

PROSPECTUS

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**WOMEN'S
programs
services**

Parkland College
217/351-2541

Badge of Courage a Reminder

Laughter and Tears Are Healthy

by Sarajenie Smith
Staff Writer

Fifteen seconds of laughter and 15 seconds of crying can be very healthy, Debbie Hart, who also is known as "Debbie the Clown," said at the opening session of the Women's Program and Services meeting on Thursday.

Co-sponsored by the Nursing Program, Teardrops, "Teardrops and Jellybeans" was a combination of humor, audience participation, and advice on dealing with death, divorce, job loss, and other negative experiences.

Hart said, "There has to be a balance between the expres-

sion of humor and sadness" and that owning the pain equals healing. "Grief never goes away," she said. "It just seems to diminish."

According to Hart, grief is "like a cut or scrape, tender at first, then gradually it heals, but it leaves a scar."

The workshop ended with questions from the audience and a little gift from Hart — a badge of courage. The badge is to be looked at when courage is needed to "face fears of saying hello and fears of saying good-bye."

The next Women's Health and Healing Workshop, "Energy-Based Therapies," will be on Oct. 12 at noon in room

L111.

Next on the list of Women's Programs and Services will be a Brown Bag presentation, "Our Views on the Election 2000 on Wednesday, Sept. 27 at noon in room X208.

The focus will be the November 2000 elections and what they will have to do with women's interests. The panel will include Geri Parr, Champaign County Auditor; Esther Patt, member of the Urbana City Council, and Shirley Stiling, former member for 14 years of the Champaign County Board. For more information: Mary Lee Sargent at 351-2541 or stop in room X220.

Sisternet also will conduct a conference on Sept. 30. The conference will be geared toward helping African-American women bring physical, emotional, spiritual, and intellectual health together. It will be a way to support healthy living and to explore and strengthen relationships with other African-American women.

The workshop will start at 9 a.m. and will end at noon in the Gallery Lounge. During this time, there will be a continental breakfast followed by the conference. To register and reserve free child car: 351-2546 or email: sisternet@aol.com.

'Millionaire' Looking for College Students

Maybe you could win a \$1,000,000

by Billy O'Keefe
TMS Campus

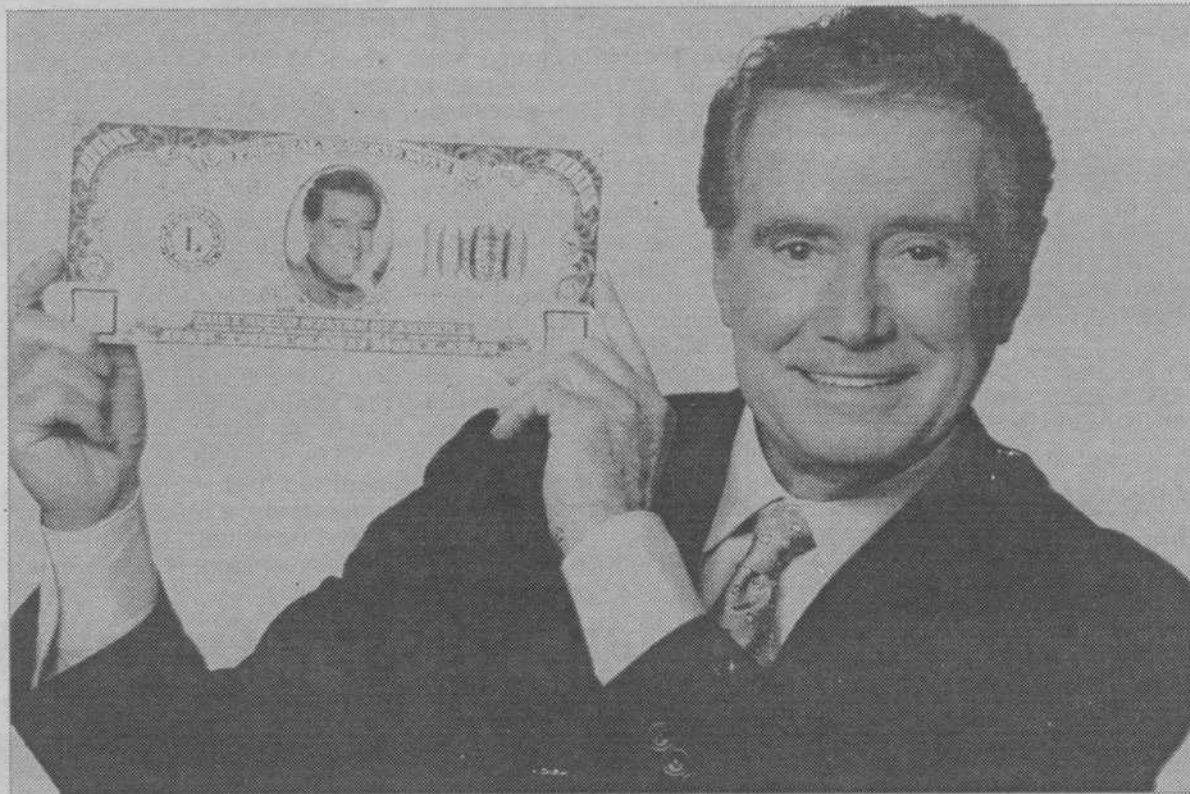
Think you're smarter than all of those people on television? Of course you do. And now the rest of the world can find out just how right or wrong you are.

ABC's "Who Wants to be a Millionaire," which is to television ratings what lead is to water filter sales, is holding tryouts for a special college edition, to be aired Dec. 19, 20 and 21.

The five-city tour hit Boston over the weekend and lands in Washington, D.C. on Tuesday, followed by stops in Atlanta, Chicago and Los Angeles.

Interested students must be a U.S. residents, 18 years of age and working toward an undergraduate degree (sorry, no grad students). In addition, students must produce a photo ID, proof of age and a copy of their current tuition bill.

Three separate testing sessions will take place at each stop, at 9 a.m., 2 p.m. and 7



p.m. local time. The first 125 eligible students in line will be allowed to take a 30-question exam. And if you're the 126th eligible person in line? Try again next time, or go home.

It should also be noted that lines will not open until an hour before test time, so camping out is fruitless.

Students will receive one chance at the exam. Those who pass then face a taped interview with the show's producers, and the decision is then in the hands of the show's sponsors, who will pick 10 finalists for each episode, to be taped Nov. 8-11 in New York. In other words, dress nice and brush your teeth.

Sessions are scheduled for the following dates and locations:

Washington, DC.: Tues., Sept. 19 at Loews L'Enfant Plaza's Renoir Room, 480 L'Enfant Plaza, S.W.

Atlanta: Thurs., Sept. 21 at the Ritz Carlton's Salon III-IV Room, 181 Peachtree Street.

Chicago: Sat., Sept. 23 at the Chicago Marriott Downtown's Avenue Ballroom, 4th Floor, 540 North Michigan Ave.

Los Angeles: Sat., Sept. 30 at the Beverly Hilton's Whittier Room, 9876 Wilshire Blvd, Beverly Hills.

Who is your favorite professor at Parkland this semester?

Photos by Andre L. Moraes/ Prospectus



Bhumika Patel
"Terry Harshbarger (Geography), he really goes deep into his teaching. He really influences people to participate."



Dmeid Seide
"Dan Hughes (Broadcasting), because he goes out of his way to help his students."



Katherine Anthony
"Wayne Clark (Math). He's real cool. He breaks stuff down so we can understand, and always answers our questions."



Kurt Metzger
"Melvin Royer (Math and Computer Science). He's pretty funny and I like his shirts."



Troi Westbrook
"Don Lake (Art). He's very optimistic about everyone's work. He has something good to say about everyone."

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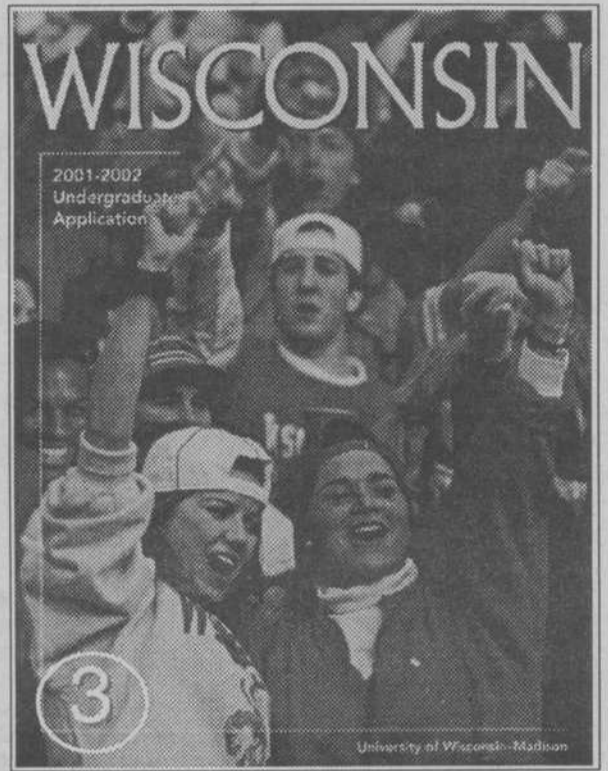
gap, tommy, polo, limited, nike,

old navy, ae, abercrombie, etc.

U. Of Wisconsin Alters Photo To Highlight Campus Diversity



In an attempt to promote campus diversity at the University of Wisconsin, the school took a photo of student Diallo Shabazz (1), reversed it and superimposed it on a 1993 photo featuring all white students at a Wisconsin football game (2). The school used the doctored photo as the cover for its 2000-01 application (3), and distributed it to high schools around the country.



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

Letters can be sent to:
Parkland Prospectus
c/o Parkland College
2400 W. Bradley Avenue
Champaign, Illinois
61821-1899

Email us:
prospectus@parkland.cc.il.us

CLASSIFIEDS
@ 351-2278

by Matthew McGuire
TMS Campus

In an effort to recruit minority students, the University of Wisconsin at Madison doctored a photograph in recruiting materials to include a black student in a sea of white faces.

The photo is on the cover of the 2001-02 undergraduate application and shows a group of white students cheering at a 1993 football game. The photo of Diallo Shabazz, a black student, was placed in the lower left side of the photo.

The university's undergraduate admissions director, Rob Seltzer, could not find a picture that showed the school's diversity and eventually decided to add the 1994 image of Shabazz. University publications director Al Friedman's office then altered the crowd photo to insert Shabazz's head in to the picture, said director of university communications Patrick Strickler.

"It wasn't done to deceive

prospective students but rather to more accurately portray the student body," Strickler said. The school's minority enrollment is 9.5 percent, with about 2.2 percent of all students identifying themselves as black.

The university won't discipline those involved because they admitted their mistake and apologized to Shabazz, Strickler said.

The university sent out about 60,000 admissions applications with the altered photo, and has decided to reprint the entire run of 110,000 applications. High schools and prospective students that received the application with the doctored photo will be sent new applications and a letter explaining the "error in judgment," Strickler said.

The public university will use private funds to reprint the applications at a cost of about \$64,000.

Officials at the school admitted to the altering when Anna Gould, a reporter at The Daily Cardinal, one of the school's student newspapers,

noticed a glare on Shabazz's head that did not reflect off any other student.

"One of the faces stood out to her, and as she looked a little more, the face had a glare on it different than the rest of the photo," said the newspaper's editor in chief Andrew Wallmeyer. "We then checked the university's news and public affairs web site and found the original, untouched photos."

Shabazz, a senior at the university who has never attended a football game, declined comment to TMS-Campus, but told the Associated Press that he hopes the incident will open discussion between students of color and the university on how to recruit minority applicants.

"Diversity on this campus is really not being dealt with," he told AP. "People really don't care about the photo itself. People care about having more students of color on campus."

Parkland Theatre Opens Fall Season with 'Kennedy's Children'

by Sarajenie Smith
Staff Writer

On a rainy Valentine's Day, five lonely strangers in a bar begin to tell the story of *Kennedy's Children*, the first play of the season in the Parkland Theatre.

All the characters, played by: Jason Smith, Susan Diane Fortenberry, Allen D. Stickle, Susannah Martinek, Rachel Urbanowicz, and Brad Mehrinek, have a different outlook of the past and how it led them to the present. This dramatically intense play is one that should not be overlooked.

Performances will be Sept. 28, 29 at 8 p.m. and on September 24 at 3 p.m. Sept. 28 is a 2 for 1 night at 8 p.m. For questions and/or reservations call 351-2528.

PARKLAND THEATRE

by Robert Patrick
Director: George Dakis

Called "A Blockbuster" by the New York Times and "one of the year's ten best" by Time magazine, this intense drama presents five unique characters whose lives have been immeasurably changed by the turmoil of the 1960's. In alternating monologues we encounter the rich, heroic, and courageous experiences of a Vietnam Veteran, Political Activist, Experimental Theatre Artist, Ambitious Scientist and Young Idealist. The results are tragic but very human.

September 20 - \$2.99
preview performance at 8 p.m.
September 22, 23, 28, 29, 30 at 8 p.m.
September 24 at 3 p.m.
September 28 - '2 for 1' night at 8 p.m.

General admission \$10
Students (over 12) and seniors \$8
Because of adult themes no youth ticket rates will be offered for this show.

For reservations and information:
217/351-2528
e-mail: theatre@parkland.cc.il.us
website: www.parkland.cc.il.us/theatre
Groups of 15 or more call 217/373-3874.

Kennedy's Children

Portrait of America in the post-Guerrilla era

HOLLYWOOD

College Students Flub Facts: Is History Really Bunk?

by Norman Markowitz
Knight-Ridder Tribune

A recent survey of college students' knowledge of U.S. history yielded the sad fact that the students know little about the facts of U.S. history, failing even to place the Civil War within the right 50-year period. Sens. Joseph Lieberman and Slade Gorton easily guided a resolution denouncing these results through the U.S. Senate.

These findings are hardly new. But what do they mean and what, beyond the usual hand-wringing, can be done about them?

First of all, such surveys are not ground-breaking. They have long furnished grist for the mills of both critics of U.S. education and advertising agency executives. In the 1920s, ad agency researchers noted with some satisfaction that many Americans shared Henry Ford's opinion that history "is more or less bunk" and were ignorant of both current events and the historical past.

In one past survey, a large number of high school students identified "Mussolini" as a foreign country. Other tests have shown that large numbers of American students

could not identify U.S. allies and enemies in World War II.

For advertising agencies, the less people knew, the easier it was to sell them goods by packaging that appealed to their subjective preferences and trust in authority figures.

Some background information may help explain why so much of the public seems to know so little. First, the subject of history in the United States has traditionally been taught as facts, events and dates from grade school to college -- narratives that rise from the level of simple stories in the lower grades to densely detailed and documented accounts at the graduate level.

This approach, re-enforced by exams, alienates many students, who quickly forget the factual material they are forced to regurgitate on tests. They remember instead the facts of subjects of more interest to Americans -- sports, music, movies and television programs, where factual knowledge without contextual understanding can make people into quiz show millionaires.

Modern mass media's presentation of current events and much of history to the general public in a series of

headlines, soundbites and news clips encourages a sensibility in which everything blurs into everything else. For many, the facts of the intergalactic wars of the "Star Trek" series become as important as the Civil War.

An example of how historical interpretation follows the ratings marketplace can be seen in the commercial cable network, the History Channel, which liberal critics jokingly call the "Hitler Channel" because its prime-time hours are filled with sensationalistic documentaries on Hitler and the occult, the sex lives of the Nazis, Hitler's generals, Hitler's secret weapons and the fate of Hitler's corpse. Besides Hitler, spy stories, war documentaries, accounts of disasters such as the sinking of the Titanic and histories of the technology of warfare, automobiles, engineering and construction fill the hours.

Much of what the History Channel offers is not the history that is being unearthed and written by contemporary historians. Yet it certainly reaches a much larger audience through a more powerful medium than scholars' books and journal articles. Most historical research takes place in a university system that

divides research from teaching, rewarding the former and neglecting the latter. How much of that research, separate from both teaching and public media, is accessible rather than esoteric, broad rather than narrow, and a force in encouraging public understanding of major social issues?

The late English political economist John A. Hobson captured a central problem of modern mass education and mass media dealing with public affairs when he wrote that "those who in vague rhetoric dwell on education as the substitute for force and revolution often mean a doped, standardized, and servile education. But such education affords no safety in this dangerous world. Free-thinking alone can furnish the energy and the direction to human government, helping to bridge the chasm between physical and moral progress."

Today, mass media provide for the majority a "doped, standardized and servile education" guided by a ratings system. Education for the majority, defined as a commercial product to be sold to consumers, increasingly follows suit. This consumerist approach encourages many

instructors to "dumb down" curriculum and sacrifice creative and challenging approaches to the teaching of history in favor of an emphasis upon having students regurgitate soon-to-be-forgotten factual information on simple standardized tests.

What is often lost in such an approach is students' ability to develop the intellectual tools to analyze the context of events, as well as teachers' challenge to make the facts both exciting and relevant to understanding the relationship of the past to the present.

Historians and universities can make history relevant and exciting by rewarding both interdisciplinary research and teaching and by encouraging active involvement through the print and electronic media in the discussion of public policy. Such communication and dialogue offer the best hope to revive education for citizenship and make the public conscious of the value of its shared past. Then we may see a citizenry able to think about the causes and consequences of the Civil War and to understand why they should know about it.

Wrestlers Call Presidential Candidates To The Mat

by Caryn Rousseau
Washington Correspondent

If viewers are lucky they just might get to watch presidential candidates George W. Bush and Al Gore arm-wrestle on national television this fall. That is if the candidates answer the World Wrestling Federation's "Smackdown Challenge" that WWF stars Mick Foley, Chyna, Lita and Kurt Angle announced Tuesday. The candidates would be given five minutes during a live WWF broadcast to present their views on issues important to youth ages 18 to 34.

"This is a serious invitation," WWF star Mick Foley said at a press conference. "We hope they take it seriously."

Even though people may have different opinions about the WWF, it is hard to argue that a lot of people watch it, said Ali Fischer, president of the United States Student Association.

"We've issued this call more than enough times," Fis-



WWF Wrestler, Taz WWF, MTV, Youth Vote 2000 and Project Vote Smarts are sponsoring the "Smackdown Your Vote" campaign as a non-partisan voter registration initiative that has already registered 40,000 people.

cher said. "I hope the candidates will go to a lot of different forums for youth."

WWF also joins more than 60 youth organizations including Youth Vote 2000 in asking the candidates to dedicate one of three official debates sponsored by the Commission on Presidential Debates to youth issues.

"Politicians need to do their part and stop ignoring youth," said Julia Cohen, executive director of Youth Vote 2000. "There is a cycle of mutual neglect between the youth and politicians that must be broken."

The hope is that youth will moderate and attend the debate, Cohen said.

The dedication of one-third of presidential debating time to youth issues is not a waste, says Russ Freyman of Neglection 2000, a yearlong study on the mutual neglect between young people and candidates.

"They have to be concerned and receptive because this will be a close election," he

said. "The youth vote could swing the election."

Freyman has the numbers to prove interest in a youth debate. A Neglection 2000 poll cites 77 percent of registered voters support making youth issues the focus of a presidential debate.

"The macro level issues are the same," Cohen said. "But it's not about K through 12, it's about higher education. It's 'will I graduate and have a job with health insurance?'"

The WWF has been visible throughout the 2000 presidential campaign with appearances at both conventions.

WWF, MTV, Youth Vote 2000 and Project Vote Smarts are sponsoring the "Smackdown Your Vote" campaign as a nonpartisan voter registration initiative that has already registered 40,000 people.

Even one of the WWF's most prolific stars admits to being put off by politics and wants to make a change. "Politics intimidated me for a long time," Chyna said. "I wish I had made myself aware before."

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I can dance

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Nike Defends Controversial Ad Pulled By NBC

by Deborah Lohse
Knight-Ridder Tribune

Just get over it. That's the message Nike Inc. is sending by saying that viewers offended by the slasher-movie ad NBC yanked off the air this week don't "get the joke."

But several marketing experts are cringing, saying Nike is unnecessarily tarnishing its brand name with such viewers by not denouncing the perceived anti-woman message. A better strategy, they say, would be to pull the ad from all stations and donate to anti-violence causes to bolster the stance.

Some say the ad, construed by some as an overly realistic portrayal of violence toward women, couldn't come at a worse time.

"The Olympics are about sports and worldwide peace," said Carol Cone, chief executive of Cone Inc., a strategic-marketing consulting firm. "And this year, women are doing exceedingly well" in the Olympics. "Their timing was really bad," she added.

The flap started last weekend, when thousands of viewers objected after NBC ran a Nike ad during the Olympic games featuring a woman

outrunning a chainsaw-armed attacker. NBC yanked the ad off its Olympics lineup, saying it had only accepted the ad "subject to audience complaint."

"It's not funny to go after a woman like a piece of meat," fumed Joan Glang, a Burlingame mother of a 6-year-old boy who said she flipped the station in horror upon seeing the ad with her son. "He asked me, 'what happened, did he cut off her head?'" Glang said.

But Nike remained defiant, saying it was "disappointed" by NBC's actions and that it knew its loyal fans would understand that the ad was intended as a slasher-movie parody in which the so-called victim emerged victorious, aided by her Nikes. The ad featured U.S. Olympic track contestant Suzy Hamilton.

Nike defended the ad again Tuesday. Critics "are missing the point," said Scott Reames, a Nike spokesman, who said the company did apologize to those who were offended, but stood by its ad.

"People are reading way too much into these ads," Reames said. "We felt like the message in our ads was on where the woman was the victor," he added, noting that

many viewers called backing the ad.

In tackling the flap, Nike joins a long roster of companies, many aiming to deliver cutting-edge ads to teens, that had spots pulled after consumer backlash. Coca-Cola pulled a supposedly humorous ad featuring a teen corpse after outcry in 1998. Roy Rogers pulled its lunch-lady ads after cafeteria workers found them demeaning.

The best strategy in such cases, consultants say, is to "apologize profusely, and begin implementing safeguards to make sure it doesn't happen again," said Robert Grede, a marketing professor at Marquette University.

Nike's lighten-up stance is unduly risking its brand, these experts say. "There's the old Hollywood adage that says any publicity is good publicity," Grede said. "I don't think that's the same for corporations -- if they continue in the same vein, they are going to wind up shooting themselves in the foot," he added.

"In a venue like the Olympics, which is mostly about feel-good imagery," where "Nike plays such a central role in the event, they didn't need to go to this level

of edginess to meet their branding needs," said Allen Adamson, managing director of Landor Associates, a brand consultant.

"Their issue is not awareness. They don't need the spin," he said.

But Nike, like many companies trying to stay current with a teen following, said it can't afford to drab down its marketing. "Especially in the younger consumer market, you need to show you are continually pushing the envelope," Reames said. "If you go the plain-vanilla route, they will quickly discard you."

While the consultants were sympathetic to Nike's bind, they said the global giant isn't like Benetton Group Spa, whose controversial ads such as those featuring profiles of death-row inmates are part of the makeup of the company. Nor are they in the position of smaller companies where shock ads are needed to create brand awareness.

Nike has long been known for its creative advertising, with widely praised ads like its "If you let me play sports" girl-empowerment ads, its catchy "Just Do It" campaign and its top athletes like Michael Jordan and Tiger Woods.

But Nike does walk a fine line with some of its ads. It pulled one last year after some felt the ad encouraged kids to race trains on roller blades, though Nike said the race featured in the ad was only imaginary. Nike angered many in earlier years by spotlighting in ads the racism that still afflicted Tiger Woods, then an emerging star, rather than focusing on his superior skills. And some people complained about its "beautiful" campaign, featuring athletes showing off their scars.

Recently another Nike ad that aired down under angered some aboriginal Australians. The ad featured an array of athletes apologizing for missing key events, like dinner, because of their Olympic training. The athletes repeated "sorry" over and over. Trouble was, the ad was perceived as a trivialization of Australia's "National Sorry Day" aimed at reconciling with native aboriginal Australians for past atrocities.

Nike didn't apologize for that ad, either.

Through the Looking Glass

by Mike Pingree
TMS Campus

SORRY GRAMPS, WE'LL TAKE IT FROM HERE: When 92-year-old George Smith, a Florida millionaire, married a woman 42 years his junior and then started spending hundreds of thousands of dollars, his grandson asked a court to take over his affairs. The woman in question is a health aide who is currently facing charges of stealing \$70,000 from a paralyzed man in 1998, and was later hired by Smith to care for his wife until she died. She stayed on as his housekeeper and married him a year later. Smith stands by her. In the end, a judge ruled Smith mentally incapacitated, and appointed a professional guardian to make his decisions for him.

MAKE A FOOL OF ME, WILL YOU! KA-BOOOM! A man in Khabarovsk, Russia, sought bloody vengeance when he found out that his wife was cheating on him. He went to the apartment where the two lovebirds were having their trysts to plant a home-made bomb. Alas, as he was attaching it to the door, it went off, killing him.

HONEST OFFICER, I WAS ROBBED: Police say the 19-year-old night clerk at a Shawnee, Kan., convenience store bungled a robbery by covering the lenses of the security cameras with transparent tape. The cops say he stashed the money and then told them a cockamamie story that a robber called him and ordered him to tape the lenses, after which he came in and robbed the place. This account was not corroborated by the security tapes which "looked a little fuzzy," but were clear enough to show what went on, said police.

HEY, WHO IS HUNTING WHOM HERE? A 46-year-old Missouri father and his 25-year-old son were hunting with bows and arrows in the wilds of Colorado when a large black bear lunged out of the underbrush and bit the son on the buttocks. Though the father was carrying a .44-caliber handgun, he was so rattled that, instead of shooting the bum-biting beast, he threw the gun at it. In response, the animal stopped attacking the son, but bit the father on the thigh, then fled.

DON'T MESS WITH ARMED CUSTOMERS: A power company in Ivanovo, Russia, cut off the power to a missile base for non-payment of its electric bill. In response, the base commander sent in a contingent of heavily armed troops who seized the power station and restarted the electricity.

PRETTY INCRIMINATING EVIDENCE, BRAD: When a film processor developed Brad Davis' snapshots of himself, he noticed that Davis was photographed in front of the marijuana plants he had been growing in his LaPorte, Ind., home. He informed police who confiscated more than three dozen marijuana plants, and arrested Davis, who has pleaded guilty to maintaining a common nuisance.

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If It's Reality TV They Want, At Least Make It Real

by Pamela White
Colorado Daily
U. of Colorado

Excuse us for gagging, but don't people have anything else to do?

At issue here is the success of "Survivors." This brainchild of CBS, the latest rage in voyeuristic TV programming, caught the attention of some 40 million people. The premise behind the show was simple: Cram 16 people onto a remote island, force them to interact in unusual circumstances, and watch their wacky behavior.

Viewers tuned in each week to see which contestant would be axed by the others. In

return, they were treated to a broad range of idiosyncratic behaviors, like Richard's parading naked around the island, mixed liberally with backstabbing and distorted bits of stolen indigenous culture.

"The tribe has spoken."

"This is the conch shell of truth."

Oh, please.

CBS likes to call "Survivor" reality-based television. It follows on the heels of shows like MTV's "Real World," featuring young people crammed together and forced to inter-

act as housemates. And it is being followed by programs like "Big Brother," which takes the premise behind "Real World" to extremes, with a shower cam and toilet cam.

Where did Americans develop this obsession with voyeurism? What do people find remotely interesting about watching everyday people arguing, taking showers, and using the toilet? Aren't meaningless sitcoms and Internet porn enough anymore?

We'll leave those questions for scholars to answer -- surely someone will include "Survivor" in a doctoral thesis. Instead, we'll make this simple suggestion: Why not go for

a little variety in all the stupidity? Make reality-based TV more real by filming reality.

If we want to watch relative strangers living together in close quarters, let's send a camera crew to the nearest penitentiary. To heck with "Big Brother." Now there's, "Who's Gonna Be My Bitch?" featuring the hard-core lifers in Cell Block A. Watch as they smuggle drugs in and out of the unit, trade death threats, and commit anal gang rape. There are also plenty of executions on tap, including those featuring juvenile offenders. As an extra incentive to filmmakers, the cameras are already in place.

And, for an added bonus, there's the Women's Unit, which will enable us all to view that staple of male fantasy known as the "chick fight," as well as little-known events like "broomstick parties," in which gangs of women rape unlucky victims using the closest available phallic object.

If we want people struggling in remote locations, let's head to the nearest Indian reservation. Call it "Rez Survivor." Watch as indigenous people try to raise families near uranium and coal mines, fight the resulting cancer, as well as alcoholism, depression and corrupt tribal governments. Periodically, the FBI will make a special guest appearance and kill someone.

What about a show featuring a dozen CU students trying to find affordable housing in Boulder? Watch what happens when they end up in a bidding war with other students for the chance to rent some University Hill resident's garage for the semester. We'll also be able to see them drink, riot, puke and struggle to get laid. We could call it "Rent," but that name's already been taken.

Or how about "Sweatshop," filmed on location in some Vietnamese Nike factory? They're locked inside most of the time already.

Or "Mental Ward"? Ought to be aberrant behavior aplenty.

Or "Newsroom"? This would, of course, be filmed where journalists spend most of their time -- in a bar.

There's lots of genuine struggle out there for us to feed off of. In fact, there's enough to keep every filmmaker busy and every network programmed 24-7 with reality-based shows. Together with Internet sites that feature people having sex, all we viewers will have to do to enjoy the full spectrum of human depravity and passion is click.

Which is a good. It allows us to leave living to other people. We wouldn't want to risk trying it ourselves.

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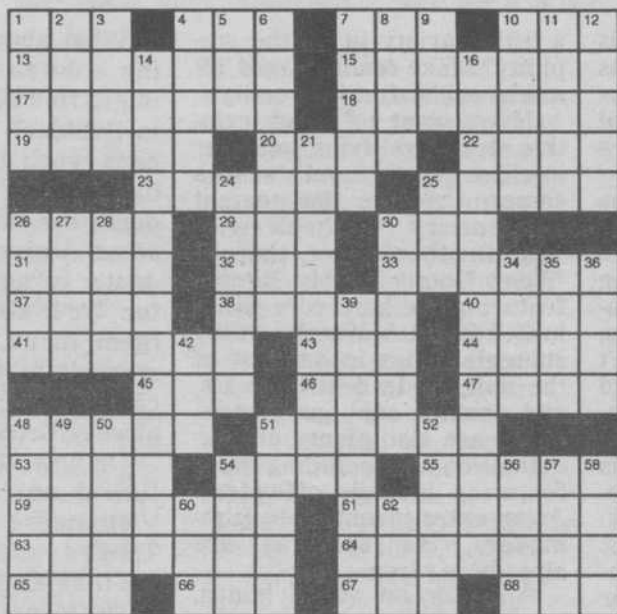
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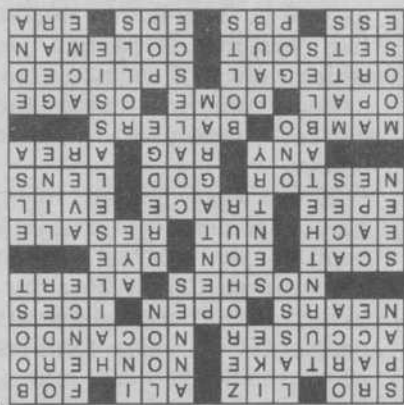
Crossword

- ACROSS**
- Theater-sign letters
 - Designer Claiborne
 - Mr. Baba
 - Watch pocket
 - Share in
 - Unlikely main character
 - Finger pointer
 - That's out of the question!
 - Draws closer
 - Unwrap
 - Clinches
 - Snacks
 - Observant
 - Scram!
 - Long period
 - Use indigo
 - For one
 - Fanatic
 - House on the market
 - Fencing sword
 - Barely detectable amount
 - Depraved
 - Wise man
 - Deity
 - Telescope element
 - Even one
 - Tattered cloth
 - Vicinity
 - Latin American dance
 - Bundlers
 - Iridescent gem
 - Stadium top
 - Plains tribe
 - Cape on the Bay of Biscay
 - Cut and pasted
 - Hits the trail
 - Young or Hawkins
 - Snaky turns
 - "Nova" network
 - McBain and McMahon
 - Pitcher's stat
- DOWN**
- Hand's-breadth
 - Try to outrun
 - Puget Sound whale
 - Rodeo rope
 - Eisenhower's nickname
 - Attack time
 - Archer and Bancroft
 - Crazy bird?
 - Abbr. for a business
 - Yard border
 - Sequence
 - Push upward
 - Reverse a situation
 - Legendary Ethiopian
 - Five-pointed star
 - Lookout
 - Nautical affirmative
 - Espied
 - Headland
 - High cards
 - Silt remover
 - Declare
 - Queue
 - Hostess Maxwell
 - Fuse together
 - John's Yoko
 - Bullwinkle, e.g.
 - After: Fr.
 - Dillon and Damon
 - Charges off
 - Turns over and over
 - Amateurish painting
 - Highest point
 - Toothed device
 - Author Ferber
 - Republicans
 - Escape vehicle



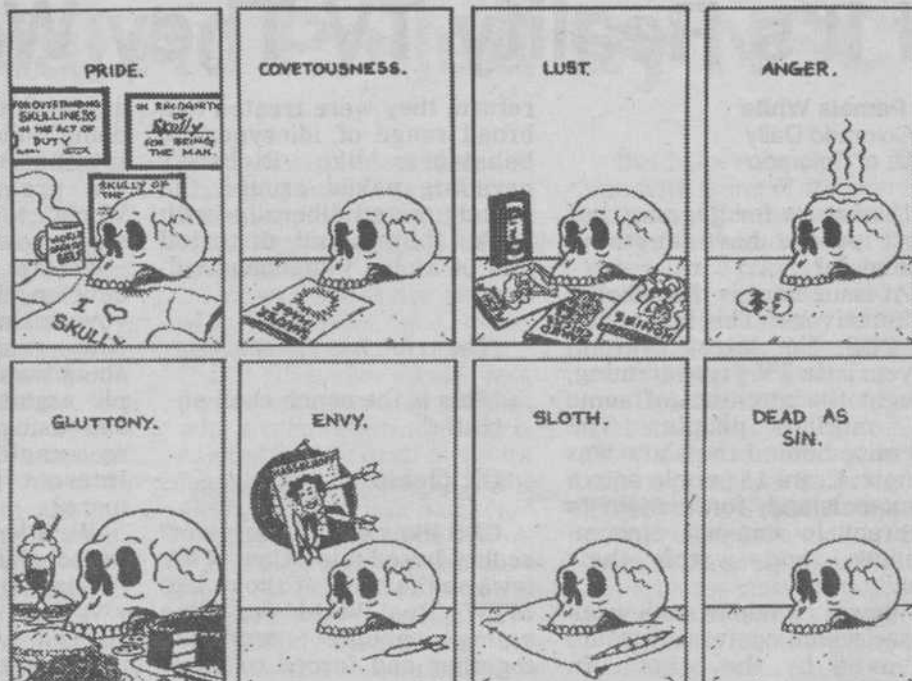
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Solutions



- 42 John's Yoko
48 Bullwinkle, e.g.
49 After: Fr.
50 Dillon and Damon
51 Charges off
52 Turns over and over
54 Amateurish painting
56 Highest point
57 Toothed device
58 Author Ferber
60 Republicans
62 Escape vehicle

THE ADVENTURES OF SKULY
BY WILLIAM MORTON
THE SEVEN DEADLY SINS OF SKULY



Weekly Horoscopes FOR THE WEEK OF SEPTEMBER 25TH

by Linda Black
Tribune Media Services

Aries (March 21-April 19). Don't let an attractive nuisance distract you from chores on Monday and Tuesday. You'll have to move quickly, but take the time to be accurate. On Wednesday and Thursday romance could be hard to resist. Take care, however. Promises you make, especially after Thursday, will have to be kept. The consequences of breaking your word or lying will be terrible, indeed. Not that you ever would, of course. Don't spend more than you should on Friday; you may find a better deal through a friend over the weekend.

Taurus (April 20-May 20). You might get lucky Monday evening, in games of chance and romance. Work's also involved, however. Tuesday's best for finishing old projects, especially if you're working with somebody else. On Wednesday a flurry of activity's likely, and it doesn't let up through Thursday. Watch what you say then. A caustic comment could get to the exact person whom you don't want to hear it. You're liable to be asked to share a secret on Friday, however. If that happens, hold onto it, even if you're offered a shameless bribe. Snoop around this weekend, in all your favorite shopping places. You're liable to find a treasure on Sunday.

Gemini (May 21-June 21). You may hear seven no's before you get a yes on Monday. Don't give up. Fix up your place on Tuesday so you can entertain special company on

Wednesday and Thursday. You may have had trouble making up your mind in the past, but after Thursday that won't be a problem. Work your plan on Friday to achieve success, but postpone travel until late Saturday or Sunday.

Cancer (June 22-July 22). Offer assistance to a neighbor in need on Monday and Tuesday. Having folks over to your house works well on Wednesday and Thursday. An agenda you and your sweetheart draw up seems to work well from Wednesday through Friday, but you could run into financial difficulties Saturday. Use your creativity to get what you want, instead of spending more on Sunday.

Leo (July 23-Aug. 22). Money burns a hole in your pocket on Monday and Tuesday. Don't break your piggy bank just to impress friends. Heed a close friend or sibling's advice on Wednesday and Thursday. Keep quiet about what's going on at home this Thursday and Friday. Fix something somebody else broke on Saturday, and you'll have plenty of time for romance on Sunday.

Virgo (Aug. 23-Sept. 22). Your dream job could open up on Monday or Tuesday. Go for it, even if you don't think you'll get it. You could be wrong about that. Money flows your way on Wednesday and Thursday. All you have to do is scoop it into your pockets and do whatever other work's required. Move cautiously with a new skill you're learning Friday. Breakdowns are more likely to happen then and on Saturday. An argument at home could ruf-

fle your feathers Sunday, but don't worry too much. Turn it into an educational experience instead, for you both.

Libra (Sept. 23-Oct. 23). If you want fewer difficulties, wait until late Monday or early Tuesday to launch your expedition, mail your letter or begin your new endeavor. Wednesday and Thursday are even better, and romance is more plentiful then, too. Don't talk much about money or love after Thursday, however. Keep what you learn and what you earn to yourself on Friday. Making a date over the weekend is difficult, especially if you're going far. You'd be wise to meet closer to home late Sunday.

Scorpio (Oct. 24-Nov. 21). Shop carefully Monday, and you could get the perfect thing for your home. Somebody else has to let it go at a loss. Work with friends on Tuesday to get the most done in the least time. All the evidence you've gathered starts to add up on Wednesday, and by Thursday you could make a decision to better your living arrangements. You're not guessing anymore by Friday. You know what to toss and what to keep. Get rid of the rest of the trash on Saturday. If you want to make a few bucks, Sunday should be excellent for selling things you don't want.

Sagittarius (Nov. 22-Dec. 21) On Monday be ready for a pop quiz ... or two ... or three. The questions are tough, but you're blessed. Then, finish doing what you just promised on Tuesday. Friends help you relax and achieve your goals on Wednesday and Thursday.

You'd better be ready by Friday. Somebody will ask for their payoff then. Worries could mess with your reverie Saturday, so do what your sweetheart asks before you take a nap. A surprise move on Sunday helps you win the game.

Capricorn (Dec. 22-Jan. 19). You're overworked Monday. Dash out for something you need, but hurry back to fix two new snafus. Business travel goes better on Tuesday if you leave before the crowds start milling about. Expand your influence, and great riches could be yours on Wednesday and Thursday. Offer to do something a picky person thinks is yucky, and you might even get a promotion. A celebration with friends is great fun Friday, but could lead to a breakdown if it lasts into Saturday. A secret's likely to be revealed on Sunday, and you may regain something valuable that you thought was lost forever.

Aquarius (Jan. 20-Feb 18) An argument with a loved one about money could complicate Monday, but your great idea saves the day. Then, you just have to make it work on Tuesday. Wednesday and Thursday should be glorious. Ignore a critic; you're on a roll! Be respectful on Friday, though. The critic that day wields a lot of power. You may actually have to repress your enthusiasm Saturday. If you use a little common sense, Sunday should be full speed ahead!

Pisces (Feb. 19-March 20) A friend is having a tough time on Monday. A little extra attention from you is much

appreciated. It may be no more than encouragement, but keep it up on Tuesday. Shop Wednesday and Thursday for pretty things to brighten up your home. New dishes in a splashy color could do it. Then Friday and Saturday, have distant friends over to visit. Better they come here than you go there. Make a special fuss over an older person Sunday. Have the party at your place and keep stress to a minimum.

If You're Having a Birthday This Week ... Sept. 25: Let your conscience be your guide. It'll keep you out of trouble. If you don't have a conscience yet, be smart. Don't develop one the hard way! Sept. 26: Don't ignore the details; they'll be important. Play by the rules you've been taught, and the wise moves will be obvious. Sept. 27: You look good, and you're lucky, too. Be smart and get just about anything you want. A wealthy foreigner could find you fascinating. Sept. 28: A new crazy idea you try could work. Do it with an imaginative, creative loved one, and your odds of success are greater. Sept. 29: Learn to manage money this year, and you could do well. Your intuition should be good, so follow it to wealth. Sept. 30: Business may interfere with pleasure, but you can adapt. Talk your sweetheart into waiting, and enjoy the rewards of your efforts together. Oct. 1: It's back to school for you. The hard part's deciding what to study. You want to know it all!

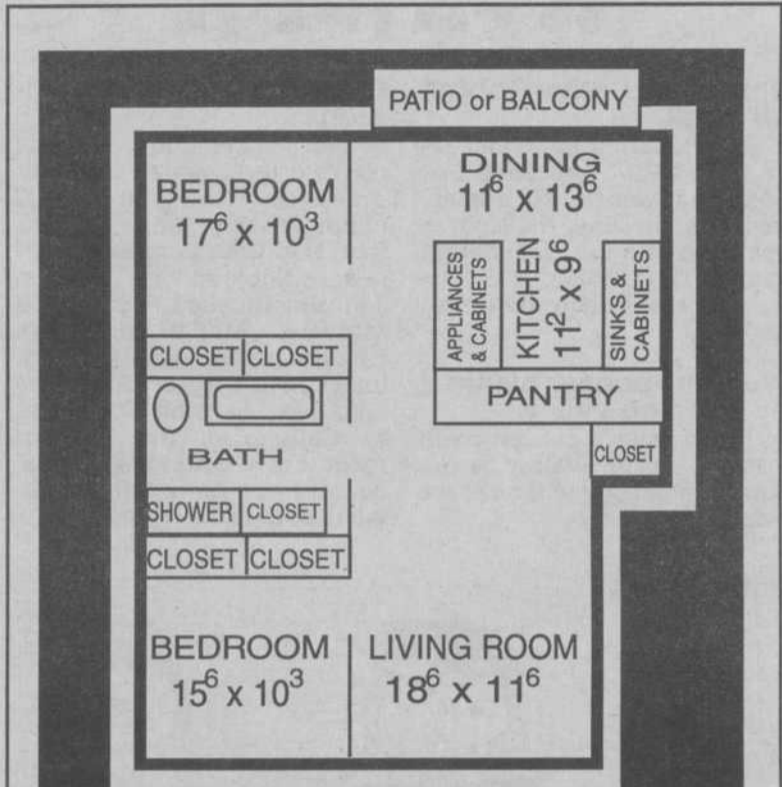
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Fitness Forum



by: Aaron Turner

Staff Writer

Q: In a past article, you talked about your views on protein in the diet, but you didn't really go into what makes up a good diet. Could you elaborate on that a little more?

A: The key to a good diet is actually pretty simple. Sure, you can get caught up in measuring your foods or counting calories and such, but let's keep it easy. The first and probably most important step to take is to NOT think about your meal plan as a "diet". The word "diet" has a negative connotation - after all, the first three letters are "die". You hear people all the time saying, "I need to go on a diet." Unfortunately, for most people, that translates to "I'm going to have to starve myself, remove a spleen, and move to the Bermuda Triangle during hurricane season..." That's not good, because a good eating plan should offer plenty of food choices and plenty of opportunity to eat those foods! So let's start off by using the phrase "meal plan" or something along those lines instead of "diet".

There are three steps to a good meal plan: One, eat the right number of meals throughout the day; two, choose the right foods; and three, eat the right amount of those foods. I'll start with step one. This is going to knock your socks off, but optimally you should be eating up to six small meals a day! Research has shown that by eating smaller, more frequent meals rather than the typical "big three" (breakfast, lunch, dinner) you derive several benefits - increasing your metabolism and keeping energy levels up to name a few. "But I barely have time to eat three let alone SIX," I hear



you say? It's not that hard! A glass of milk and a banana counts as a small meal. Or drink a protein shake with a couple pieces of toast. That's not too hard, is it? Now like I said, six is optimum, but I'll just say try to get in four to six meals a day and leave it at that.

Next, let's go to step two - choosing the right foods. Basically you can divide your foods up into two categories: Foods you should eat and foods you shouldn't. The list on the "should" side is rather extensive, so don't get discouraged! Foods on the "shouldn't" side include anything greasy or full of sugar - pretty good clues that they aren't too nutritious. Each meal should contain some sort of meat or protein source and one to two sources of carbohydrates. In terms of carbohydrates, you have your grains, vegetables and fruits. If you have two sources of carbohydrates in a meal, just make sure one of them is a fibrous vegetable, like broccoli or carrots, etc. In terms of proteins, you can choose from any of the white meats (red meat once in awhile is fine too) or protein shakes. Low fat dairy products are good if you're in a time pinch, but I wouldn't rely on them all the time. I'm not going to list

them all but you could come up with lots of meals using many different combinations of these foods. Also, make sure to READ YOUR LABELS. Stay away from anything with a high sugar level. I advise reading the nutrition label because many of your so-called "healthy, low-fat" foods are full of sugar. Just keep in mind that every gram of sugar (on the food label) is equal to about one tablespoon of table sugar. I don't mention fats here because you'll get those through your meats. However, you may want to try supplementing your meals with omega 3 fatty acid pills or Flax seed oil to be sure your getting at least some healthy fats.

Finally, step three calls for eating the right amount of your food choices at each meal. The key to all this is not to get too anal retentive about it. It's not rocket science.

Since I promised to make this as simple as possible, I'll offer this simple way of figuring out your food portion sizes: Use the size of your fist as a guide. If you're eating a chicken breast, eat a portion roughly the size of your fist. If you're eating a portion of oatmeal, eat a portion roughly the size of your fist. It's that easy.

Questions can be sent to:
Aaron Turner
c/o The Prospectus
2400 W. Bradley Ave.
Champaign, IL, 61821-2216
or dropped off at
the Prospectus office
in (X-155).
Submit questions by e-mail to
fitforum2000@hotmail.com.
All questions can remain anonymous.

Weekly Sports Wrap-Up

Parkland Lady Cobras on a roll

After beating Lakeland 15-12, lost 13-15, won 15-9, lost 14-16, and won the fifth game 18-16 on Tuesday, the Cobras beat Danville in three straight games, 15-11, 15-13, 15-5. The win improves their record to 15-7.

Womens soccer blanked by Moraine Valley.

The women's soccer team lost to Moraine Valley in the Sunday home game. The score was 4-0.

Cobra's "one-up" Champions

The Parkland College men's cross-country team set a goal of winning an NJCAA championship, and it looks like the Cobras mean business. Sophomore Jackson Johnson finished 42nd in the Midwest Men's Collegiate Championship as Parkland knocked off three-time juco champion Lansing Community College in the 34-team meet. For the women's cross-country, the Lady Cobras finished 26th of 30 teams.



Not So Hot Quotes

by Brian Westbrook
Sports Editor

Washington Redskins defensive lineman Dana Stubblefield

"Nobody got hurt, nobody was drinking, nobody was doing anything out of the ordinary," Stubblefield said from practice Thursday. "Just one of those normal arguments you get with your wife." It was obvious that the argument wasn't that bad because our two kids were sleeping right down the hall, they never woke up," he said.
I hope Dana never uses these quotes in the court room.

Darius Miles

"I don't think I'll have no adjustments," said Miles, the ex-East St. Louis, Ill., prep star. "I just don't want to hit that brick wall, after 50 games or so. They say when you hit it, it's hard. I ain't never lost, so this will be a first for me."
If you belong to the Clippers, losing becomes a way of life.

Support Lady Cobra Soccer on October 3rd at 4 P.M.



Andre L. Moraes/Prospectus



Andre L. Moraes/Prospectus