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## Cipfl to speak at Parkland graduation

Parkland College will honor its 1999 graduating class during the college's annual commencement exercises on Friday, May 14.

The ceremony will begin at 8:00 p.m. in the Foellinger Great Hall of the Krannert Center for the Performing Arts, Urbana.

Joseph J. Cipfl of the Illinois Community College Board will be the keynote speaker. Dr. Cipfl, former president of Belleville Area College, was selected as president/CEO of the ICCB in 1997. He received a Ph.D in educational leadership from St. Louis University, an M.S. and a Specialist in Education degree from Southern Illinois University, and a bachelor;s degree from Illinois State

University.
The Parkland College Community Band, conducted by William Worra, will provide music. Among those scheduled to make introductions and comments are John S. Albin, chair of Parkland Board of Trustees; Trent Steidinger of Fairbury, student representative on the Board of Trustees; Angela B. West of Champaign and Amelia J. Williams of Carrollton, graduating students; Dale Ewen, vice president for academic and student services; and Parkland College President Zelema Harris.

In addition, Mary Lou Staerkel, wife of the late William M. Staerkel, founding president of Parkland College, will receive an honorary asso-
ciate degree in commemoration of her long-time support of the college.

A reception will be held in the Krannert lobby after the commencement exercises.


# PC Chorus, Chamber Singers present spring concerts 

The Parkland Chorus and ranging from traditional hymns Parkland Orchestra presented to a Duke Ellington medley. a joint spring concert at 7:30 p.m. on May 3 in the Twin City Bible Church, 806 W. Michigan, Urbana.

The chorus, was directed by Barbara Zachow and accompanied by Kerry Heimann, and the orchestra, directed by Jack Raney, per-

A highlight of the concert was a joint performance of Randall Thompson's "Frostiana: Seven Country Songs," featuring the poetry of Robert Frost.

Donations were be accepted at the door. For more information: Parkland music

## department 217/373-3740

The Parkland Chamber Singers, conducted by Fernando Malvar-Tuiz, will present its spring concert, "The Full Monty: 600 Years of British Choral Music Exposed," at 7:30 May 15 in the McKinley Foundation sanctuary, 809 S . Fifth St

## Champaign.

The Chamber Singers, accompanied by Kerry Heimann, will perform works by Bennett, Purcell, Vaughan Williams, Britten, Swayne, and others.

Donations will be accepted at the door. For more information: 217/373-3740

## PC faculty member wins WAR contest

"Powerful, awesome, alive, electric, consuming, hot (and very cool!)" is how Parkland faculty member Jan Simon's essay describes her concept of Illinois Prairie Fire. Her suggestion was the winner of the $\$ 1000$ prize in Women Against Racism's (WAR) contest for a new University of Illinois mascot.

Simon's idea, which featured an orange fire around the word "Illinois" in blue, was
one of over 80 entries in WAR's contest.
"The mascot committee narrowed it down to 22 entries, and outside judges chose the Prairie Fire idea," said mascot committee cochair Lydia Khuri. "We chose the judges by their connection to art and interest in the issue of the chief, as well as looking for a diverse representation [among the judges]."

This contest does not
mean the University of Illinois intends to change its mascot, however.
"We are not affiliated with the university, so they are not obligated to accept our proposal," said WAR mascot committee member Carol Spindel. "We intend to propose the top choices to the board of trustees."
"This is a major issue in the community, not just in the university," said Imani Bazzell,
the co-coordinator of WAR "The contest gives us a new and creative way to challenge racism by having the community be a part of the solution."

If the solution proposed in Simon's entry is accepted by the University of Illinois, the rallying cry of "Chief!" may be replaced by "Prairie Fire: Smokin!"

## Evans named assistant dean

Ruth Ann Evans of the college's instructional Preparation Center, several Champaign has been named assistant dean for Adult and Workforce Education at Parkland College, effective May 1.

Ms. Evans was formerly
coordinator for Adult Education and JTPA (Jon Training Partnership Act). In her new position, she will provide leadership and administration for the Workforce
aspects of Adult Education/GED, and career grants such as Perkins, ETC, and Workforce Investment, as well as JTPA and displaced homemaker programming.

As an employee of Parkland College since 1987, Ms. Evans has a bachelor's degree from Southern Illinois University and a Master of Education from the University of Illinois

## Wellnessites

- Examine your skin on a regular basis. Any mole that changes shape, color, or size; any sore that does not heal; or any persistent patch of irritated skin or a small growth may be a sign of cancer and needs professional evaluation. A recent study in the Journal of the American Medical Association found that $55 \%$ of cases of melanoma (the most dangerous form of skin cancer) were found by patients. There are advantages to a professional checkup, however: the study found that physicians were much likelier to find them, early melanomas, which are most treatable. People were three times more likely to detect melanomas on easily visible parts of their body, such as arms, legs, chest, face, than on their back or buttock.
- The three rules of good communication: have something to say, say it, shut up.
- Shoes say a lot about the wearer. According to a new survey by the American Orthopedic Foot and Ankle Society (AOFAS), the higher the heel a woman commonly wears, the worse her foot problems--bunions, calluses, ingrown toenails, and the like--will be. But the survey also found a connection between education and heel height. Of 531 working women surveyed, $44 \%$ reported wearing flats, and $30 \%$ athletic shoes at work. Another $17 \%$ of them wore low-heeled pumps (less than $21 / 4$ inches), leaving only $2 \%$ in high-heeled shoes, and $7 \%$ in other kinds of shoes (such as clogs and boots). High heels at work have become an oddity. According to the survey, the more educated the woman, the likelier she is to wear flats: $58 \%$ of women with a graduate degree work in flats, followed by $16 \%$ in athletic shoes. Note: the AFOEA did not survey how dress codes at work and social pressures influence shoe choice.
- If you have a favorite cereal and ar counting calories or trying to determine your nutrient intake, read the side panel of the box and see how much "one serving" is $-1 / 2$ cup, $3 / 4$ cup, or more? Get out a measuring cup and put "one serving" into your favorite cereal bowl. Note the level on the side of the dish. If you are used to eating twice that amount, remember to double the number of calories and nutrients listed on the package.
$\downarrow$ These postures can put you at risk of injury: typing with bent wrist, turning your head to the side to view the monitor, reaching up and over the keyboard to use the mouse, leaning over to type in data from papers that are flat on the desktop, slouching/leaning forward in the chair, cradling the phone between ear and shoulder, bending at the waist to lead copy machines, and reaching up to overhead bins or shelves.
- Avoid "dieter's" teas. These usually contain harsh laxative herbs such as senna, aloe, cascara, rhubarb root, frangula, or buckthorn, which cause diarrhea and dehydration and thus lead to temporary weight loss. These products, which in California must bear a warning label, can cause abdominal pain, muscle weakness, and severe diarrhea. Between 1992 and 1994, at least four healthy young women died after drinking senna-containing teas for a month. No tea can permanently take pounds off.
- "Experience comes from what we have done. Wisdom comes from what we have done badly." --Theodore Levitt, Harvard Business School.

Source: HealthyBites and University of California at Berkely Wellness Letter

$P_{x}$ rospectus

Nicole Hodge \& Stephanie Hodge Editors in chief:


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[^0]mer session by studdents of Parkland College, located at:
2400 West Bradley Avenue
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Champaign, Ilinols. $81821-18$

## Non traditional student corner

By: Sharon D. Wenger Prospectus Staff Writer

Meet: Joyce Ruder Jackson

Joyce is a 45 year-old nontraditional student from Champaign. She is in her second year of part-time study at Parkland and is working on a general Liberal Arts and Sciences degree.

Joyce is currently employed as a Special Education Department Teacher's Aide
by the Unit 4 School District. She works full-time at Carrie Busey Elementary School in Champaign. Her job requires a lot of patience, but she really enjoys it.

She belongs to the PTA and is the Vice President of the Centennial High School Lancer Booster Club. The Lancers are a dance team that performs during half-time at the high school games. Her daughter, Kelly, has been a Lancer for three years.

Joyce has been married to husband, Doug Jackson, for 17 years. Doug owns
his own business, D.A. Jackson Design. He designs and remodels residential homes.
Joyce and Doug have four children: Kelly - 16, Tyler - 12, Jeremy - 10, and Lyle - 8.

Joyce and her family live on
a farm in rural Champaign. Her hobbies include
reading - her favorite, gardening, cooking, and collecting nesting boxes and toys which are an old Russian folk art. She loves her big, country yard and enjoys swinging with her children, especially as it gets dark during the summer. She processes what she
raises in her garden, freezing peas, carrots, and zucchini, and cans in the neighborhood of 100 quarts of tomatoes each season!

Joyce has two main goals: to obtain a degree and to keep learning.

Joyce offers some words of wisdom for younger students getting ready to start out on their own. When she was in high school, she did just what was needed to get by and never had any desire to go on to college. She now wishes she had handled things differently. As she explains, it would have been so much easier to go to college at 18 when she didn't have so many other responsibilities. Now she has to juggle commitments to a full-time job, family, home, and homework too. She admits that
sometimes it is very difficult, but always worth the effort.

Joyce has three sisters who
are also back in school. They keep in touch with each other via e-mail and discuss their class progress, successes; and difficulties.
They encourage each other and she says it really helps!

Note: The Non-Traditional Student Corner will be taking a break for the summer. The column will return in the fall with the first one appearing in the Prospectus the week before classes commence. I will be working on articles and personal profiles for next year over the summer. Please continue to submit topics you would like to see covered, questions, ideas, comments, constructive criticisms, or nominations for a Personal
Profile column to Sharon via email at: ensharon@advancenet.net or written on a sheet
of paper and dropped off at the Prospectus office, Room X155. If submitting a nomination, please include the person's name along with a brief description and an e-mail address or phone number for me to make contact.

Have a great summer and see you in August!


If you're completing nursing school this spring and are ready to take the plunge into the job market, then begin your search at Carle. Carle Foundation Hospital is a challenging place where you may apply your newly acquired knowledge and develop your nursing skills.
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## ILLINOIS COMMUNITY COLLEGE SYSTEM FOUNDATION

The Illinois Community College System Foundation is seeking designs for a symbolic logo to depict the philosophy and goals of the State Foundation. The logo will reflect the 40 local community college Foundations and the thrust of the State to provide dollars and scholarships locally.

A five hundred dollar ( $\$ 500.00$ ) award will be made in cash to the community college student and/or employee whose design is selected from a panel of State Foundation Board members, the CEO, selected Illinois Community College Board employees and some local Foundation Executive Director's.

The logo should be simplistic as possible and capable of being marketed to corporations, businesses and individuals. The design would be recognizable on its own reflect to reflect the State Foundation (as for example the McDonald's Golden Arches logo). The logo maximum size should be $4^{\prime \prime} \times 4$ " which will allow for reduction to $1^{\prime \prime} x 1^{\prime \prime}$.

Other criteria to reflect on when designing the logo are:

1. Symbolize the spirit of the Community College philosophy.
2. Represent the statewide system of 40 community colleges.
3. Pay tribute to the community college student, dedicated to the desire to study and enter the job market to become leaders and experts in the technology age of the new millennium
4. Have appeal for the corporate and business community, along with individuals who will view the State Foundation as an entity savvy enough to provide dollars to move the system to a higher level of success.
5. Create a simplistic logo that can be marketed with increasing recognition.
6. Represent a level of continuing education (life-long learning) that enhances a changing and increased challenging job world.
7. Recognize the community college transfer student pursuing additional years of education.
8. Represent a Statewide Foundation that provides multiple scholarships for students in all 40 local community colleges.
9. Symbolizes the uniqueness and success of the community college in higher education, the fastest growing
10. Reflects the one million community college students that continues to grow dramatically in the new century.
11. Recognizes a segment of higher education that is the "college of the people."
12. Will be easily marketed in the various media, as well as on an individual basis.
13. Symbolize the power of a system yet to be fully recognized and thus respected.
14. Is and will continue to be the major training sector for corporations and businesses world wide.
15. Symbolize the unity of 40 local community colleges joining together to maximize non-public dollars.

For additional information contact Carol Steinman in room A113, Parkland College

## Send designs to:

Illinois Community College System Foundation 401 East Capitol Avenue Springfield, IL 62701 ATTN: Dr. J. Neil Admire, CEO

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## Parkland announces athlete of the month

By: Writers Name Prospectus Staff Whiter

Parkland Men's Tennis player, Shaun Peterson, has been named the Athlete of the MOnth for April. Peterson won the \#1 singles at the Region 24 meet held on April 23-24 defeating llyes Hassib of Lake Land 6-1 and 7-6. He is currently ranked \#11 in the nation with a 23-5 record.

In doubles, Peterson teamed with Gene Cox to defeat Hassib and Like Bacon $7-6$ and $7-5$. They are now 233 and ranked \#2 doubles team in the nation.

The two victories propelled the Cobras to the Region 24 Championship and a berth in the NJAA National Tournament to be held May 16-23, 1999 in Tyler, Texas.



Jason J. Ashby Killed by a drunk driver on August 17, 19 on Route 5 in
reat Mills, Maryland. reat Mills, Maryland


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Photographs by: Neal Bernstein
Art by: Tim Higgins


[^0]:    The Prospectus is published weekly during the fall and sprin
    mer session by students of Parkiand College, located at

