

PROSPECTUS

PARKLAND COLLEGE STUDENT NEWSPAPER

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The Perkins Grant

by Andre L. Moraes
Staff Writer

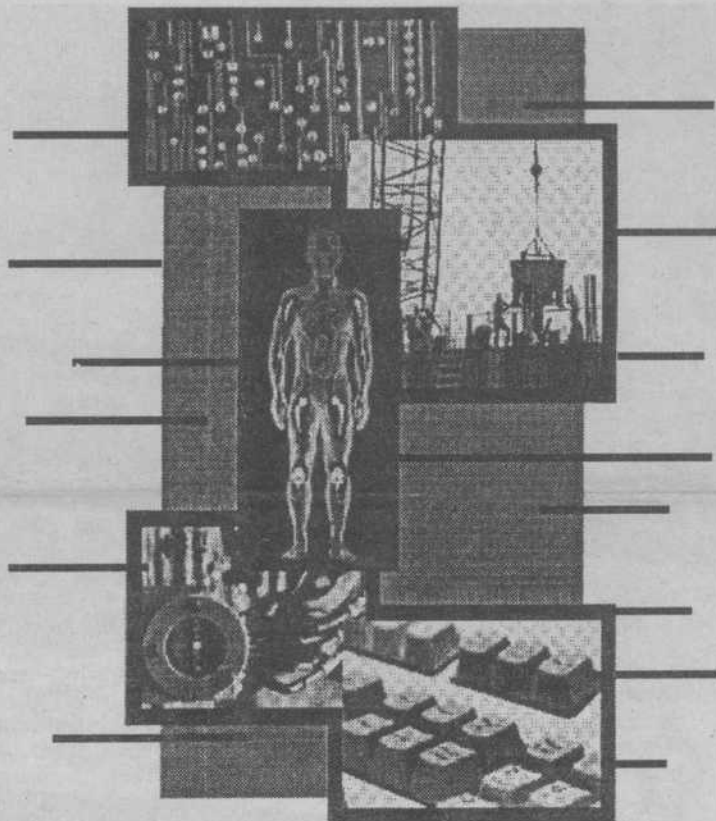
Parkland College is always trying to help you achieve your goals. The Perkins Program was created to provide students enrolled in career/occupational programs support services to successfully graduate and find employment. The program goals are to provide appropriate services to students enrolled in career/occupational programs, and help them with academic needs. Some of the services offered are tutoring, study skills assistance, financial assistance and employment services. The Perkins Grant Program offers opportunities for students that would like to work with instructors in the classroom. These Teaching Assistants (TA's) help both students and instructors. The TA has the opportunity to learn about the role of the instructor and the various responsibilities that go along with the job. The instructor also receives valuable feedback about content and delivery style through the TA's information that may not be shared by the students.

Recently, the Learning Disability Specialist, Evelyn Brown, has done research about different learning styles. Using this informa-

tion helps students recognize the way they learn and how it affects school and work life.

If you think you need assistance you can apply for the program and it's absolutely free. Kathleen Oertle, Perkins Program Coordinator, will review your application, and in a short and friendly interview will determine whether you are eligible for

the program and exactly what kind of assistance you need. The Perkins Grant will guide you to other Parkland services such as counseling; advising and others, to best suit your needs. For more information, please call the Program Coordinator at 351-2479 or the Program assistant at 353-2664 to make an appointment for an interview.



I-57 Accident Sends Five To Hospital

Crash Serves As Reminder For Child Safety Seats

by Liz Davis
News Editor

Five people were sustained injuries after their vehicle slammed into an overpass on Interstate 57.

According to Illinois State Police reports, the one-car accident occurred shortly after 7 a.m. last Friday on Interstate 57 near Olympian Drive in Champaign.

The 1999 Ford Escort, driven by Loleatha Mayfield, 32, drove off the roadway and into a ditch, then rolled before striking a guardrail and underpass abutment.

Mayfield was cited for improper lane usage.

She was taken by ambulance to Carle Foundation Hospital in Urbana.

Four passengers in the vehicle also sustained injuries. Berniece Mathis, 60, was airlifted to Carle. The other three passengers in the vehicle, Kenyatta Brown, 1 1/2, Shalicia Mathis, 7, and Elish Brown, 6 months, were taken by ambulance to Carle with only minor injuries.

All occupants were wearing safety restraints, and the two youngest children were in child car seats.

Ironically, the accident occurred just one week before a car safety check was

scheduled by the Champaign County SAFEKIDS Coalition.

According to Illinois law, the "Child Passenger Protection Act" requires children under the age of four years to be secured in an approved child safety seat.

Four and five year-olds must be secured either in a safety seat or by a safety belt. A person or legal guardian of a child under the age of four years is responsible for providing a child safety seat to anyone who transports his or her child.

A violation of this Act is a petty offense, and the first violation shall be punishable by a fine of not more than \$25, waived upon proof of possession of an approved child passenger restraint system defined under this Act. A subsequent violation of this Act is a petty offense punishable by a fine of not more than \$55.

According to the National Highway Traffic Safety Administration, 100% correct use of child safety seats could have prevented nearly 500 deaths and about 56,000 serious injuries to children in the United States in just one year alone.

For more information on the SAFEKIDS campaign, see page 5.

Kelleher Calls for Minimum Wage Increase, Supports Land Owners in Tribal Suit

15th District Congressional candidate Mike Kelleher has announced that he supports a raise of the minimum wage by one dollar, and opposes a Native American tribe's bid to gain land in Central Illinois.

In a statement released shortly before Labor Day, Kehelleher stated, "What better way to celebrate Labor Day than for Congress to give working families raise."

This wage increase would benefit 461,986 Illinoisans, 8.4% of the state's workforce.

"In these prosperous economic times, it is only fair that we increase the minimum wage by one dollar to help working families keep up with other costs that have risen, including housing, food, clothing, and higher education," Kelleher said.

According to figures released by Kelleher, even with the recent increases in the 1990s, the inflation-adjusted minimum wage is 21% lower today than in 1979.

Kelleher also expressed his strong support for the Family and Medical Leave Act, which benefits Central Illinois' working families.



Mike Kelleher
15th District
Congressional Candidate

"I intend to fight for the concerns of working families in Washington."

Earlier this month, when asked about his opposition to the Family and Medical Leave Act, Johnson said, "I don't know that I think the comprehensive Family & Medical Leave Act is one that's beneficial."

Johnson also cited the costs "to society" as one of the reasons for his opposition.

Kelleher praised U.S. House

Speaker Dennis Hastert's recent statements expressing a willingness to compromise on the minimum wage issue and urged Johnson to reverse his long-standing opposition to the minimum wage.

Kelleher also recently joined forces with local landowners opposing the Miami Indian tribe's claim to 2.6 million acres of land in Illinois. He pledged that if elected, he would introduce legislation to require the Federal Government to pay landowners' legal costs.

He added that he opposes any expansion of gambling which might be linked to the lawsuit.

The lawsuit concerns land in seven of the 15th District's eleven counties: Champaign, Douglas, Edgar, Ford, Iroquois, Livingston, and Vermilion.

"These farmers bought their land in good faith and have worked it for generations," said Kelleher. "They are entitled to protection from the Federal Government which negotiated the treaties in 1805. I will work to ensure that the Federal Government

defends this lawsuit for the innocent owners whose land and livelihood is at stake."

Opponents of the lawsuit praised Kelleher for his stance. "Mike Kelleher is standing up for our communities and doing the right thing for the families of the 15th District," said Richard Porter, leader of "Say No, Stop the Casino," a local group which opposes the Miami tribal claims. "We asked Tim Johnson for help, and we consider his public silence to be deafening on this issue."

Kelleher said he believes the lawsuit is a means to pressure the state to permit the Miami Tribe to open a land-based casino in Central Illinois—a move Kelleher opposes. "As an economic development professional, I know casinos do not bring the jobs or prosperity their owners often promise. It is merely playing a game of chance with the future of our communities," Kelleher said. "We already have a thriving agricultural and small business economy in this area. We don't need the crime and social upheaval that comes with casinos."

Kelleher is currently on unpaid leave from his position as Director of the Unit for Economic Development at Illinois State University in Normal.

Kelleher also praised the efforts of U.S. Senator Peter Fitzgerald, who has introduced legislation that would give the Illinois families affected by this lawsuit the right to the same defenses against the tribe's lawsuit that they would have against any other party. Current federal law blocks the families from invoking state statutes of limitations and other laws that prevent frivolous prosecution of outdated and burdensome claims. Kelleher pledged to go further.

"This dispute is between the Miami tribe and the Federal Government," Kelleher said. "The government, not these innocent landowners, should be responsible for defending this lawsuit. I will work to put together a coalition of elected officials, community leaders and concerned citizens to fight this unfair attempt to undermine our quality of life."

Dance the Night Away With Parkland

Country has come to Parkland! Three workshops will be offered on country dancing:

Beginning Line Dancing - Mondays, from September 18 through November 20. Participants will learn the electric slide and discover some new dances that are just hitting the scene.

Intermediate Country Line Dancing - Mondays, September 18 through November 20. This workshop will teach crazy legs, the boogie, swing, and other popular dances.

Country & Western Two-Step - Mondays, September 18 through November 20. Dancers will work on the two-step, stationary cha cha, and partner dances.

Fee for each workshop is \$54. For more information or to register, call 351-2589,

New Sorority Announced

Epsilon Sigma Alpha, a social service and leadership sorority, will hold an informational meeting on Monday, September 18 at 2 p.m. in room X 150.

Currently, Eastern Illinois University in Charleston and Illinois State University in Normal are the only active chapters in Illinois.

Nationwide, there are approximately 23 collegiate chapters in ten states.

Annually, ESA raises over \$8 million for charitable causes and donates over 650,000 hours of volunteer service.

For more information, contact Thelma Bowen at 235-5840, or e-mail bowen@net66.com; or Dianna Hooper at 235-5342 or e-

Homeopathic Workshop Offered At Parkland College

Just in time for flu season, Parkland will offer the workshop "Introduction to Homeopathy" on Mondays from 6:30 - 8:30, beginning September 18 and running through October 9. This workshop will be held at the Bauman Center in Champaign.

Homeopathy is a type of natural healing used throughout the world today, with roots dating back centuries. This course will pre-

sent the basic principals of homeopathy in their historical context, as well as contemporary information. Students will learn how to use six homeopathic remedies for common ailment and injuries. Homeopathic remedies are FDA approved.

Fee for the class is \$37. For more information or to register, call 351-2589.

Women's Programs Announces First Fall Workshop

by: Sarajenie Smith
Staff Writer

The Women's Program has been at Parkland College since 1974. The program is dedicated to serving and educating women from all walks of life. The program offers many services that are not known to many. The office located at X220, has much to offer in its self. Books, journals, videos, periodicals, and clippings are available in many areas of multicultural women's studies. In 1992, the program was named one of two model Programs in the nation by The American Asso-

ciation of Women in Community Colleges, for its special focus on diversity. The Program along with its many available publications, is very active in the community. Workshops are held at least once a month with a wide range of topics.

The first workshop, entitled, "Teardrops and Jellybeans: Embracing Your Grief with Humor," is co-sponsored by the Nursing Program. It will be held September 21 at 12 noon in room L111. For more information, contact Mary Lee Sargent, at 351-2541, or stop X220.



Policies for Letters to the Editor

- OPINIONS PRINTED IN THE PROSPECTUS ARE THOSE ONLY OF THE AUTHOR AND DO NOT NECESSARILY REFLECT THE OPINION OF THE PROSPECTUS.
- ALL LETTERS TO THE EDITOR MUST BE SIGNED.
- SUBMISSION DEADLINE IS FRIDAY AT 5 PM.
- ALL SUBMISSIONS BECOME PROPERTY OF THE PROSPECTUS.
- THE PROSPECTUS RESERVES THE RIGHT TO EDIT OR REJECT ANY SUBMISSION.
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Community Colleges Help Ease Transition

by Nancy Traver
Chicago Tribune

The way the faculty see it, students at community colleges get a particularly close, nurturing relationship with the teachers.

"For the community college faculty, the primary purpose is to teach," said Cris Legner, coordinator of admissions at the College of DuPage in Glen Ellyn. "At research universities, faculty is required to publish and do research, and that can take away timeh universities, faculty is required to publish and do research, and that can take away time from teaching. That's not true here; our faculty is committed to teaching."

That commitment, community college representatives agree, ensures a close relationship.

"Teachers at four-year colleges take the lecture approach, meaning they have a very distant relationship with students," said Nancy Bentley, executive dean of students at McHenry County College in Crystal Lake. "Courses are taught by grad students assigned to teach courses in which they don't even have any expertise. That doesn't happen here."

Community college representatives say their faculties have more expertise, because many are also working in their fields, bringing the latest changes into their classrooms.

The local colleges also appeal to the bottom line.

"Community colleges offer a comparable education at a fraction of the cost," said Jack Becherer, vice president for student development and external relations at Moraine Valley Community College in Palos Hills. "Plus, we're close to home and we're flexible."

"We're a bargain," said Legner. "Here, you take the same classes you'd take at a four-year university, but you pay much less. And that means you have more money set aside when you want to go to graduate school or law

school."

Evelyn Burdick, executive director of institutional relations at Oakton Community College in Des Plaines, noted that "the amount you have invested in a college education is significant--as much as you'd spend on a house."

Obviously, community colleges aren't for everyone.

Latoya Scott, who graduated this year from Evanston Township High School, is heading on to Columbia College in Chicago. "If I had to transfer from a two-year to a four-year college, I would stop after two years. I would need the long-range goal of a four-year built in place," she said.

Lastrese Jefferson, also from Evanston, will major in broadcast journalism at Columbia. "If I went to a community college, I would not be able to get directly into TV production classes. I would have to wait till my junior and senior year to take those classes," she said.

But in addition to price, community college administrators stress small class size, a high level of professionalism among the faculty and a counseling staff to help students make well-informed career decisions.

At McHenry County College, the average class size is 30 students, and there is no 500-student lecture hall that students might find at a large university, said Bentley. "Many students feel intimidated in a very large class," she said. "They also may not learn well using the lecture approach."

The vast majority of faculty at community colleges in the Chicago area have advanced degrees. For example, 94 percent of the full-time faculty at the College of DuPage and 97 percent at Harper College in Palatine have advanced degrees.

Students also find support among their peers, said Darl Drummond, vice president for student development at the College of Lake County in Grayslake.

"With a smaller class size, students get to know each other really well," said Drummond. "The students become known and recognized and supported within their college community."

Support from faculty and staff, as well as proximity to home, helps ensure success, college administrators agree.

"There are students who know themselves well enough to know they're really not ready to leave home at this stage in life," said Legner of the College of DuPage. "When you go away from home, that's a major adjustment--then you add the major adjustment of the college curriculum."

Transferring to a four-year college was made easier in 1997, when 108 institutions of higher education started to coordinate how they define and rank classes to ensure that students can transfer without losing credit.

And at least one community college takes transferring a step further: At McHenry, credits are guaranteed to transfer or the student's tuition money is refunded.

Community colleges in the Chicago area offer advanced-placement courses, which enable high school students to get some of their requirements out of the way in the evenings or summer during high school before they officially start college. Indeed, some very accelerated high school students have taken so many preplacement courses at community colleges that they are able to start college as sophomores.

Moraine Valley makes it even easier for high school students to take community college courses: It offers 37 college courses at nearby Eisenhower High School in Blue Island.

Says Becherer of Moraine Valley: "Most of our students have jobs, family responsibilities and community responsibilities. We have to meet the needs of today's students. We can't expect them to meet our needs."

Campus Calendar

September 13 - September 20

<p>Wednesday, Sept 13 Last Day to Vote for Student Government Elections. Polls will be open from 10am - 2pm in the College Center</p> <p>Meet the President 10am-11am, Flag Lounge</p> <p>PACE Recruiting, 11am-2pm, South Lounge,</p> <p>Volleyball vs. Lincoln, 7 p.m. away</p>	<p>Saturday, Sept. 16 Volleyball Tournament in Kalamazoo, MI</p> <p>Cheerleading Tryouts 10 a.m. - noon and 1-3 p.m., Gym.</p> <p><i>Larry Cat in Space</i> 7 p.m., William M. Staerker Planetarium</p> <p><i>Destination Mars!</i> 8 p.m., William M. Staerker Planetarium</p> <p><i>Pink Floyd's "Wish You Were Here,"</i> 9:30 p.m., William M. Staerker Planetarium</p>
<p>Thursday, Sept. 14 Illinois State Police Annual Physical Fitness Test 8am-4pm, Gym</p> <p>Meet the President 10am-11am, Flag Lounge,</p> <p>Black Student Association, 12 noon, X323</p> <p>International Student Assn. 12 noon PCF-12 noon, X238</p>	<p>Sunday, Sept. 17 Cheerleading Tryouts 1-3 p.m., Gym.</p> <p>Tuesday, Sept. 19 Individual Workouts/Men's Basketball-1pm-3pm, Gym</p> <p>Volleyball vs. Lakeland, 7 p.m., HOME</p>
<p>Friday, Sept. 15 Golf, DuPage Invitational 9 a.m. away</p> <p>Volleyball Tournament in Kalamazoo, MI</p> <p><i>Summer Prairie Skies</i> 7 p.m., William M. Staerker Planetarium</p> <p><i>Destination Mars!</i> 8 p.m., William M. Staerker Planetarium</p> <p><i>Pink Floyd's "Wish You Were Here"</i> 9:30 p.m., William M. Staerker Planetarium</p>	<p>Wednesday, Sept. 20 College Transfer Fair 8am-2pm South & Flag Lounges</p> <p>Volleyball vs. Danville 7 p.m., away</p> <p><i>Kennedy's Children</i> Parkland Theatre, 8 p.m., \$2.99 Preview Performance.</p> <p>Ongoing Parkland Art Faculty Exhibit Parkland Gallery Runs until September 22.</p>

Parkland Theatre Opens Fall Season Kennedy's Children to mark opening of the season

by Sarejenie Smith
Staff Writer

The scene takes place in 1974 in a New York bar. The five main characters, unable to relate to other human beings, trace their lives back to the 1960's. The time period that radically shaped their lives: they are Kennedy's Children.

Jason Smith, who plays Mark, has just returned from Vietnam. Mark's ideals of the world are disoriented due to effects from the war and his heavy drug use. In a recent interview, Jason stated, "I thought this play would be difficult because of the lack of interaction between characters, but after re-reading, I found it to be a very deep play which explores how people

hold onto their beliefs".

Parkland Theatre will open its Fall Season with Kennedy's Children. This drama was named Best Play of the Year by numerous Critics, "A Blockbuster" by New York Times., and one of the years Ten Best by Time Magazine. Artistic Director Randi Hard at Parkland states, "This is a wonderful drama, appropriate for teens and up!"

The first show will be September 20th at 8pm. Since this is a preview, the cost will be only \$2.99. General admission is \$1or special rate for students (over 12) and senior citizens \$8.

For more information and questions about reservations call 351-2528.

Clogging Workshop Offered at Parkland College

Parkland College will offer "Beginning Appalachian Clogging" every Thursday from 7 - 8 p.m. Classes will be held September 14 through November 16 at the Cham-paign County YMCA.

Everyone can learn how to shuffle, step, and stomp their troubles away in this 8-week session.

The Boneyard Creek Clog-

gers will instruct the class. This local group has performed their unique style of clogging to audiences all over Illinois since the early 1980s. Fee for the class is \$54. For more information or to register, call 351-2589.

The workshop "Adult Tap Dance" will be offered by Parkland College beginning September 13 and running

through November 15. Classes will be held every Wednesday from 6:30 - 8 p.m. at the Unitarian Church in Urbana. Dancers will learn basics steps and styles of shuffles, flaps, stamps, stomps, and ball changes. Tap shoes are available at Austin's Sportwear. Fee for the class is \$72. For more information or to register, call 351-2589.

MEET THE PRESIDENT

Take this opportunity to sit-down and talk with President Harris on Wednesday and Thursday, September 13th and 14th in the Flag Lounge at 10 a.m.



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It's A Newspaper's Duty To Print The News And Raise Hell

by Wilbur F. Storey
Campus Correspondent
Colorado Daily

Freedom of the press is a fragile thing. Ideally, reporters are supposed to be able to do their jobs without hindrance from the state. In real life, however, government and business work hard to deflect or mislead reporters.

The past two years have seen freedom of the press, guaranteed by the First Amendment, take several hard hits. Not legally speaking, of course. On paper the First Amendment is still intact. But in the streets, where it really counts, freedom of the press has never been more imperiled.

Locally, Brian Hansen, who until recently worked for the Daily, was arrested for holding his ground when Forest Service law-enforcement offi-

cial ordered him away from a protest he had been covering above Vail. Specifically on location to observe and report on the way the protest was resolved, Hansen felt he had a duty to remain.

The federal government saw his arrest as a way of gaining a federal precedent that would give law enforcement more power in dealing with reporters, allowing federal officers to go about their business in greater secrecy. After a year of prosecuting him, the U.S. attorney's office finally dropped the charges Thursday, ending an unnecessary and expensive ordeal for Hansen.

While the immediate danger has passed, the Forest Service took the opportunity provided by Hansen's case to draw up guidelines for their officers to use when arresting reporters. A spokeswoman for the Society for Professional

Journalists, which, together with the Daily, has covered some of Hansen's legal costs, has described these guidelines as "very troubling" and "patently offensive." If nothing else, the guidelines indicate the government's determination to treat newsgathering as a suspect activity.

Nationally, demonstrations in Seattle, Washington, D.C., Philadelphia and Los Angeles resulted in reporters being arrested and beaten in what has evolved into an overt effort on the part of police to bar the independent media from doing their jobs.

In Seattle, where police initiated violence against non-violent protesters, several reporters were arrested, threatened with pepper spray and gassed. Those arrested were released the next day with apologies.

In the nation's capital, police treated ABC, CBS, and

NBC affiliates with respect, but everyone else as suspects, clubbing reporters whose credentials were in full view, forcing them away from scenes they were covering, and failing to acknowledge media accreditation when it suited their purposes.

In Philadelphia, police harassed staff at the Independent Media Center, threatening to shut down the office, which was being used by reporters from independent media organizations across the nation.

In Los Angeles, a convenient bomb scare closed the IMC temporarily, following repeated and unjustifiable police threats to shut it down. Witnesses claim that police tried to drive reporters away by deliberately targeting them with rubber bullets during the LAPD's violent crackdown on protesters, most of whom were peacefully listen-

ing to a concert in the permitted protest zone.

Together, these events paint a picture of government, specifically law enforcement, that is increasingly hostile to the progressive movement and increasingly reluctant to allow reporters access to their handiwork. They want to crack skulls, spray people's eyes and gas crowds without being held accountable.

And, for the most part, they're succeeding, as the corporate media for the most part carry law enforcement's message to their readers.

Yet, as society's hired henchmen, law enforcement merits intense scrutiny, perhaps more than most government agencies. And scrutiny is what we at the Daily will continue to provide.

Through the Looking Glass

by Mike Pingree
TMS Campus

ONCE SHE STARTED, SHE JUST COULDN'T STOP: Erica Duran, 24, who is not pregnant, told her co-workers that she was, and accepted about \$500 in cash and gifts. A few months later, she lied and told everyone that she had given birth to twins, but that they were stillborn. Then she held a phony memorial service for them. A judge in Anchorage, Alaska, sentenced her to five days in jail and ordered her to pay the funeral home bill of \$854.50 and to engage the services of a mental health professional.

BUT THANKS FOR YOUR HELP ANYWAY: Animal-rights radicals didn't get the desired result when they broke in to a laboratory in Colorado to free animals and birds they feel are misused. The rats refused to leave. Some of the quails died from stress because they were mishandled. Some of the other birds returned when they got hungry. And the rest were eaten by predators.

JUST WANTED TO SEE THE BIG CITY: An elephant came out of the jungle, swam across the Brahmaputra River and sat down in the middle of the main thoroughfare in Gauhati, India, during the morning rush hour, prompting angry commuters to pelt the beast with sticks and stones. But, instead of retreating back into the wild, the pachyderm went berserk, stomping

cars and rickshaws and holding up traffic for more than an hour. Eventually the four-ton animal returned to the river and swam back to where he belongs.

NO, BUT NICE TRY: Mark Anderson was stopped by police in Grafton, Wis., whilst driving a red Mercedes-Benz which had been reported stolen in Illinois, the same state in which Anderson had been recently released from jail. So he was locked up again. Since he didn't have the cash to post the \$5,000 bail, he offered the stolen car as collateral, and asked to be set free. The judge refused.

ABOVE ALL, GOOD SPORTSMANSHIP: Some 20 dads and other relatives watching their 4- and 5-year-old boys play baseball in Miami got angry at an umpire's call, stormed the field and engaged in a major fistfight with each other as the stunned children looked on. League officials suspended one team's coach and the other team's manager, and police are considering charges against some of the brawling adults.

NO YOU NITWITS, YOU GOT IT ALL WRONG: Particularly stupid vigilantes, apparently confusing the word "pediatrician" with the word "pedophile," vandalized a children's doctor's home in the town of Gwent, Wales. Dr. Yvette Cloete has a sign with her title on her house, causing the misguided persons to spraypaint her front door and windows with graffiti.

Fitness Forum



by: Aaron Turner

Staff Writer

Q: How many sets per exercise should I do when I work out if I want to gain muscle?

A: Let me ask you a question. How many times do you yank on a cow's udder to get a gallon of milk? The answer to both questions is one in the same: It all depends on the C.O.W.

In exercise terms, let's say that C.O.W. stands for Change Of Workload (now don't go writing C.O.W. down as an answer on a kinesiology test, because I made it up strictly to make a point). Workload refers to the number of exercises you do per body part. The number of sets you do per exercise depends on how many exercises you plan to do for that body part - let's say Chest, for example. There is an inverse relationship that exists between the number of exercises you perform per body part (workload) and the number of sets you perform per exercise. The more exercises (workload) you want to do for chest (using the example) the less sets you should



do per chest exercise. I know this is confusing, but just bear with me...

To figure all this gobble-dee-gook out, we need to be clear on the total amount of sets you should do per body part. I'm going to recommend between six and nine sets per body part. To some, like those who follow the Mike Mentzer "Heavy Duty" philosophy, this may sound like to many sets. To others, like those who read the hardcore bodybuilding magazines, six to nine sets is not enough. Let me qualify my recommendation here. If you're the naturally tall and skinny type that doesn't gain

muscle easily, you may need to cut back a bit on sets, say to three to six sets per body part. If you are a genetic freak or on steroids (which I don't recommend), then you could probably handle more sets per body part than I recommend. Again, I recommend six to nine sets per body part.

So let's take working out your chest as an example and sort all this out. Your goal is to do a total of six to nine sets for your chest. Let's pretend that we are feeling chipper today and are going to do eight sets. How many exercises do you plan on doing? Since you're going for eight sets total, you'll want to perform at least two chest exercises. You could do one exercise, like bench press, but then you're looking at eight sets of bench presses. That would be BORING! How do you decide on the number of exercises to do? There are too many deciding factors to explain this, but you can follow these simple guidelines: If your goal is strictly to gain

strength, focus on fewer exercises; if your goal is on toning/gaining muscle, perform more of a variety of exercises to hit the muscle at different angles.

Going back to our example, if you decide to do a variety of exercises - four, for example - you'll want to spread your eight total sets over those four exercises evenly. So you would do two sets per chest exercise. By doing four exercises and two sets per exercise, you would reach your goal of eight total sets!

Now, the above example is a good workout for toning/gaining muscle. Let's say you wanted to focus on strength, again using chest as an example. Referring to the above guideline, this means you would want to do fewer exercises. For this example, we'll say that we've decided on two chest exercises. Doing a fewer number of exercises per body part means you can do more sets per body part. Since you are shooting for eight total sets, you would do

four sets per exercise in this example. By doing two exercises and four sets per exercise, you would reach your goal of eight total sets.

The examples we used for chest can work for any other body part as well. To summarize: Do no more than six to nine sets per body part; the more exercises you do per body part, the less sets you should do for each exercise; and the less exercises you do per body part, the more sets you can do for each exercise.

Questions can be sent to:
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61821-2216
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To recruit, train, and monitor volunteers who advocate for the best interests of abused and neglected children. A CASA volunteer works in the best interest of the child to ensure that he or she does not become "lost" in the overburdened child welfare system.

Types of volunteer opportunities available:

A CASA volunteer may be assigned to one or two cases at a time. The CASA volunteer will interview the child, family members and persons associated with the child to determine facts regarding the case; investigate available placement alternatives for the child; prepare reports and appear in court. The volunteer will also maintain contact with the child to monitor progress and prepare written reports as requested. Volunteers must be at least 21 years old.

Phone: 217.384.9065

For more information, contact: Nancy Plane, Volunteer Coordinator

Volunteer Spotlight is a weekly column devoted to promoting volunteer awareness and community involvement. If you would like for your non-profit group to be included in Volunteer Spotlight, call the Prospectus office at 351-2216 or e-mail: prospectus@parkland.cc.il.us

SAFEKIDS To Offer Car Seat Checks

Surveys Reveal Four out of Five Car Seats Used Incorrectly

by the Prospectus

The Champaign County SAFE KIDS Coalition will be conducting a free Car Seat Check-Up event by appointment only on Friday, September 15 at PRO Ambulance, 408 S. Neil St., Champaign from 1:30pm- 4:30pm. Families wishing to have their safety seat inspected should call 373-7901 to schedule an appointment.

About 40 percent of kids still ride unrestrained, and of those children who are buckled up, four out of five are not restrained correctly. "Most of the deaths and injuries occurring to children in motor vehicle can be prevented by using car seats and safety belts correctly", said Jennifer Toney of the Champaign County SAFE KIDS Coalition. "This is a great opportunity to work one-on-one with parents who may be confused about the safest way to properly secure their child in a vehicle".

Approximately 1,800 children die each year as motor vehicle passengers, and more than 280,00 are injured. Car seats are extremely effective when properly used and installed, reducing the risk of death by 71% for infants under age 1 and by 54 % for toddlers ages 1 to 4.

Families attending the Car Seat Check Up event can have their car seats examined by specialists for proper installation, age/size appropriateness, and to see if they have been recalled or visibly damaged.

If you would like more information regarding this event please contact Jennifer Toney at 373-7901.

Community Calendar

Friday, Sept. 15

Car Seat Check-Ups
1:30 - 4:30 p.m.,
PRO Ambulance, 408 S. Neil St., Champaign.
Families wishing to have their safety seat inspected should call 373-7901 to schedule an appointment. For more information, contact Jennifer Toney at 373-7901.

Singles Celebrating Life will meet at the University Place Christian Church, 403 S. Wright, Champaign, from 7-9 p.m. for Contra Dance Lessons w/instructor and live music. All singles are welcome and free babysitting is provided. For more info, call 217/355-2464.

Saturday, Sept. 16

The Market at the Square 7 a.m. to sellout. Enjoy the best in home-grown produce, fresh flowers and plants, homemade baked goods, and finely crafted original works of art. Located at the corner of Illinois and Vine streets next to Lincoln Square Mall.

Can You Canoe? Canoeing Clinic
2-6 p.m. Kaufman Lake, 2612 W. Springfield Avenue, Champaign. Sponsored by the Champaign Park District and the University of Illinois Division of Campus Recreation. For more information, call 398-2550.

Sunday, Sept. 17

The Jazz Century Champaign-Urbana Symphony Orchestra, 7 p.m., Foellinger Great Hall. This orchestral concert will sizzle with jazz overtones. Scheduled works include Gershwin's *An American in Paris*, Ellington's *Night Creatures*. Call 800/KCPATIX or or 333-6280 for ticket information, or 333-6700 for general information.

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Canopy Club

The Canopy
708. South Goodwin
Urbana, Illinois 61801
217-344-BAND (2263)

Upcoming Schedule

Unless otherwise noted all start times are 10pm. All information is subject to change.

Tickets on sale at Record Service Swap, The CD Exchange, and all Ticketmaster outlets.

Ticketmaster Charge by Phone: 351-2266

Wednesday, September 13th
"X-night"
Rock Videos
\$1.75 Miller Lite bottles

Sunday, September 17th
DJ/VJ Party w/ DJ Diggler & VJ D.O.D
\$2 you call it

Thursday, September 14th
"The Planet Lounge Party"
w/ Eleven Days
pre-party w/ Hello Dave
\$2.50 BackStage Bones refills
\$3 cover

Monday, September 18th
"Grateful Dead Night" in the Canopy
No cover
Brandon T. Washington performs in The Roost
No cover
\$1.50 domestics \$2.50 imports
10pm

Friday, September 15th
Jack Daniel's/107.1 Pre-Party
w/ Then Again w/ The Pipe
Circus
\$3

Tuesday, September 19th
"Open Jam / Open Mic"
W/ Zea Mays in the Canopy
& Tom Grassman in the Roost
\$2 Long Island Ice Teas

Saturday, September 16th
Umphrees Mcgee w/ ULU
\$5 cover

HELP WANTED

BABYSITTER NEEDED

Looking for a babysitter for our 16 month old daughter in our home. Experience + references preferred. Must be able to provide own transportation. Need Monday, Tuesday, Wednesday and Friday from 9a.m.- 4p.m. Can be flexible with the days. Contact Sabri-

na between 6p.m. - 10p.m. at 359-8984.

HELP!

I need house cleaning done. Can pay \$11 per hour, with raises for job well done. Experience preferred. Interview required. Monday through Friday: Daytime: 353-2627 or Thursday evenings: 355-1042

TEACHERS AND ASSISTANTS

Anabel Huling Early Learning Center is accepting applications for both Teachers and Assistants. Flexible hours, tuition reimbursement, and child care benefits. For more information, please contact Sam or Chris at 892-4445.

PART-TIME DELIVERY PERSON

La-Z-Boy Furniture Gallery needs a part time delivery person to work most weekends plus some hours during the week. Non-smoking environment. Heavy lifting. Apply in person at the La-Z-Boy Furniture Gallery, 506 Anthony Dr., East of Best Buy!

UNFURNISHED APARTMENT RENTAL

1727 Henry St. 1 Bedroom with den. \$425 per month. Trash removal and covered parking included. On-site laundry with storage. No Pets. Lease, Deposit, and References required. For more information or to schedule a

THE PROSPECTUS

The Prospectus

Parkland College Newspaper currently has the following positions open for the Fall Semester:

- News Writers
- Features Writers
- Sports Writers

These are paid student positions and some may include a full-tuition scholarship for those qualified applicants.

Please apply in person to X 155 as soon as possible for full consideration.

THE PROSPECTUS

COPY EDITOR

Parkland College Newspaper currently has an open position for a COPY EDITOR.

This is a **Paid Position** and may include **Full-Tuition Scholarship**.

Apply in person to X155 or call 351.2216.

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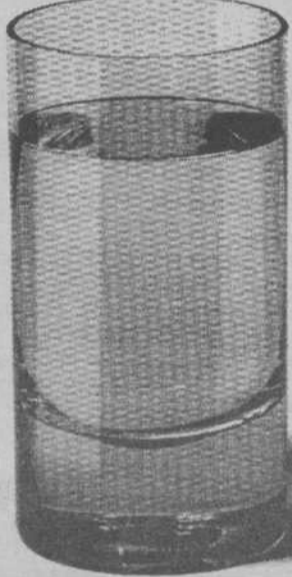
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If you qualify, the Montgomery GI Bill could provide you with over \$7,000 for college or approved vo/tech training. We'll also pay you over \$107 a weekend to start. Training is usually one weekend a month plus two weeks' Annual Training. By adding the pay for Basic Training and skill training, you'll earn over \$18,000 during a standard enlistment.

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Who's Hot...



by Brian Westbrook
Sports Editor

The Saint Louis Rams proved to everyone that they have the best offense in the league. The Rams defeated the Denver Broncos 41-36 on Monday night football. If you look at the score alone it looks like game was a dogfight to the end. Sorry to disappoint you, but the Rams gave those points away. Their defense

had a terrible day and Kurt Warner also had a terrible day but he still threw for 441 yards and three touchdowns. It seems that (Saint Louis rap artist) Nelly is the only one who thinks the Rams have a chance to repeat.

ESPN sports commentator Joe Theismann picked the Bears to beat the Tampa Bay Buccaneers. That alone qualifies the Bears to make the hot list.

Who's Not...



Kevin Greene works for ESPN as part of the media now. Ironically as a player for the Carolina Panthers he physically attacked his coach on national television. If Latrell Sprewell is a "thug" than what is Kevin Greene. If Spree is bad for sports, Kevin Greene and Bobby Knight are also bad for sports. Is this a case of "separate but not

equal" or just a coincidence people forgot about Greene.

Jerry Jones wants a new stadium. Hey Jerry, while you're at it, get a new team. The Cowboys played more like towel boys against Philadelphia last week. After losing Galloway for the season and Aikman for at least one game, don't count on a great turnaround from last week.

Chaney Invitational results

Last weekend the Parkland Golfers played in the Chaney Invitational. The team scored a 317 and finished 12 out of 19

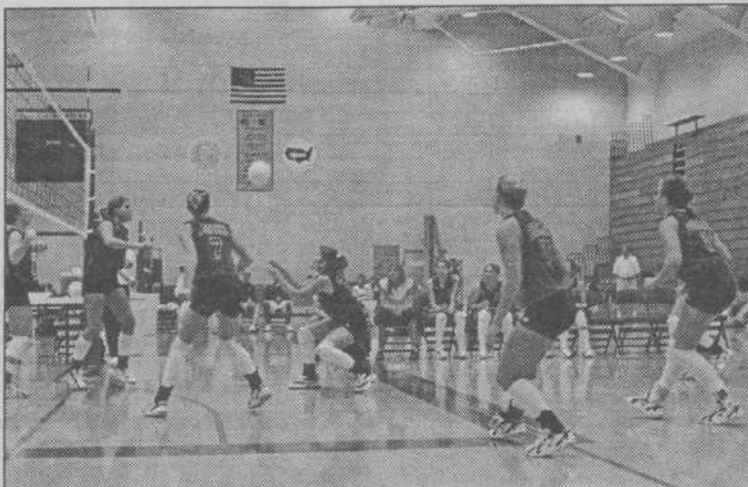
teams. The Parkland lowest score went to Jacob Bushue with a 76

Women Tennis: Parkland Against Lewis & Clark Friday 3:30 p.m.



Aaron Turner/Prospectus

Parkland Invitational Tournament



Andre L. Moraes/Prospectus

Parkland's Mens Soccer failed to beat ICC

Jonnie Stuckey scored his first goal for the Cobras off the assist from Tom Elmore. Brain Ozler nodded in the Cobra second goal off a corner kick taken by Nick Coats.

Golfers take a loss to Danville. At U of I's Orange course Parkland fell to Danville 323-324. The Parkland low scorer was Zach Hays with a 79.

LadyCobras finished 2nd in tourney.

Parkland finished 2nd in

the East Central College Volleyball tournament. The Cobras beat Mineral Area 15-6/15-9, East Central 8-5/15-10/19-17, and Three Rivers 15-12/15-6. But, the Cobras lost to Southwestern in their final game 12-15/11-15.

Men's Soccer gets a taste of Bellville.

Parkland's Mens Soccer fell to Bellville 8-0 last weekend. Bellville is ranked 4th in the nation in last weeks polls.

Parkland's Women Soccer has a rocky start

Natalie Getz scored the first goal of the season for Parkland. The assist was from Tanvarat Kisantear. The weekend Tournament produced two things for the team. First, it got their feet wet.

Second, they know that they have players that can complete. Shannon Nicholson and Kerri Nowak were selected to the tournament team. The team fell to Lake County 7-0 and Harper 4-1

Cheerleading Tryouts

by Liz Davis
News Editor

Are you a young woman who likes to "fly"? Are you a guy who can "catch" women? If you said yes to either and are a Parkland student, the college's cheerleading team may be looking for YOU!

The Parkland Cheerleading team will be holding a semi-annual tryout session this weekend, and openings are available for both men and women. The squad is looking to fill four positions for the upcoming fall season.

The tryout session will last Saturday and Sunday, and is open to all eligible Parkland students. The Sunday session will consist of clinics to teach tryout routines, and Sunday will be the actual tryout date. Candidates will be judged by a panel of officials, including current cheerleading coaches and former cheerleaders.

Currently, there are eight cheerleaders on the team, three of whom did not have previous cheerleading experience before making the team.

"We're looking for women and men who have a desire to support two winning basketball team," Tengwall said, "and to compete at the National level."

Last spring, the team



The Parkland College Cheerleaders

placed 12th in the nation at the National Cheerleading Association's College National competition in Daytona Beach, Florida.

For tryouts, Tengwall said that previous cheerleading experience is not required, but candidates are expected to meet certain requirements, including a willingness to cheer at all Men's and Women's Basketball home games and some away games. Women should be willing "fly", or perform aerial stunts such as basket tosses, and men

should be able to act as "bases" for routines involving multi-level partner stunts. Also, some previous tumbling experience is preferred but not required.

For tryouts, prospective cheerleaders should wear loose-fitting, comfortable clothes for the clinic session on Saturday, and a white tee shirt and black or dark colored shorts for Sunday's tryouts.

For more information, contact the Parkland Athletic Department at 351-2226.

Athletic Calendar

Wednesday, Sept. 13
Volleyball vs. Lincoln,
7 p.m. away

Thursday, Sept. 14
Individual Workouts/Men's
Basketball-1pm-3pm, Gym

Individual Workouts/Men's
Basketball-1pm-3pm, Gym

Women's Basketball Tryouts-
2pm-3pm, Gym Women's

Basketball Tryouts-2pm-3pm

Friday, Sept. 15
Golf, DuPage Invitational,
9 a.m. away

Volleyball Tournament in Kalamazoo, MI

Saturday, Sept. 16
Volleyball Tournament in
Kalamazoo, MI

Cheerleading Tryouts, 10 a.m. -
noon and 1-3 p.m., Gym.

Woman Soccer vs. South
Suburban,
Parkland College, 1p.m.

Sunday, Sept. 17
Cheerleading Tryouts,
1-3 p.m., Gym.

Woman Soccer vs. Moraine
Valley
Parkland College, 1p.m.

Tuesday, Sept. 19
Individual Workouts/Men's
Basketball-1pm-3pm, Gym

Volleyball vs. Lakeland, 7 p.m.,
HOME

Wednesday, Sept. 20
Volleyball vs. Danville, 7 p.m.,
away