

PROSPECTUS

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Eating Out

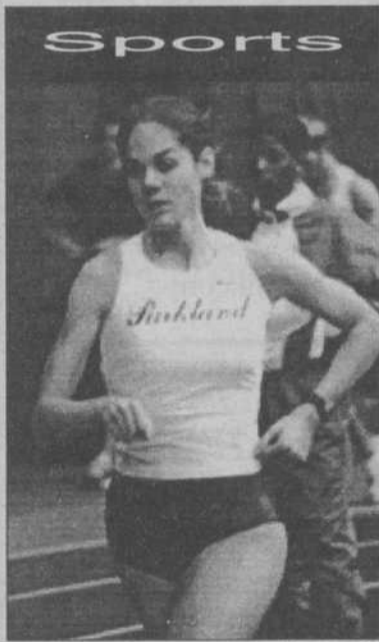


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Big Sandy and His Fly-Rite Boys



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Parkland Track takes regionals



Todd Niemann/Prospectus

by Mitch Wilson
Sports Editor

It's Saturday morning, the men and women of the Parkland track and field team strap on their green and gold for their most important meet of the year up to this point. Ten minutes before the start of the first running event both the men's and women's teams congregate at one end of the Armory for the ir team clap. Every competitor, spectator, coach, official, and person for that matter is looking in the direction of the Cobras. The energy of the Cobras can be felt throughout the Armory. This is going to be a special day for the green and gold.

The men's team came into the meet poised and ready, looking to win their third straight Region XXIV title and repeat as Super Region champions. The women's team came

looking to win the Region XXIV and Super Region title for the first time in almost ten years. There were no disappointed faces on either team when the dust had settled and the Cobras had finished their pounding of everyone in sight. The men won the Super Region by more than fifty points and the Region XXIV by more than eighty points. The women scored almost 200 points to win the Super Region by almost fifty points as well as winning the Region XXIV by over fifty points. Parkland was just on another level that day, with athletes stepping up in every single event. The Cobras had Region XXIV champions in 28 events, 11 on the women's side and 17 on the men's side.

The start to the outstanding day began with the impressive runs of both the men's and women's 4 x 800 meter relays. Both relays won in dominating fashion, with the women winning by 48 seconds and the men winning by 18 seconds.

More Track page 8

Phi Theta Kappa induction

by Theresa Landgraver
Staff writer

Alpha Psi Eta, Parkland College's chapter of Phi Theta Kappa, the International Honor Society had it's induction ceremony for new members on Tuesday, February 15th. Phi Theta Kappa is a selective honor society; requiring members to maintain a minimum GPA of 3.5 (on a 4.0 scale). There were 119 new members

honored for their academic excellence.

Alpha Psi Eta named Parkland's own Carol Steinman an Honorary Member of the prestigious group. The Induction Ceremony took place at the Parkland Theatre. The speakers included Dr. Zelema M. Harris, President of Parkland College, Ms. Carol Steinman, Associate Vice President/Dean of Students at Parkland College and Dr. Umeeta Sadarangani, advisor of Alpha Psi Eta.

Members of Phi Theta Kappa are eligible to apply for more than \$30million in transfer scholarships. Other benefits include a lapel pin of recognizing academic excellence, distinction at graduation, and many other special perks. The next Phi Theta Kappa meeting will be in X-150 on Wednesday, March 1st at 5:00 pm. Any question about Phi Theta Kappa can be directed to Dr. Sadarangani in C-219.

What African – American Figure has impacted your life?



Nancy Bopeya
M.L.K. – "Wanted equality for all races, and his methods of non violence."



Ramon Hampton
Martin L. King – "He fought for our rights and made the world better for minorities to prosper."



Brett Hodson
Cassius Clay (Muhammed Ali) – "He's a bad man. He's the greatest."



Champika Kaczor
Oprah – "She is an independent woman who is not afraid to talk about social issues that affect our daily lives."

Campus Calendar

Wednesday, February 23
 Black History Event
 "Police in Our Society,"
 A presentation at 12:00 noon
 in the Gallery Lounge.

A lecture titled, "Successful,
 Inexpensive Travel in Africa"
 will be taking place at Park-
 land College on 2/23 and 3/1.
 To register call
 (217) 373-3700. There is a \$19
 fee.

Thursday, February 24
 Parkland Christian Fellowship
 12 noon, meets in room X 224.
 For more information, contact
 Bruce at Henrikson 351-2435.
 American Indian Club 12 noon,
 meets in room X 238. For more
 information, contact Susan Pin-
 nell at 351-2206
 Black Student Association 12
 noon, meets in room X 326. For
 more information,
 contact Cyprus Hughes at
 351-2887

Black History Event
 "Spirituality and Well Being,"
 a presentation at 12:00 noon
 in the Flag Lounge.

Friday, February 25
 "Winter Prairie Skies " 7 p.m.,
 Staerkel Planetarium. Call 351-
 2446 for show updates and
 more
 information.
 "Seasons" 8 p.m., Staerkel Plan-
 etarium. Call 351-2446 for
 show updates and more infor-
 mation.
 "Age of Aquarius" 9:30 p.m.,
 Staerkel Planetarium. Call 351-
 2446 for show updates and
 more information.

The Folk Music Concert
 Series will be featuring Lou
 and Peter Berryman doing a
 folk music version of Will
 Rogers and Dorothy Parker.
 This concert will be in the
 Gallery Lounge at 7:30pm.
 For more information call
 (217) 373-3818.

Saturday, February 26
 Women's Basketball vs. Milikin
 JV, 11:30 a.m., away
 Men's Basketball vs. Vin-
 cennes, 3 p.m., HOME
 Baseball vs. MacMurray 12
 noon, away (Game dependent
 on weather conditions—call
 Parkland Athletic Department
 at 351-2200 on Friday or later
 for
 game confirmation)
 ICTM Parkland College Math
 Contest-8a.m.-3:30p.m., Park-
 land Gym. For more informa-
 tion, call Parkland College at
 351-2200 ext. 2540

"Follow the Drinking Gourd " 7
 p.m., Staerkel Planetarium.
 Call 351-2446 for show updates
 and more
 information.

"Seasons " 8 p.m., Staerkel
 Planetarium. Call 351-2446 for
 show updates and more infor-
 mation.

"Age of Aquarius" 9:30 p.m.,
 Staerkel Planetarium. Call 351-
 2446 for show updates and
 more information.

Black History Event
 The Gospel Festival will be in
 the Parkland College Theater
 at 7:00pm.

Sunday, February 27
 Parkland Chorus/Parkland
 Pops Concert 3 p.m.,
 Parkland Theatre.

Tuesday, February 29
 German Club 12 noon, meets in
 room X 320. For more informa-
 tion, contact Eva Frayne at
 351-3781

**LETTER TO THE EDITOR:
 Parkland student battles effects of HIV**

According to Alec Wilkin-
 son, a journalist for *Esquire*
 magazine, in 1996, when
 David Ho, director of the
 world's largest private AIDS-
 research laboratory, released
 the results of his research on
 the new combinations of
 drugs for treating HIV, these
 medicines were hailed as mir-
 acle drugs, and even Dr. Ho
 thought that these drugs could
 completely eradicate the HIV
 virus in a person within two or
 three years, leaving him com-
 pletely cured. Now, three
 years later, researchers have
 found that these drugs do not
 completely eliminate the HIV
 virus, and that in order to
 keep the virus under control,
 people with HIV will have to
 take these medicines until a
 real cure for HIV/AIDS is
 found, perhaps for the rest of
 their lives.

Most people think that
 with the new medicines, peo-
 ple living with HIV/AIDS can
 live completely normal lives,
 but the reality is that these
 medicines have side effects
 that can seriously deteriorate
 one's quality of life.

I was diagnosed with HIV
 in 1996, just about the time
 that the new medicines
 became available, and I have
 been taking these medicines
 ever since. Sometimes I feel
 like the anti-HIV drugs that I
 am taking are killing me
 faster than AIDS would.

The anti-HIV drugs work
 by interfering with how the
 HIV virus reproduces, and
 because they are not specific
 enough to attack only the
 virus, they also damage the
 cells of the body, causing seri-
 ous side effects. The side
 effects that I am experi-
 encing include bone and mus-
 cle pain, sore throats, and nau-
 sea. I don't know where and
 when I will have pain. Some-

times my throat feels raw and
 I can't eat. Other times, the
 pain is in my bones, and every
 movement that I make hurts.
 At times, the pain is so bad
 that it makes me cry.

People with HIV have
 problems maintaining weight
 and muscle mass; therefore, I
 need to lift weights so that I
 don't start losing muscles. I
 try to lift weights twice a
 week, but usually I can go to
 the gym only once a week
 because of the pain. I also get
 nausea, and when I do, the
 smell of food, especially meat,
 makes me sick, and I can't eat.
 Fortunately, this doesn't hap-
 pen all of the time, plus I like
 to eat a lot, so at least I haven't
 lost weight like many people
 with HIV do.

Another side effect of the
 HIV medicines is the appear-
 ance of skin rashes and other
 abnormalities that are visible,
 and that I have to hide in
 order to appear "normal." Some
 medicines cause skin
 rashes that look ugly and
 make me look sick. For exam-
 ple, one medicine gave me an
 ugly red rash on my neck. It
 looked so bad that I almost
 quit college in order to hide it.
 I went to my doctor and told
 her about it, and she changed
 the medicine. The big rash
 went away, but sometimes I
 still get patches of pimples on
 my back or on my chest,
 enough to keep me from going
 swimming or taking off my
 shirt during the summer.

Besides the obvious physi-
 cal side effects, the HIV medi-
 cines make me feel tired and
 weak almost all of the time.

Imagine how you feel
 when you have the flu or a
 cold, and how difficult it is to
 study and work. Even getting
 up in the morning is difficult.
 Thank God that for most peo-
 ple, the flu or a cold lasts only

for a week or two. Now, imag-
 ine living like that all of the
 time. It's scary, isn't it? But
 that is my everyday existence.

In addition, the medicines
 also reduce my ability to han-
 dle stress. For example, when
 I have a test, I usually feel
 tired, uncomfortable, inse-
 cure, and physically ill. My
 face becomes swollen like a
 balloon, and I feel chest pain.
 I like to study, and I'm intelli-
 gent, but because of the medi-
 cine's side effects, the times
 that I need to be most strong
 and most alert, such as just
 before a test, is when I am the
 weakest and sickest.

As if the side effects
 weren't enough, I need to have
 a lot of blood tests done to
 monitor my situation, and if I
 have too much virus in my
 blood, I have to change my
 medication, and have to get
 used to another set of side
 effects.

One of the problems with
 HIV is that the HIV virus
 becomes resistant to the
 drugs with time. When that
 happens, it is necessary to
 change the medicine. Each
 medicine has different side
 effects.

For example, the latest
 drug that I've been taking is
 Sustiva. This drug has been
 causing me insomnia for some
 time. When I finally do fall
 asleep, I have nightmares
 because this drug affects the
 brain and nervous system. To
 determine when it is time to
 change my medicine, the doc-
 tor needs to draw blood sam-
 ples for viral load and CD4
 (immune system cell) tests. I
 have talked about some of the
 bad side effects of HIV medi-
 cation, but all of these side
 effects contribute to some-
 thing that is even worse than
 the physical pain and discom-
 fort—depression.

When I feel sick from the side
 effects, I feel so bad that I go
 into a deep depression that
 makes it difficult for me to
 concentrate. All that I think
 about is how sick I feel and
 how bad my life has been
 since I contracted HIV. This
 makes it very difficult to
 study and work.

Depression makes me think
 about things like committing
 suicide or killing the person
 responsible for giving me
 HIV. Depression makes me
 negative and see all things as
 difficult or impossible.

For example, sometimes
 when I feel really bad, I want
 to quit college. I think, "Why
 so much study and sacrifice?
 It's not worth it. I'm too sick
 to be able to work, anyway."

My depression is so
 severe sometimes that I drink
 alcohol because I don't want to
 feel and suffer any more. It
 makes me insecure about
 everything. It makes me
 doubt the existence of God.


All of this sounds depress-
 ing, and it is. The new anti-
 HIV drugs are viewed by
 many as a "cure" for AIDS,
 but they are not. They serve
 to prolong life, by keeping the
 amount of virus in the body
 low, but they do not eliminate
 the virus completely, and in
 time the medicines fail.

People with HIV have the
 prospect of living from one
 medicine to the next, each
 with a different set of side
 effects, and must hope that a
 real cure is found before the
 virus has become immune to
 all of the medicines available.

It is like running on a
 treadmill and trying to keep
 one step ahead of death while
 feeling sick and depressed.
 What kind of a life is that?

Name Withheld
 per request of the Author

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- 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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Homelessness: A State of Emergency

By Mary O' Malley
Staff Writer

Most would agree that one of the most secure feelings is waking up in a warm bed, eating a warm hearty breakfast and dressing in clean clothes. Unfortunately this is not the case for everyone. Some people do not even have a home to wake up in. Homelessness is a fatal and heart wrenching problem. Some never escape the painful and devastating wraiths of this epidemic.

In 1998 there were 1,200 homeless women and children in Champaign County. Many sought shelter at the Center for Women in Transition, but were turned away from services due to lack of space. In the same year, the St. Jude Catholic Worker House fed and housed 60-70 men and single women per day. The number of men and women remained the same at the worker house in 1999, but the number served at the Center for Women in Transition decreased to 600 in 1999. This year the number of women calling for services at the Center for Women in Transition has doubled since 1998. Pat Ray Director of Outpatient

Services at Prairie Center reports that 3 out of 5 women in outpatient treatment are homeless.

Ray adds, "People with substance abuse problems are at great risk for becoming homeless and this figure can increase at any time."

The overall population of homeless people in the United States is above 50,000. 40% of these are children. This is tragic reality that is taking place right here in our community. How can this be?

Kathy Simms Director of Center for Women in Transition states, "Homelessness can strike the poor, single mothers on public assistance that are working, disabled people, people with substance abuse problems (and their family members and children), dislocated workers, alcoholics and those that work full-time and make minimum wage."

So what solutions can be arranged to beat this painful and discouraging condition?

Simms advises, "People should look at the conditions these people are in, not that they impose a threat of problems in our community."

In Champaign County alone, we have people sleep-

ing in cars and living in unsafe housing, wondering where their next meal is coming from. Who is going to shelter these innocent victims from this pain? We need to contribute to the lives of the homeless through monetary and voluntary aid.

Programs designed to help the homeless often are a catalyst to a new beginning, but we need to look at the complete picture. Problems persist for these individuals, even after they find a home.

Simms states, "We need funding for housing programs to teach people job skills, budgeting skills and anything else that could save them from going back out on the streets."

So why not take it a step further? We need the funds to train those at social service agencies to effectively teach those in transition how to live manageable lives.

Champaign County has several programs that strive to enrich the lives of homeless and people at risk of becoming homeless. One program is Shelter Plus Care, developed by the City of Urbana and HUD (Housing and Urban Development). The Champaign Housing Authority

administers this program by paying landlords up to 30% of the tenants rent, giving out section 8 vouchers to those that qualify and supply case-managers to these clients. This program is also available to clients of Mental Health Center, Prairie Center, Developmental Service Center and Gay Aids Community.

What can we do to join the fight to end this disaster? First of all we should think before we judge anyone until we have walked in their shoes. We should consider offering support by volunteering our time at local shelters, attending city council meetings, or helping out everyday in any way we can. Poverty and homelessness are progressive and potentially fatal traps. It could be you or me in this situation. If you would like to make a difference, there are several volunteer positions available at the following social service agencies:

The Center for Women in Transition 352-7151, **Times Center** 398-7788, **Catholic Worker House** 355-9774, **Mental Health Center** 373-2436, **United Way** 352-5151, **Salvation Army** 373-7832, **A Woman's Place** 384-4390

Volunteer Spotlight

Big Brothers/Big Sisters of Champaign County

Address: 404 W. Church St. (located in the United Way building), Champaign, IL. 61820 Phone: 355-2227

Dedicated to Serving: Children between the ages of 5-12 who are from primarily single-parent homes

Mission: Big Brothers/Big Sisters is a proven mentor program which provides one-to-one guidance, friendship, and positive role models to our at-risk children. Our mission is to prevent juvenile delinquency and help children reach their full potential in life. As the largest national network of mentoring organizations serving children, families and communities, Big Brothers/Big Sisters has a vision to provide a caring adult in the life of every child in need.

Type of volunteer opportunity available: A Big Brother/Big Sister becomes a friend, confidant, and mentor. By spending a few hours each week with a child who need someone to talk with, laugh with and learn with, you can make a difference!

For more information, contact: Tammy Goaley at 355-2227

Community Calendar

Wednesday, February 23

Community Rights and the Obligations of Non-profit Local Hospitals The Fair Share coalition presents this free forum. Featured speakers will be Kevin Barnett of Public Health Institute and Frank McLoughlin of Community Catalyst, who will speak and lead discussion about community benefits and the obligations of nonprofit local organizations. 7-8:30 p.m., Illinois Disciples Foundation, 610 E. Springfield Ave., Champaign. For more information, contact Bill at 352-6533.

UI Symphonic Band II and UI Concert Band I An enjoyable evening of music for symphonic and concert bands awaits listeners. 8 p.m., Follinger Great Hall at Krannert Center for the Performing Arts, Urbana.

Thursday February 24

"Yesterday, Today and Tomorrow: Black History of Champaign-Urbana," Black History panel discussion presented by the city of Champaign Human Relations Office. 5:30 - 7 p.m., Stratton School, 902 N. Randolph St., Champaign. Entertainment by Village Rhythms, a children's African drum ensemble.

Drop-In Skills Center Come for career assistance, literacy tutoring, or GED preparation. Sponsored by Parkland Adult Education and Project READ. Registration not required. 6-8 p.m., Douglass Branch Library, 504 E. Grove St., Champaign.

Living Wage Campaign The Champaign County Living Wage Association will have an educational meeting on "Building a Winning Living Wage." Keith Kelleher of Chicago's Living Wage campaign, will speak. 7 p.m., Illinois Terminal Building, 45 E. University, Champaign.

"Something's Afoot" 8pm Colwell Playhouse, Krannert Center for the Performing Arts, Urbana.

Friday, February 25

"Something's Afoot" 8 p.m., Colwell Playhouse, Krannert Center for the Performing Arts, Urbana.

Sinfonia de Camera Sinfonia celebrates the

music of the western hemisphere at the turning of the millennium with popular fanfares by Copland and Joan Tower, Gershwin's jazzy Concerto in F, and music by Benjamin Lees and Robert Kelly. Follinger Great Hall, Krannert Center for the Performing Arts, Urbana. Call for ticket prices and availability.

Saturday, February 26

Harry Potter Party Games and activities based on Harry Potter books for children in third grade and older. 10-11 a.m., Urbana Free Library. Register by calling 367-4069.

Environmental Expo Hands-on activities, literature, and live animals. Market Place Mall during regular mall hours.

UI Clarinet Choir Festival Final Concert Enjoy performances by the UI Clarinet Choir, the Illinois Honors High School Clarinet Choir, and the L.L. Wright High School Clarinet Choir from Ironwood, Michigan. Free admission. Room 141 of Harding Band Building, 1103 S. Sixth Street, Champaign.

"Albert Herring" 8 p.m., Tryon Festival Theatre, Krannert Center for the Performing Arts, Urbana.

"Something's Afoot" 8 p.m., Colwell Playhouse, Krannert Center for the Performing Arts, Urbana.

Sunday, February 27

Coin Show 9 a.m. - 4 p.m., Railside Golf Club, 120 W. 19th St., Gibson City.

Environmental Expo Hands-on activities, literature, and live animals. Market Place Mall during regular mall hours.

"Albert Herring" 8 p.m., Tryon Festival Theatre, Krannert Center for the Performing Arts, Urbana.

"Something's Afoot" 3 p.m., Colwell Playhouse, Krannert Center for the Performing Arts, Urbana.

Orli Shaham, piano 3 p.m., Foellinger Great Hall,

Krannert Center for the Performing Arts, Urbana.

Safe House Musical Benefit Featuring performances by Community Mass Choir, Singing Men of WGNN, and University of Illinois Black Chorus. 4 p.m., First United Methodist Church of Champaign, 210 W. Church St., Champaign (northwest corner of Church and State streets). Admission is free, but pledges and cash donations will benefit Safe House.

UI Faculty Recital Pianist James Helton plays music by Mozart, York Bowen, and Schumann. Free admission. Recital Hall at Smith Memorial Hall, 805 S. Mathews Ave., Urbana.

Ongoing

Tax Assistance Free help with preparing income tax returns, 9 a.m. - 12 noon and 1-3 p.m. Mondays through Thursdays and noon-3 p.m. Saturdays. Lobby of Champaign Public Library, 505 S. Randolph St., Champaign. Wide selection of tax forms available.

Plan Ahead

Basic Home Maintenance for Women Hands-on workshop will cover installation and repair of locks, doors, windows, drywall, electrical outlets and switches, and much more. Fee is \$25. For more information, contact the Urbana Park District at 351-2571 or stop by the Phillips Recreation Center at 505 W. Stoughton, Urbana.

Black History Knowledge Bowl Teams of four or five students in 4th-8th grades are invited to compete in written and oral competition that focuses on the accomplishments of African Americans. For more information or to register, contact the Douglass Branch Library at 356-4455.

Edison Middle School Band Benefit A spaghetti dinner and raffle featuring prizes from Abbott's Florist, Radisson Suites, UI Athletics and more will be held on Friday, March 3, to benefit the Edison Middle School band. Help support the band as they prepare for the upcoming Orlando 2000 band competition. Raffle tickets are \$1 each and dinner is \$5. Tickets can be purchased at the door, from band members, or by contacting Joy at 359-8406 before 9 p.m. in the evenings.

A Plethora of Percussion: A Review of Ethos Percussion Group and Glen Velez

By Wendy Kim
Staff Writer

Ethos Percussion Group held various exhibitions highlighting the hypnotic art of percussion performance at various venues in Champaign-Urbana during the week of February 7-12th. The events included an interactive drum circle at the YMCA, a preview show at The Courtyard Café, and a spectacular performance with world renown master percussionist, Glen Velez, in Foellinger Great Hall at the Krannert Center of Performing Arts on Saturday evening.

The New York Times has praised the troupe for its "expert togetherness, sensitivity and zest", which is the tip of the iceberg concerning their combined talents.

The ensemble consists of musicians Joseph Gramley,



Wendy Kim/Prospectus

Eric Phinney, Michael Sgouros and Yousif Sheronick. They have been making music together for over a decade, and have revolutionized the world of percussion.

The artists used more than ten instruments of their genre, often changing and exchanging instruments dur-

ing the show. The music was a melange of various styles, with influences ranging from South American to Japanese Kodo drumming.

The compositions were somewhat post-modern, especially when combined with their visual representation on stage. The phenomenal acoust-

ics of the Great Hall in Krannert Center captured the depth of the music and left the delicate, yet commanding rhythms lingering in the ears, minds and hearts of the audience.

In the second half, percussionist extraordinaire, Glen Velez, astounded the audience in a solo that established his virtuosity in the realm of percussion arts. His hands were doing a dance all their own while making music so moving that the audience was stunned into silence. He was the dominant voice of the second half of the performance, and the members of Ethos deferred to his technical expertise in a supportive and complementary fashion.

The show was an uplifting stimulus of the senses. Keep an eye and ear out for Ethos Percussion Group and Glen Velez...

The Highdive presents Big Sandy and his Fly-Right Boys

By Wendy Kim
Staff Writer

'Swang' was in full effect at The Highdive as Big Sandy and his Fly-Right Boys jammed to a large and vibrant crowd on Thursday, February 17th. The group donned identical, black western shirts with embroidery that distinguished the leader and his cohorts. This attention to detail was but one of the myriad strengths of this incredible ensemble.

Big Sandy had a 'big' stage presence

with a velvety voice to back it up. In a brief interview post performance, he told me his Tex-Mex version of swing is influenced by artists such as Gene Vincent, Roy Brown and Frankie Lee Simms.

The high-energy show reached its peak in the second set. This interactive performance stimulated the enthusiastic crowd to bust out in a jig of one form or other on the dance floor. The dancers in the crowd were a form of entertainment in their own right with costumes and all. A strong indicator of a good show is the

response of the audience. Even my body could not resist the temptation of this swinging music.

Big Sandy and his Fly-Right Boys have been together for twelve years and tour approximately eight months out of the year. This explains their symbiotic performance. As they say, practice makes perfect.

They have seven albums with High-tone Records and you can log on to their website at www.bigsandy.net for more information.

A Champaign Landmark, The Elite Diner



By John Isberg
Staff Writer



Nostalgia and a sense of local history echo throughout the Elite Diner, located at 210 East Elm Street in Urbana. The Elite Diner has been a local landmark for more than thirty years. It has moved locations from Villa Grove and Champaign to its current address. This summer it will change addresses once again, moving directly behind the Lincoln Square Mall. The interior will be expanded to include 47 more seats. This expansion won't change the most important things about the Elite: good food and an authentic diner look that hasn't changed at all from its beginnings. The Elite Diner was originally named, "The Chuckwagon," and after a few years and different owners, became the Elite. The interior is still the original. Walking through the diner, I was amazed at how well preserved the restaurant was.

As we waited for our waitress, I was reminded of the film, "Diner," and half expected to see Mickey Rourke and



John Isberg/Prospectus

The Elite Diner

Kevin Bacon walk in. We were then greeted by the very friendly smile of Moni Beasley, a local legend (she was an MP in the Army and also one of the first women to go through Army Airborne school at Fort Bragg). She has been serving at the Elite Diner for the last two years and enjoys the clientele.

After a round of Vanilla Cokes, I set out to find something tantalizing to eat. As I perused the menu, delicious smells from the sizzling grill wafted through the diner. The menu, as many regulars who've been eating at the Elite for years would attest, is simply one of the best deals in town. Most entrees are under five bucks and are proportioned well. As far as guest

favorites go, cheeseburgers and hamburgers are hot items. One specialty is the hot beef sandwich, which is cooked for 24 hours to give it a very deep, juicy taste. Also, reubens are very popular.

On the dessert menu, there is a wide selection of pies, and the rice pudding, topped with whipped cream and cinnamon, is outta sight. A special bonus on their drink menu is Green River phosphate, one of the best drinks to come out in the last fifty years. Also, the Elite's shakes and malts are very satisfying. Overall, the menu is very appetizing and makes the Elite Diner one of the best bangs for the buck around town.

So whether you're in the mood for some local history

over a smoke and some coffee or simply hungry for some really great diner food, head on over to the Elite Diner. You won't be disappointed.



John Isberg/Prospectus

Next Week:
Miron's Diner

Dear Terri:



Dear Terri,
My friends have been telling me that while I was on vacation my girlfriend was dating other guys. Now she tells me she thinks she may be pregnant. I was not gone for that long, and I am not sure if the baby is mine. I have not told her that I know about her cheating. I am really shaken up by this. I am only 19 years old and not ready to be a parent. How do I handle this situation?

Shaken

Dear Shaken,
There are a couple of different problems here. The first subject to tackle is whether or not there is a child on the way. Home pregnancy tests are available at many drugstores and are extremely accurate if used properly. If there is a positive reading, your girlfriend needs to be checked by a doctor. Prenatal care is extremely important. Talking to your girlfriend about your concerns of infidelity needs to be handled very carefully. You do need to talk to her about it, but be careful not to make a joke about it or be too accusatory. This will likely be a delicate topic with your girlfriend whether she is guilty or not. The only way to be absolutely positive about paternity is a blood test after the baby's birth.

You are probably right about not being ready to be a parent. It seems that you and your girlfriend need to open lines of communication. There seems to be some trust issues as well. These are two very important aspects to parenting children together. If there is a child, that child will need (and deserves) a lot of love and attention. Parenting is a non-stop full time job. It is the most fulfilling, yet the most challenging pursuit of a lifetime. Both of you need to make decisions about whether you are ready and willing to provide a child everything he or she will need, and ultimately deserves. Remember that parents are the most important influence in a child's life. I wish the best of luck to you.

Terri

Theresa Landgraver is a Student at Parkland College in the Psychology program. Any submission to Dear Terri can remain completely anonymous. Questions can be submitted to Terri at:
dearterri@parkland.cc.il.us
Dropped in the drop box outside the Prospectus office (X-155),
Or mailed to: Dear Terri
Parkland Prospectus
2400 W. Bradley Ave. Champaign, IL 61821

Entertainment Briefs

By John Isberg
Staff Writer

The Pumpkins are coming!!!

Billy Corgan and the rest of the Smashing Pumpkins will grace us with their presence later in the week. Sadly, I cannot divulge the where and when but keep your ears open and pay attention. This appearance will be in support of their new album, "Machina, Machines of God."

Local Music Events

Upcoming shows at the Canopy Club include Marina, Laurie McColley and Robyn Ragland Feb. 23 at 10pm, the creative Mike and Joe Feb. 24 at 10pm and the very funky G. Love and Special Sauce with guests Torque and Hot Lips Messiah Mar. 1 at 10pm. Rockabilly act Reverend Horton Heat will be back in town Mar. 24 at 10pm. The last time thru they played the High Dive and it was a scorcher of a show. Don't miss this one.

Musical acts coming to the High Dive include Deke Dickerson & the Ecco-Fonics with local act, The Viper Feb. 24 at 9pm, the Promise Ring Mar. 2 at 10pm and the amazing psychedelic sounds of genius, the Flaming Lips Mar. 7 at 9pm. Be sure to catch Wayne and the Lips tear up the High Dive.

Elizabeth Elmore of Sarge, Mathlete and the beautifully named, Sweep the leg, Johnny, will be playing the Courtyard Café Feb. 24 at 8pm.

Here come the young moderns! Kill Hannah will play the Courtyard Café Mar. 30 at 8pm. This Chicago new-wave glam band rocks so don't miss this show. Stay tuned for upcoming events.

Student Drops 245 Pounds via 'Subway Diet'

by Aaron Krause
Indiana University

BLOOMINGTON, Ind. (TMS) - When registering for a class, most college students carefully consider the quality of its teacher and how it best fits into their major.

Not Indiana University senior Jared Fogle. He had something far different on his mind: the size and durability of the seats in the classroom.

Welcome to the life of a 425-pound student.

Well, make that the life of a former 425-pound student. In just under a year, Fogle managed to lose 245 pounds. His secret? Something he calls the "Subway Diet."

Last March, Fogle saw a sign containing nutritional information about Subway's sandwiches. Desperate to lose weight, he decided to eat two subs every day for basically a year. His meals consisted of a 6-inch sub, potato chips and a Diet Coke for lunch, and a 12-inch veggie sub and Diet Coke for dinner. He held the mayo on the sandwiches, refused to snack in between meals and ate no breakfast.

Two months later, Fogle weighed himself: 330 pounds.

Fogle said he immediately told his father about his success.

He had only one good friend, J.L. Lou, whom he met in high school. Fogle said they clicked because they were both treated as outcasts.

A lot of things in life were humiliating, Fogel said. He always had to make sure he pulled his car into a parking space that left him plenty of room to maneuver out of the driver's seat. Perhaps the time he fell asleep during a college lecture was the worst. Fogle said he started to snore -- an already loud sound made even

louder and more obnoxious because of his heavy frame. Classmates started to laugh when a woman nudged him with her elbow.

"I was getting to the point where I started to break furniture," he said, adding that he managed to destroy chairs at home and at his grandmother's house.

"You could hear them creaking," he said with a laugh.

Fogle can laugh now, but at the time, he said he was very depressed. As a result, his eating habits grew worse, not better. On a typical day, Fogle said he'd awake at 10:30 a.m., eat breakfast (usually more than one bacon, egg and cheese biscuit; hash browns, a sweet roll and coffee.) and go to class. His lunches were usually from McDonald's. A double quarter-pounder with cheese, large fries and a regular Coke was standard fare. Dinner was typically "three good-sized plates" of Chinese food. And don't forget the half dozen or more snack breaks he'd take in a day.

"Combined with all that, I would move as little as possible," Fogle said.

Today, Fogle said he hardly knows the person he was. Now weighing in at 180 pounds, he has more confidence and says he enjoys life the fullest. He has a girlfriend. He even said he likes going home to spend time with his folks -- particularly his father, who insists on buying him new clothes. Sometimes Fogle said he looks back at the past; videos of him at his heaviest leave him stunned.

Fogle's weight loss has won him a lot of praise. He appeared on the Oprah Winfrey show in early February and is the star of a Subway commercial touting his success. He's also having to schedule interviews around his classes this semester.

Fine Dining Guide

Biaggi's
2235 S. Neil St. Champaign, IL 356-4343

The best interior in C-U, complete with fireplace and ambience to match

Family style-Traditional Italian cuisine

Recommendations: Caprese and Caesar salad, calamari fritti, the salmon is a great deal, both lunch and dinner, farfalle alfredo, pork chops, tiramisu and cheesecake are good choices.

Kennedy's
1717 S. Philo Rd. Urbana, IL 384-8111

Rustic American, moving towards contemporary with a new location to come

American Cuisine

Recommendations: Luke Kennedy makes some of the best chili I have ever tasted in the country. His Caesar salad is particularly good, he has the only wood burning grill in town to my knowledge and a wide range of seafood selections that can be prepared in different styles. His wine list has some strong hitters and wines by the glass are the best in town.

Pies by Inga from the Brown Bag in Monticello and Chocolate Torte are good bets for dessert.

Radio Maria
119 N. Walnut Champaign, IL 398-7729

Fusion cuisine, elements of Asian, Latin American, Caribbean, and American Cuisine

Eclectic food with a modern, folk art deco interior, this place is for stylish folks in the know

Recommendations: Crab Salad, Lamb Chops and Filet have interesting accompaniments, seafood is fresh and the wine list rocks the house with selections like Cloudy

Bay Sauvignon Blanc and other heavy hitters at great prices.

Silvercreek Restaurant
402 N. Race Urbana, IL 328-3402

Wood is the word of this beamed ceiling eatery with fireplace

American

CIA alumnus Steve Harney creates delicious traditional American fare with a gentle twist. Highlights include the Silvercreek sampler, dry aged NY Strip, pasta selections and daily specials. Their selection of macro and micro brewery beers is impressive with heavy hitter like Westmalle. They have a great Pinot Grigio for a nice price. Desserts are made fresh.

Timpones's
710 S. Goodwin Ave. Urbana, IL 344-7619

Multi-level dimly lit room, complete with booths for intimate conversation

Italian Influenced Fine Dining

Raymond Timpone and his Sous chef, Jim have the best ingredients in town, hands down. The spinach tagliatelle is so delectable, the recipe has been sought by Gourmet magazine.

The wine list has many sought after names, that have a price tag to match, including Krug champagne at \$125, which is better than Dom Perignon any day of the week, at least in my opinion. The gelatos, another way of saying ice cream, is made in house and are as delicious as they come. Ginger, Raymond's wife, is the dessert chef and she is a talent...we tried the peanut butter pie at our last visit and it was phenomenal.

Teacher Who Left Student In Spain May Lose Her Job

by Rummana Hussain
Knight Ridder Newspapers

A Chicago Public School teacher may be fired for her decision to leave a 16-year-old senior in Spain after the teen lost his passport during a school-sponsored trip, the head of the of the school system said.

Morgan Park High School's Christine Matishak, who returned from the three-week excursion with 16 other students on Monday, was reassigned to Board of Education headquarters Wednesday because she left Preston Ross III in Spain and she allegedly failed to initially tell school officials or the boy's parents of her actions.

"The teacher should be terminated unless the investigation reveals that there were extenuating circumstances," said Chicago Public Schools Chief Executive Officer Paul Vallas.

Ross, who obtained a new passport from the U.S. Embassy in Madrid and flew back to Chicago Wednesday, was more charitable in his views toward Matishak.

Before she left him behind,

Ross said, the teacher had made arrangements for him to travel by bus to Madrid from the northern port city of Bilbao where the group had been staying, and also arranged his accommodations and a chaperone in the Spanish capital.

"(Matishak) hooked it up pretty good... She set everything up. She set up the bus, the hotel and everything. It was a nice hotel too," Ross said moments after arriving at O'Hare International Airport. Matishak even allowed the teen to use her credit card for the hotel expenses.

After obtaining his passport from the embassy, Ross took a bus back to Bilbao, where he stayed with his host family before his flight home.

Regardless of Matishak's intentions and stellar record as a teacher, there was no excuse to leave the boy on his own, Vallas said. Matishak, who had a \$49,654 salary last year, has been with the school system since 1974, according to board records.

Vallas said he was informed of Matishak's decision by Ross' relatives on Tuesday. Morgan Park Principal Charles Alexan-

der also could face disciplinary action in the incident because he failed to inform board officials of the situation immediately after he learned about it from an aunt of the teen on Monday, Vallas said.

Alexander said he was "absolutely surprised" that Matishak had not told him of Ross' plight before the group left. "If we had been notified, we could have made some other decision. We could have rescheduled all the students' flights, and we would have paid for it. Apparently, the teacher thought she had the situation under control. She thought she left the student in good hands," he said.

Matishak couldn't be reached for comment. But her attorney, Edward M. Maloney, said Wednesday night she felt no need to immediately inform school officials because she thought the family was comfortable with the arrangements she had made.

During his extended stay, Ross remained with the same family in Bilbao that had hosted him since the school group arrived in January.

But Vallas said that even if

the boy was with his host family, the schools would be ultimately responsible if he was injured in an accident or ran away.

"This isn't just a field trip to the Field Museum," Vallas said. "We're responsible for our kids, whether we take them to the Field Museum, Springfield, Washington D.C. or Spain."

Vallas said he was also concerned that Matishak was the only chaperone on the trip because the report formally requesting board approval for the trip listed two chaperones.

The teen and his father, Calumet District Police Officer Preston Ross Jr., both said that they didn't want to see Matishak lose her job over the incident.

The elder Ross said he was most concerned that the teacher never called him from Spain to let him know about his son's predicament. Ross Jr. said he first learned about the problems with the lost passport from his son, who called from Spain on Friday. After that, the father said it took him until Sunday to hunt Matishak down in Spain by telephone.

"She should have informed me. I'm his father. She should

have called me and told me something," said the elder Ross, 36. "Anything can happen. Americans aren't liked overseas, let's be honest."

Maloney, the teacher's lawyer, said they searched for the missing passport on Saturday and went to the local police. She then told Ross to inform his family of the problem, and asked that they call her at their convenience because of the time difference.

The teenager's grandmother, Charlie Mae Ross, was angrier. "If she couldn't see that it was wrong to leave a 16-year-old in a foreign country, then she should not be (teaching)," she said.

Preston Ross III, who said he is not fluent in Spanish but can speak it to a degree, had been to Spain once before, and a Spanish exchange student lived with his family in Chicago last year. But this week's snafu left him with a bad taste.

"No more overseas traveling for me anytime soon," he said.

Tribune staff writer Marla Donato contributed to this report.

Fowl Language by Lync



Gongfarmers by Randy Regier

Ick by Rich Moyer



Weekly Horoscopes

February 21st through 27th

By Linda C. Black
Tribune Media Services

Aries (March 21-April 19). On Monday, be prepared for a quality control inspection. On Tuesday and Wednesday, you focus on another person and how to get along. If you need a partner, find one then. On Thursday and Friday, you may feel agitated. Don't be critical; others will be easily upset. On Saturday and Sunday, complications could arise while traveling. Check the gas and oil levels before you set out.

Taurus (April 20-May 20). You should be in a good mood Monday. Love looks good, but a package you're expecting could be delayed. On Tuesday and Wednesday, pay attention to details. Try not to get distracted. Work with a partner on Thursday and Friday; you can't do it all by yourself. Over the weekend, watch out for a risky proposition. If it looks too good to be true, it is.

Gemini (May 21-June 21). This week you're focusing on your career. A great opportunity is coming on Monday. Watch out, however. Mercury's going retrograde, so there could be a setback. Tuesday and Wednesday should be good for romance, but don't go far from home. Thursday and Friday could be intense workdays. Pay dues, and the money will come later. Heed your partner or mate's advice over the weekend.

Cancer (June 22-July 22). Stretch out and try something new this week. On Monday, a neighbor can help with a difficult assignment. On Tuesday and Wednesday, whip your place into shape with the splash of a new color. You should be in a romantic mood by Thursday or Friday. You'll be ready to entertain by then. Travel should be OK late

Friday, but don't stay away long. You'll want to get a household project finished this weekend.

Leo (July 23-Aug. 22). Money might come in on Monday. Unfortunately, you may have to send it out quickly for an item that's past due. Catch up on your reading on Tuesday and Wednesday. Stay home and snuggle as much as possible on Thursday and Friday. You'll also enjoy fixing up your place then. Romance and travel could both go well over the weekend, but take care when discussing an emotional subject.

Virgo (Aug. 23-Sept. 22). Mercury is retrograde in Pisces this week. So, clean up old misunderstandings with a partner. Financial issues may be a top priority from Monday through Wednesday. Make a few phone calls and get what's owed to you. Study on Thursday and Friday and have people over to your house this weekend.

Libra (Sept. 23-Oct. 23). Finish old business on Monday so you can launch a new enterprise on Tuesday or Wednesday. This has to be something you've been planning for a long time, however. Completion's OK this week; innovation's risky. Look for ways to make more money on Thursday and Friday. This weekend could be hectic. Better draw up a plan and stick to it.

Scorpio (Oct. 24-Nov. 21). You'll do best this week if you hang out in familiar places, with people you've known for years. Connect with friends on Monday but save some time for yourself, too. Answer all those old messages on Tuesday and Wednesday and bring yourself up-to-date. You're powerful and attractive on Thursday and Friday. You'll get most of what you want. Get out there and find the bargains over

the weekend. A treasure could be your reward.

Sagittarius (Nov. 22-Dec. 21). You're concerned with home and family matters this week. Throw out the stuff you don't use anymore. Misunderstandings could come to the surface on Monday. Have friends over on Tuesday and Wednesday. You may be pressed to make some decisions on Thursday and Friday. Get rid of stuff! Expect complications if you travel this weekend. Stay home with a favorite person instead.

Capricorn (Dec. 22-Jan. 19). You could learn a lot this week. Review what you already know and upgrade your skills. Travel could help you achieve goals on Monday. Rake in the money on Tuesday and Wednesday by taking on more responsibility. Play with friends on Thursday and Friday. Finish up an old project over the weekend and drop a bad habit.

Aquarius (Jan. 20-Feb 18). Gather up your money on Monday so you can make a down payment on a trip on Tuesday or Wednesday. Mental trips count, too, by the way. Don't be dismayed by a setback on Thursday or Friday. Keep at it. Try not to spend too much with friends over the weekend — even for a really good reason.

Pisces (Feb. 19-March 20). You have the advantage this week. Mercury's going retrograde in your sign though, so you'll be most successful polishing old skills and using your experience. Monday's good for planning with a partner. Get what you need on Tuesday and Wednesday, including something nice for yourself. Travel looks good on Thursday and Friday. Technical difficulties can be overcome. Look for ways to increase your income over the weekend.



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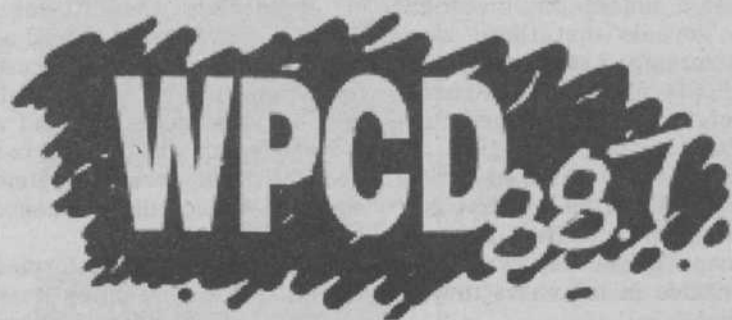
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Todd Niemann/Prospectus

Kraeger signs letter of intent



By Mitchell Wilson

Parkland College volleyball standout Shelly Kraeger has signed a national letter of intent to continue her illustrious volleyball career at the University of Central Florida in Orlando. Kraeger, a 6-1 outside hitter is coming off an impressive junior college career that culminated in a 54-9 record her final year and an NJCAA Division II National Championship. The first team junior college All-American set school season records in kills with 689 and in digs with 886, leading the nation with 5 digs per game. She finished her two-year career with 1261 kills and 1444 digs, earning all-region and all-Collegiate Conference of Central Illinois honors. Kraeger heads a strong 2000 recruiting class that will join six returning players from last year's 19-12 team that won the regular season Trans America Athletic Conference championship with a 9-0 mark.

PARKLAND MEN DROP TWO

By Sean Thiel
Staff Writer

The men had a tough road trip as they lost two games on the road. Lincoln Land was able to defeat the Cobras 88-81 to avenge an earlier loss to the Cobras. The men were paced by Colin Hayes and his 27 points. The loss snapped a three game winning streak for the Cobras.

They were unable to recover from the loss as Kankakee defeated them on Thursday, 118 to 91. Parkland was unable to defend the Kankakee men as they allowed 63% shooting from inside the three-point arc.

Kankakee also dominated on the boards as they outrebounded the Cobras 41 to 29. The Cobras also had a tough time protecting the ball against Kankakee's aggressive defense that created havoc on the offensive side for parkland. The Cobras committed 24 turnovers for the game. John Pierre Bebley led the Cobras with 21 points and four rebounds.

The men finish out their schedule this Saturday against Vincennes at 3pm. Come out and show your support for the final home game of the season.

Track

continued from front page

"I felt that the performance of those two relays set the tone for the rest of the day, said Coach Jeff Bovee."

The members of the women's relay were Candy Ard, Stephanie Hedrington, Krista Karlstrom, and Jodi Huddlestun. The members of the men's relay were Spencer Smith, Lewis Powell, Kevin Harris, and Robert Hanners.

The women's team was led by impressive performances from Marissa Miller, Jodi Huddlestun, and LaTasha Taylor.

Huddlestun qualified in two more events upping her total to four events. On the day she won three events, including anchoring the 4 x 800 meter relay, the mile run, and the 3000 meter run. She won the mile with an impressive time of 5:26.5, leading from start to finish.

Miller won two events on the day and was a member of the second place 4 x 400 meter relay team. The other members of the relay were Khia Cooke, Stephanie Hedrington, and Krista Karlstrom. She also finished third in the long jump and second in the triple jump. Her victories came in the 55 meter dash and the 200 meter dash.

LaTasha Taylor, although she didn't win an event on the day made her presence felt by scoring in six events. Her best finish came in the 55 meter dash in which she finished second.

The biggest surprise of the day came from Teresa Thompson, who threw more than a two foot personal record to better the qualifying mark by over a foot and a half.

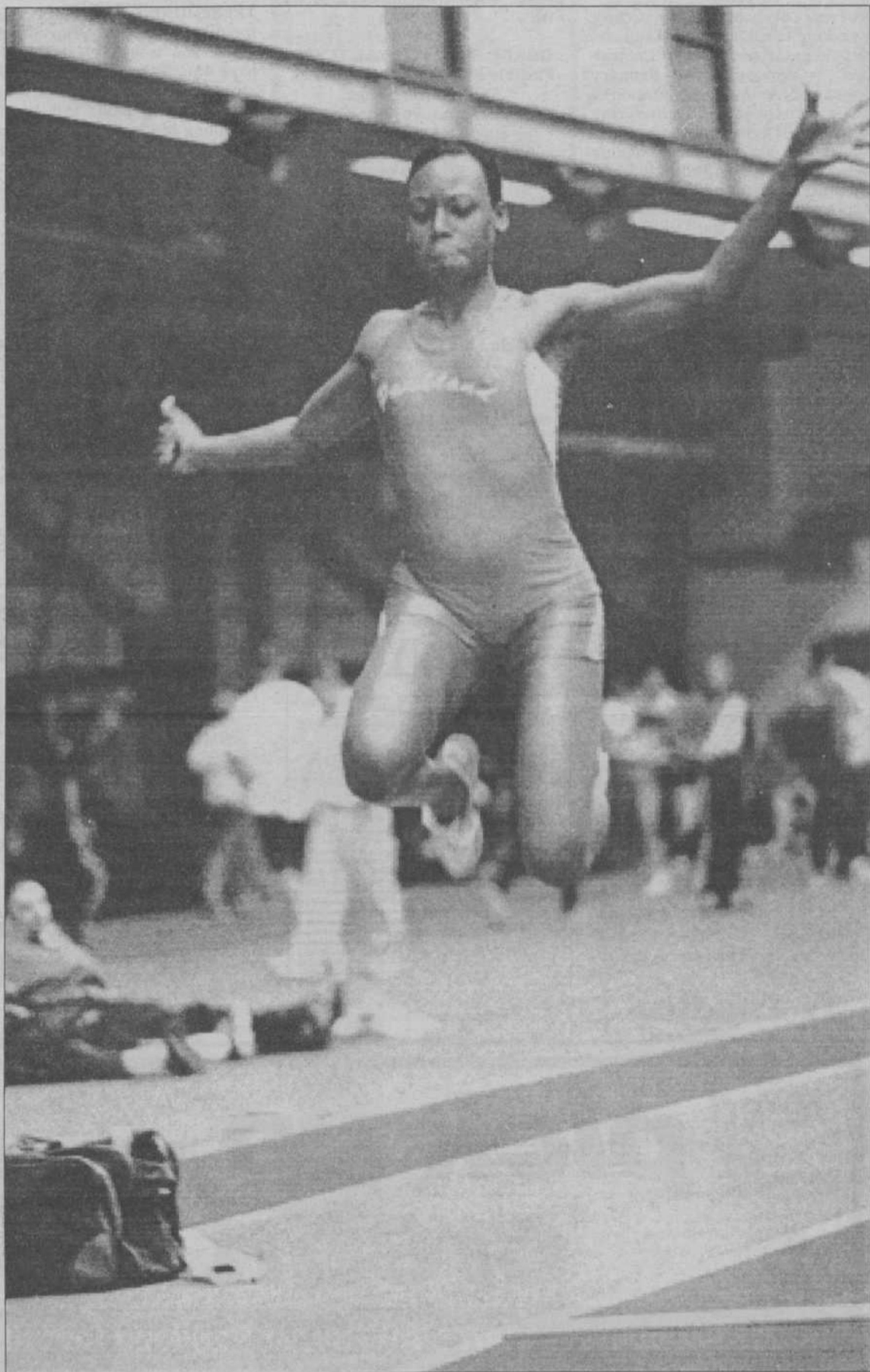
Other impressive performances came from Jessica Sams and Khia Cooke. Sams brought home first place and a meet record in the weight throw. Cooke brought home four top three finishes.

The men's team was led by impressive performances Ralph Holmes, Rocky Bounds, and Spencer Smith.

Holmes finished the day with three first place finishes, two individual and one on a relay. He won the 400 meter dash as well as winning the 55 meter high hurdles in a meet record 7.4 seconds. Holmes anchored the victorious 4 x 400 meter relay team that consisted of Spencer Smith, Isaac Robinson, and Jimmy Lacy.

Bounds, competing on an injured leg had one of the most inspiring performances of the day winning one event and finishing second in another. Bounds would have likely won a second event, had he not reinjured himself in the triple jump.

Smith finished the day



Todd Niemann/Prospectus

with two first place finishes and one second place finish. He was a member of both 4 x 400 and 4 x 800 relay teams. He was just edged out of first place in the 600 meter dash by three tenths of a second.

Other impressive performances came from Tim McDonald, Robert Hanners, and Jackson Johnson. McDonald finished second in the 55 meter high hurdles, third in the 600 meter dash, and was a member of the Distance Medley Relay team. Hanners was a member of the first place 4 x 800 meter relay team, finished third place in the mile run, and was a member of the Distance Medley

Relay team. Johnson ran a gutty race to finish second in the 5000 meter run and was also a member of the Distance Medley Relay team.

"The victory by the men's team was expected and I thought the women had a very good chance to win. It was the margin of victory that the women won by that was the big surprise, said Coach Jeff Bovee."

The Cobras will have a week off to prepare for the NJCAA National meet in Manhattan, Kansas on March 3rd and 4th.



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