351-2475 for a program guide

TEN, Count 'em, 10 Minute Plays

by John Isberg
Staff writer
Photos by Neil Bernstein

Parkland Colleges' Ten 10 Minute Plays are currently running at Parklands' Theatre. This annual tradition is becoming quite an entertaining fixture among the theatres' yearly offerings. This year's lineup carries ten new scripts not presented last year.

With four performances under the proverbial belt, be sure not to miss any additional shows. Upcoming performance dates include September 23, 24 and 25. The show on the 23rd is a special two for one price.

The plays themselves are extremely varied in the material and approach. Some of the plays leave interpretation to the audience and others are easier to follow. They all leave an unmistakable impression that there is a lot of talent right here at Parkland.

The plays opens with, "Mrs. Sorken," which provides a kind of introduction to the night. Next up is the relationship farce, "The Cabin." While the dialogue was in short supply, the play was funny. The next play, "Out of Body," felt a bit stilted. The delivery needs a little work and it was hard to believe these two would be friends.

The next play, "The Arbitrator," was one of the



"The Cabin"

strongest offerings of the night. Alternating between humor and drama, "The Arbitrator" worked well on many levels. Cryssida Green gave one of the finest performances of the night. Her portrayal of a strong woman was very powerful, evoking sensuality and hurt within the small confines that ten minutes would allow.

The final play before intermission, "Teeth," was at times hilarious and at others incoherent. Jonathan Kite was hilarious in the role of the dentist, Dr. Rose.

The second half of the night started rather bizarrely with "Paradise #3," a strange play that never reveals what is exactly going on.

The viewer can only guess at what the writer was trying to say with this piece. You keep waiting for some clue as to what is going on but it never happens. It ends as it began, in the dark.

The next entry was a breath of fresh air. "Observing the Opposite Sex," was a well written, easily identifiable piece that was well acted by Jeremy W. Harrison and Corey Dane. You could really feel for those two.

"Stoop," written by Landford Wilson and directed by Andrew B. Carter was just drop dead funny. Underscored by an offbeat piano, this one was definitely up there.

"Learning to Drive," didn't go too much beyond

the title and the whole Ferris Bueller-talk-to-the-audience thing was kind of overdone. Otherwise, it wasn't too bad.

The last play of the night was just so damn funny that to give anything away as to its contents would ruin it. It was very well written and directed. The acting was definitely on the mark. Definitely stay to see this one. It's well worth it.

Lighting and the minimalist set design should also be commended. The best use of lighting was for, "Paradise #3," and set design was also good in giving it a very gritty, urban feel.

So, get out of the house and experience Parkland Theatres' Ten 10 Minute Plays. It will be an evening you won't soon forget and you definitely won't regret.



"Words, Words, Words"



"The Arbitrator"



"Out of Body"



"Observing the Opposite Sex"



"Stoop"



"Teeth"

New Center Helps Adult Students Advance

by Brian Weidert
News Editor

Sometimes not everything works out like we planned. If you started college years ago but became sidetracked by marriage, kids, bills, etc. there is a place where you can pick up where you left off.

The Adult Degree Completion Center can give you everything you need to finish your degree, no matter how long ago you started.

The advisors and mentors in the Center offer personalized advising, to help you clarify

ify your goals and get started on accomplishing them.

They will help you make an individual learning plan that will map out the exact course you need to take to finish your degree.

And they can even offer on-line courses for your convenience.

If you are interested in advancing your career, hanging your four year degree on the wall, and boosting your earning potential please call Carmel Calsyn, supervisor of the Adult Degree Completion Center at 217/353-2649.

The Importance of Holistic Health

by Lauren Schulz
Staff Writer

It is my opinion that having holistic health in your life is an important step toward a total feeling of well-being.

Whether it means seeing a practitioner (a nurse practicing holistic approaches) or just being fully aware of your health. But, before I begin pouring out large sums of information on this subject, I'm assuming that a few of you out there are wondering, "What is holistic health?" Holistic health, is more or less an approach taken to understand all the aspects of how a person interacts in their environment.

Three specific things holistic health focuses on are: harmony with ourselves, the world, and nature.

"You need to know what kind of person has the disease. not what kind of disease

the person has", stated the most famous physician of the nineteenth century, Sir William Osler.

For optimum health, we must be in balance with our mind, body, and spirit (your meaning to life). Generally, when we become ill, the theory on holistic health believes this is caused by an imbalance of either our mind, body, or spirit.

The concept of holistic health is starting to make sense, huh? "If I'm sick all I need to do is get myself balanced and I'll feel better automatically, right?"

Well, that sounds great, but its not quite how it works. Holistic health is designed towards prevention. (Not intended to cure or treat severe illnesses). The practitioner can only do so much.

Their job is to direct you to healthy lifestyle choices. It is solemnly up to the individual.

to change unhealthy habits.

In *Medical Nemesis*, Ivan Illich, made it clear that, "The average person has abdicated responsibility for his or her health to the healthcare system."

Ivan goes on to say, "that many of us believe that we can smoke, drink too much, eat too much, and drive carelessly and our healthcare system will fix us. Coronary bypass surgery is no substitute for a healthy heart."

Illness can be viewed as a positive opportunity to look over our life goals and values.

Keep in mind, there is a lot more information to be covered on holistic health.

However, I thought this would be a great start for my "Alternative Healthcare" articles to come. So, ask yourself "Am I balanced (mind, body, and spirit?)"

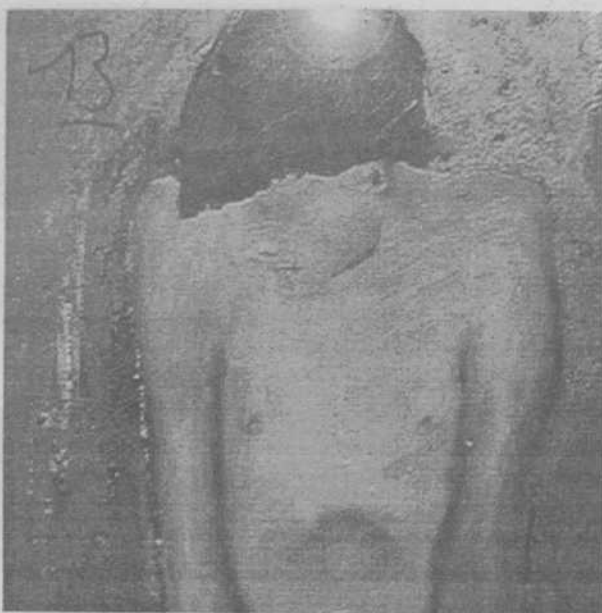
REVIEWS

Blurs' Lucky 13

by John Isberg
Features Writer

WooooHoooo, Blur is back with a new album, "13." Many of you still remember "Song #2" from their last album, the very creatively titled, "Blur." While there are similar echoes on this album, "13" is a bit of a departure from essentially radio-friendly top 40 sounds from their previous albums. Some of the songs on the album echo heavy psychedelia and other songs have such a stripped down, bare bones feel. The album definitely struggles with trying to find an identity.

Given with the admission that their last album was a self-described sell-out, it's hard to know where Damon



Albarn, frontman for Blur is coming from. As long as they make interesting, good music, I don't care. Let someone else argue credibility.

There are heavy influences of Radiohead, Sex Pistols and even Uncle Tupelo. Songs

such as, "Battle," with its X-Files inspired feel and the psychedelically soaked, "Trailer-park," and, "Caramel," are amazing in their conveyance of space within song structure.

Less inspired more radio-friendly songs such as the first single, "Tender," seem lost on the album. The highlight of the album and easily the most catchy song of the whole affair would have to be, "Coffee and TV." While a rather light song with simplistic lyrics, it is a well-written song worthy of airplay.

Overall, this is a good album. The deletion of songs

such as, "Swamp song," would make this a great album. Blur sound has matured and while it is easy to say that their sound is derivative of more inspired bands, they did put together a good album.

I give this album 4 out of 5 stars.

Writers' note: I was originally reviewing the new Nine inch Nails album but as I waited at Discount Den for their midnight madness sale to start, they played the album in the store. It was the most monotonous, uninspired, repetitive sorry excuse for music I've ever heard. On top of that I had to endure countless, "Trent is god" conversations. If it really took four years for Trent Reznor to produce that boredom, maybe he should retire.



Michael Jordan just signed with another team.

Michael Jordan knows the value of a good education. That's why he has joined with The College Fund. To give deserving students the chance for an education they otherwise might not receive. Please help the bright and talented students of tomorrow fulfill their dreams of becoming doctors, lawyers, scientists, or anything they want to be. Give to The College Fund. And join Michael Jordan's team for better education.

To support The College Fund, call 1-800-332-UNCF.

The College Fund/UNCF
A mind is a terrible thing to waste.

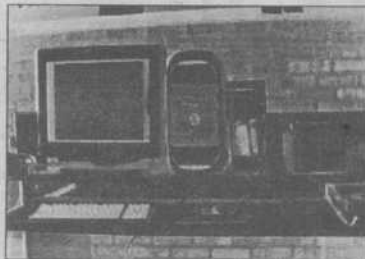
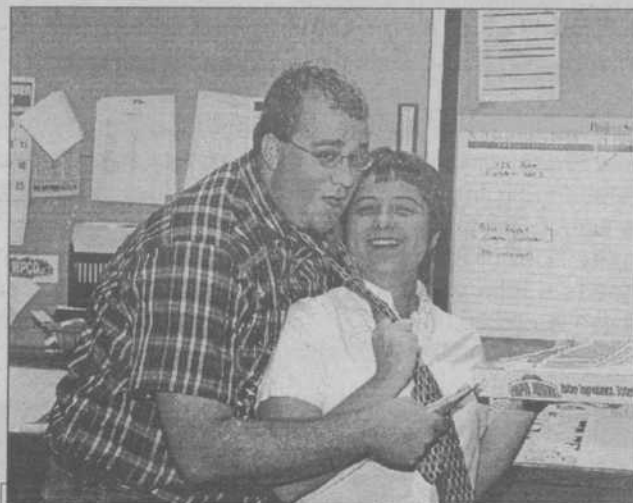


www.parkland.cc.il.us/prospectus/

Prospectus

Champaign, IL since 1969

PARKLAND COLLEGE STUDENT NEWSPAPER



Gas, Sand, and the World Economy

Just a few of the things that make me mad

by Brian Weidert
News Editor

O.K., so yesterday I was driving around town like a mad man-why, you ask? (And, no don't make up your own answers).

I was trying to buy gas, a pretty common occurrence, I understand, but let me explain.

The needle was pushin' E, but my wallet was telling me about the wonderful world of Mass Transit. (I am a college student remember).

So there I was...nearing the shiny, glowing, buy-everything-you-don't-need at one place, gas station.

As I approached, the sign read something like regular unleaded \$1.30.

Damn!! Now maybe it,s just me but that seems a little high. I remember the good ol' days when the gas sign forever flirted with the 90 cent gallon.

And I've heard stories of a



Brian Weidert

world-although I can hardly believe it-where gas cost pennies, every car came with chrome on it, and a bottle of Coca-Cola still had some coke in it.

But wait a minute, back to my story. I blew by the gas station. No way was I going to shell out a buck thirty for stinkin' gas.

And so my quest started. I

Neil Bernstein/Prospectus

drove around to all of the usual spots where I can get some cheap gas.

I was turned away at every sign, \$1.30, \$1.31, they read like tombstones to me. (No, I'm not being over dramatic-just like tombstones, I tell you).

I had one last hold out. A place a little out of town that I used only on emergencies.

The needle waved back and forth-an ill omen. But I had no choice. I had to do it.

As I pulled up to the station I felt pretty good. I knew I would, I had found quite a bargain you understand.

Grinning a secret grin I pumped my gas. But as I stood there something bad happened. I realized something I definitely shouldn't have.

I didn't win. No, I didn't beat the system-kick big brother in his fat head. No, I...I...Man, I was saving a lousy 2 cents.

I fell apart right there on the slick, black, artificial earth of that foul place.

What did it all mean? I was suffering at the hands of a world economy gone mad.

Some desert nation had halted its oil output because of some embargo on some other featureless desert nation.

Then some huge world-dominating oil company decid-

ed that it would have to raise its oil prices because turning a God-zillion dollar profit just wasn't good enough.

The chain-of-effects rushed towards little ol' me. Forcing me into a rat race to find the one gas station that charged a whole half-a-penny less than all of the other gas stations.

Man I was mad. And I still don't quite understand the ramifications of what I realized while I stood there pumping my gas.

Maybe this all means something. Maybe we as a nation should stand up and fight. We could shake off the chains of oppression, stop paying taxes, release all of our brothers in arms...

O.K., so maybe it doesn't mean any of that. But, damn it, \$1.30 is still a lot to pay for gas.

We'll Work Around Your Schedule

**Need spending money this fall?
Join the HOBBICO team!**

Spend your free time earning extra cash! HOBBICO has the perfect job for you. We currently have openings for:

- Phone Order Takers
- Warehouse Associates
- Forklift Operators
- Customer Service Reps
- Administrative Assistants
- Product Support Techs
- Software Support Techs
- Light Industrial Associates

We are prepared to offer you flexible day, evening, and weekend hours, full or part-time schedules, employee discounts off merchandise, great starting pay and a friendly work environment.

**APPLY IN PERSON TODAY AT:
HOBBICO, 2904 Research Rd. C. (off Mattis, North of I-74)
9:00AM - 4:30PM M-F EOE
e-mail: hr@hobbico.com • website: www.hobbico.com**

New Center Helps Adult Students Advance

by Brian Weidert
News Editor

Sometimes not everything works out like we planned. If you started college years ago but became sidetracked by marriage, kids, bills, etc. there is a place where you can pick up where you left off.

The Adult Degree Completion Center can give you

everything you need to finish your degree, no matter how long ago you started.

The advisors and mentors in the Center offer personalized advising, to help you clarify your goals and get started on accomplishing them.

They will help you make an individual learning plan that will map out the exact course you need to take to finish your

degree.

And they can even offer online courses for your convenience.

If you are interested in advancing your career, hanging your four year degree on the wall, and boosting your earning potential please call Carmel Calsyn, supervisor of the Adult Degree Completion Center at 217/353-2649.

**HOUSEKEEPING JOB FAIR
SEPTEMBER 23 & SEPTEMBER 24**

PROVENA COVENANT MEDICAL CENTER offers an outstanding flexible benefits program to both full and part-time employees.

We are currently seeking energetic individuals to fill day, evenings and/or weekend shifts. Flexible shifts are available including four-hour shifts. Full and part-time positions are available in our centralized Housekeeping department as well as our patient-care unit based areas.

This position provides an excellent opportunity to gain healthcare experience and receive prepaid tuition for a healthcare related degree.

Visit our Housekeeping Job Fair
Thursday, September 23, 1999
3:00p.m. - 5:00 p.m.
in Auxiliary Auditorium A
or
Friday, September 24, 1999
9:00 a.m. - 11:00 a.m.
in Auxiliary Auditorium B
Provena Covenant Medical Center
1400 West Park
Urbana, IL 61801

PROVENA
Covenant Medical Center
Focused on You.™

www.covenant-cu.com EOE

The Importance of Holistic Health

by Lauren Schulz

It is my opinion that having holistic health in your life is an important step toward a total feeling of well-being.

Whether it means seeing a practitioner (a nurse practicing holistic approaches) or just being fully aware of your health. But, before I begin pouring out large sums of information on this subject, I'm assuming that a few of you out there are wondering, "What is holistic health?" Holistic health, is more or less an ap-

proach taken to understand all the aspects of how a person interacts in their environment.

Three specific things holistic health focuses on are: harmony with ourselves, the world, and nature.

"You need to know what kind of person has the disease, not what kind of disease the person has", stated the most famous physician of the nineteenth century, Sir William Osler.

For optimum health, we must be in balance with our mind, body, and spirit (your

meaning to life). Generally, when we become ill, the theory on holistic health believes this is caused by an imbalance of either our mind, body, or spirit.

The concept of holistic health is starting to make sense, huh? "If I'm sick all I need to do is get myself balanced and I'll feel better automatically, right?"

Well, that sounds great, but its not quite how it works. Holistic health is designed towards prevention.(Not intended to cure or treat severe ill-

nesses). The practitioner can only do so much.

Their job is to direct you to healthy lifestyle choices. It is solemnly up to the individual, to change unhealthy habits.

In Medical Nemesis, Ivan Illich, made it clear that, "The average person has abdicated responsibility for his or her health to the healthcare system."

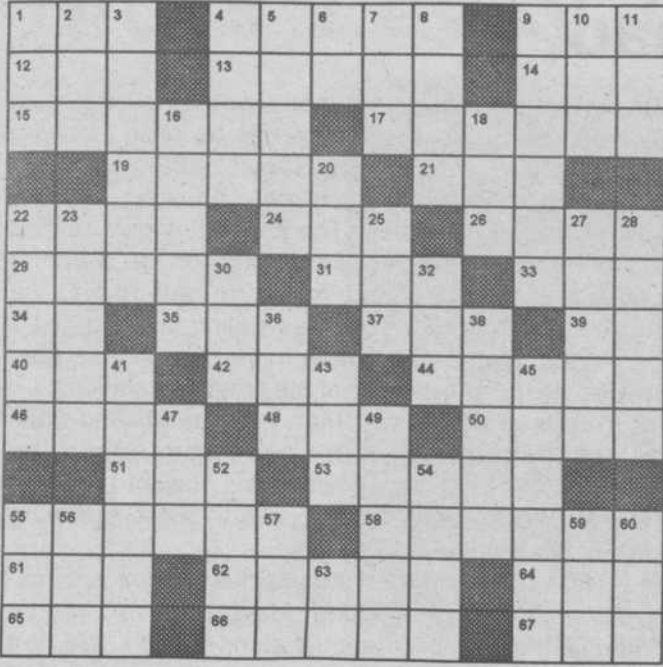
Ivan goes on to say, "that many of us believe that we can smoke, drink too much, eat too much, and drive carelessly and our healthcare sys-

tem will fix us. Coronary bypass surgery is no substitute for a healthy heart."

Illness can be viewed as a positive opportunity to look over our life goals and values.

Keep in mind, there is a lot more information to be covered on holistic health.

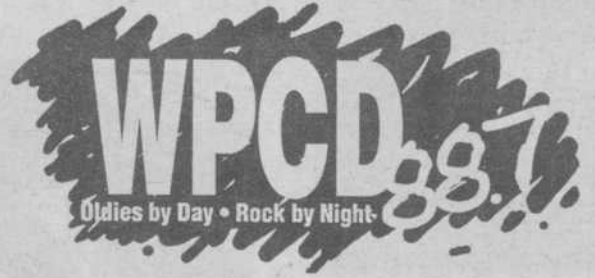
However, I thought this would be a great start for my "Alternative Healthcare" articles to come. So, ask yourself "Am I balanced (mind, body, and spirit?)



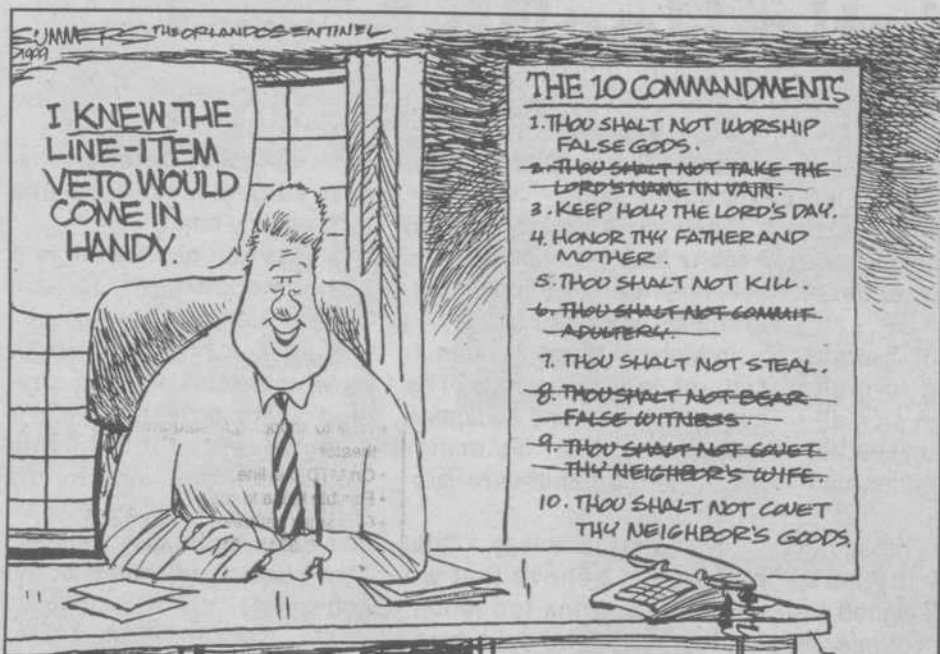
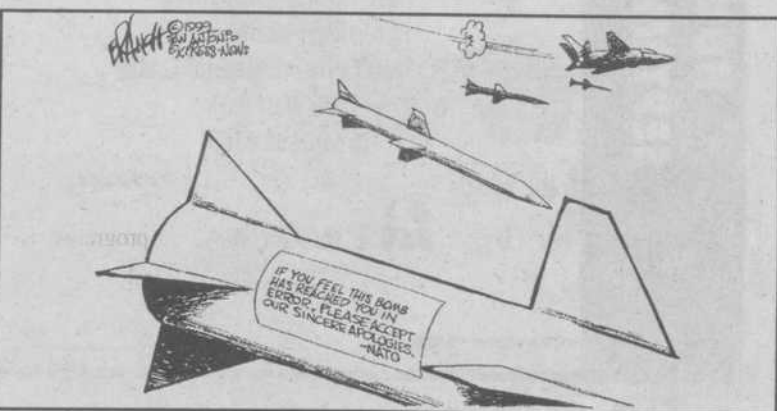
Check next issue for the answers to this week's puzzle.

Below are the answers to last week's puzzle.

W A D D A D A S I N
 R A S E E P I C A N N
 I T N A B D E W I B E
 T E N H I T B A L T
 E R I N T O P L O A M
 L E A R O E R T E
 A T E X A M I N E E N
 B O A E R E E A R
 A R T S E N D T I D Y
 N O O K T O N P O E
 V A N D A L Z O O N A
 A N D A L A M E D O O R
 S O L E V E N E R R



- ACROSS**
- 1 Freshwater fish
 - 4 Heathen
 - 9 Pot
 - 12 Brew
 - 13 Crazy
 - 14 Mingled reverence
 - 15 Slicing
 - 17 Snarl
 - 19 Fall flower
 - 21 In favor
 - 22 Places
 - 24 Side bone
 - 26 First man
 - 29 One better
 - 31 Part of week
 - 33 Fuss
 - 34 Lithium symbol
 - 35 Auricle
 - 37 Affirmative
 - 39 Above
 - 40 Attention (abbr.)
 - 42 Gambling die
 - 44 Red fruit
 - 46 Paper measurement
 - 48 Tic _ Toe
- DOWN**
- 1 Opening
 - 2 Winglike structure
 - 3 Re-establish price
 - 4 Liquid measure
 - 5 Ire
 - 6 Southern state (abbr.)
 - 7 Pismire
 - 8 Kind of tide
 - 9 Far East religious building
 - 10 Boring tool
 - 11 Born
 - 16 Published newspaper
 - 18 National gun group (abbr.)
- 20 Free**
- 22 White bear
 - 23 Bring together
 - 25 Inlet
 - 27 Parent
 - 28 Acts gloomy
 - 30 Tap lightly
 - 32 Yes vote
 - 36 Rodent
 - 38 Jack _
 - 41 Interfere
 - 43 Scottish cap
 - 45 Trifling
 - 47 Cow sound
 - 49 Snake
 - 52 Seed husk
 - 54 Grass stalk
 - 55 Beaver construction
 - 56 Age
 - 57 Small number
 - 59 Ogle
 - 60 Soak flax
 - 63 Morning (abbr.)



Help Wanted



Seeking Delivery Drivers

Apply at 2104 W. Springfield, Champaign

Full-Time Delivery Person
La-Z-Boy Showcase Shoppe needs a delivery person to work weekdays and most weekends. Heavy lifting. Non-Smoking environment. Health and Retirement bene-

fits. Some college background preferred. Opportunity for advancement. Apply in person. La-Z-Boy Furniture Galleries 506 Anthony Dr. (east of Best Buy)

La-Z-Boy Furniture galleries needs a part-time delivery person to work most weekends and some hours during the week. Non smoking environment. Heavy lifting. Apply in person at 506 Anthony Drive.

Server/Host positions avail. am or pm. Starts immediately. Apply in Person at Phoney Mahoney's 1206 N. Mattis, Champaign.

CNA's Hiring experienced CNA's NOW! Starts at \$9.00/Hr + bonuses. Call Nursing Solutions today 355-6544

Housing

Sublet Available. 1 bedroom and 1 bath available in fully furnished Melrose apartment. Includes refrigerator, stove, A / C , W / D , dishwasher, microwave. \$356/mo. Free Utilities. Call Kim @ 217-278-0380

Available now, near Parkland, small 1 bedroom house, 1.5 bath, stove, refrigerator, AC, basement, off street parking, good area, near park and pool. No dogs. 352-2068

Travel

Browse icpt.com WIN a FREE trip for Springbreak 2000. ALL Destinations

offered. Trip participants, Student Orgs & Campus Sales Reps wanted. Fabulous Parties, Hotels& prices. Book the Best, Forget the Rest. For reservations or Rep registration Call Inter-Campus 1-800-327-6013

Buy/Sell

For Sale: TI-82 Graphing Calculator in box, With Book \$65.00; New Johnson resonating guitar "Dobro" with case and extras \$400.00 Call 253-2894

THE GTE VISA

Apply on the web and get up to **\$20** of **FREE** calling time.*

- **\$20** of FREE calling time just for applying.
- Apply on the internet and get an additional **\$15** of FREE calling time when you make your first purchase. (*\$5 if you apply by phone.)
- Get a **5%** rebate towards calling on all purchases.†
- No annual fee.
- No credit history required.



APPLY TODAY!

www.gtecard.com or 1-888-591-7900

*Calling time will automatically be credited to your GTE Calling Card account. †When you carry a balance from month to month. Call our toll-free number or visit our web site for complete disclosure of terms and conditions.

AHH!

<p>2 Breadsticks, 2 Cokes</p> <p>\$5.45 Only</p> <p>Not valid with any other offer.</p>	<p>10" Pizza w/ 2 Toppings and 2 Cokes</p> <p>\$6.99 Only</p> <p>Not valid with any other offer.</p>
<p>Large 2 Topping</p> <p>\$7.99 Only</p> <p>Not valid with any other offer.</p>	<p>Large or extra Large</p> <p>\$3 OFF WOW</p> <p>Not valid with any other offer.</p>

Tyra's Little Learners In-Home Day Care

1815 Valley Rd (off of Kirby, across from Hessel Park)



Educational Activities, Nutritious Meals & Snacks

621-6890

Evening Hours: 3-11:30 pm

Three ways to beat the high cost of college.

1. The Montgomery GI Bill
2. Student loan repayment
3. Part-time income

The Army Reserve Alternate Training Program is a smart way to pay for college. First, if you qualify, the Montgomery GI Bill can provide you with over \$9,000 for current college expenses or approved vo/tech training.

Second, if you have-or obtain-a qualified student loan not in default, you may get it paid off at the rate of 15% per year or \$1,500, whichever is greater, up to a maximum of \$10,000. Selected military skills can double that maximum.

Third, you can earn part-time money in college, and here's how it works: One summer you take Basic Training, and the next summer you receive skill training at an Army school. You'll earn over \$2,000 for Basic and even more for skill training. Then you'll attend monthly meetings at an Army Reserve unit near your college, usually one weekend a month plus two weeks a year. You'll be paid over \$118 a weekend to start. It's worth thinking about. Give us a call:

888-908-2769

BE ALL YOU CAN BE.®
ARMY RESERVE
www.goarmy.com

Let vegetarianism grow on you

CALL PETA FOR FREE RECIPES 1-888-VEG-FOOD

PETA PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS
501 FRONT ST., NORFOLK, VA 23510
757-622-PETA



Special Olympics

Illinois

30th Anniversary

To learn about our programs, call your local Special Olympics office.

COUNTRY FAIR APARTMENTS

MONEY SAVING RATES
HEAT, WATER, GAS, SATELLITE TV, REFUSE & 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, management/maintenance 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 • 2106 W. White, C
Weekdays 9-5:30, Saturday 9-12
No appointment necessary to view model apartment

DOG



DAYS

Saturday, October 9
Parkland College
Red Barns & Track Field - under the BIG TOP TENT

- 9am-Dog Walk/Litter Control
- 11am-Salad Pot Luck
- 1pm-Stupid Dog Tricks Contest
- 2pm-Halloween Dog Costume Contest
- 3pm-Master/Dog Look-A-Like Contest

Parkland students, employees, family, and friends - **SIGN UP YOUR DOG** at the Welcome Desk, X153, L117, or X149. Call 351-2206 for more info.

Sponsored by Activities & Services Board, Student Life and Veterinarian Technology Club. Co-sponsored by Animal Outfitters, Leisure Time Pet & Hobby, Pages For All Ages, Parkland Bookstore, Pets Ltd., Petsmart, Prairieland Feeds and Tailwagger's Pet Chateau.

Cobra Sports

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

Graphic Design Contest for Sports Page apply in X155

Big Ten Report

By Shawn Gibbs
Campus Correspondent -
University of Iowa
TMS Campus

Michigan St.

The Spartan basketball program has received verbal commitments from two blue chip recruits in 6-8 forward Zach Randolph from Marion Ind and 6-3 guard Marcus Taylor from hometown East Lansing.

Taylor, who was recruited by Michigan, Kentucky, and Syracuse, said it was tough to ignore the seven year recruiting effort by Michigan State coach Tom Izzo.

"I feel proud to say that he has been recruiting me since I was in the fifth grade," Taylor said.

Recruiting analyst Bob Gibbons put Taylor as the No. 3 overall player while Randolph was listed at No. 5.

Gibbons added that the Spartans already have a Top 5 class regardless of where they go from here.

Iowa

New head basketball coach Steve Alford has spent much of his time on the recruiting trail. He's received verbal commitments from Iowa City West star Glen Worley, point guard Brody Boyd from Indiana, Marcus Taylor's Waverly

High School teammate Courtney Scott, and power forward Sean Sonderleiter of Des Moines. Last weekend, 6-10 forward Jared Reiner paid a visit. The Tripp, South Dakota native has made great strides in the summer camps and still has visits planned with national powers Kansas and Connecticut. According to Jared's mom, Jared "loved the school," but is still planning to take one more visit.

Northwestern

Former Wildcat Matt Hartl, a fullback on the 1995 Northwestern football team, died August 30 after a lengthy battle with Hodgkin's disease. He was 23.

TMS Campus, 1999



Neil Bernstein/Prospectus

Laura Martin, Parkland's prime center midfielder, shields the ball from a College of Du Page Player



Neil Bernstein/Prospectus

Lady Cobras off to great start

The first NJCAA Division Volleyball Poll has been released and the Parkland Lady Cobras are ranked #2 in the Nation!! The 19-5 Lady Cobras host undefeated, and #4 ranked Danville tonight beginning at 7:00 p.m.

In addition, Shelly Kraeger is the leader in digs per game(4.64) and is fourth in kills per game averaging 3.98. Teammate Julie Brandmeyer is second in digs with 4.62 per game. Congratulations Lady Cobras.



Neil Bernstein/Prospectus

Katherine Burlew, makes a save against College of Du Page. Parkland lost 0-3



Neil Bernstein/Prospectus

John Sasilek



Neil Bernstein/Prospectus

Saif Abu one of the many international students on the Parkland team