

PROSPECTUS

A STUDENT PRODUCED PUBLICATION SINCE 1969

THE WEEK OF
DECEMBER 4, 2002

Stress-Free Lunch Hour: A Preview

By Jarrod Finn

Got a kink in your neck?
Shoulders a little tense?
Stressed out from studying?

Well, your pain and troubles can be rubbed away.

On Wednesday, December 11, there will be a stress-free lunch hour in the Flag Lounge.

From 10:30 AM to 1:30 PM, the Wellness Center, Nursing program, and Massage Therapy program, will be providing free five-minute professional neck and shoulder massages to help with stress management. There will be six licensed massage therapists with their hands ready, so this is the real deal.

Getting a massage can be a great way to relieve stress. Since tense muscles and stress go hand in hand, not only will a massage relax the muscles, a massage relaxes your mind also.

So, if you need to relieve stress from school, work, or whatever or relax sore muscles from carrying a heavy backpack, this time is perfect for you. Remember though, it is first come, first serve, so if you want a massage make sure to be there.

The short five-minutes that it takes to get a free massage can set the tone for the rest of your day. One day free of stress can be enough to start overcoming a stressful life.



Parkland College

Help Brighten a Child's Christmas: annual toy drive begins

by Jordan Holmes

The holidays are, for most, a time for celebration, giving, and receiving.

Remember the feeling you got as a child, waking up on Christmas morning, knowing you had brand-new toys just waiting to be played with? The Office of Student Life and Student Government are asking you to offer that same excitement to under-privileged children this holiday season. Donating your new or gently used, clean toys this holiday season can brighten the faces of many.

Benefiting from your generosity will be the City of Urbana Transitional Housing Program - a service that provides single-family housing for those moving from dependency to self-sufficiency. Age appropriate gifts for boys and

girls, ages 22 months to 15 years old are being collected for delivery on December 20. You may drop the toys off at the Welcome Desk, or at the Office of Student Life, room X-153. For more information visit room X-153 or call 353-2627.



photo by André Moraes

Donated Toys

Psychology Instructor Has Rock 'n Roll in His Blood

By Jarrod Finn

They say that great things come in small packages. With Psychology instructor Ted Powers, that saying is definitely true.

Just recently I had the opportunity to sit down him and talk about the band that he is in, which his eleven o'clock Psychology 101 class loves, and about Psychology.

Prospectus: First off, how and when was your band formed?

Ted: It was started in 1982 when I was in high school. It was pretty much guys that were in the school band that wanted to play rock 'n roll. Just me and three of my best friends.

Prospectus: Now, what is your band's name?

Ted: Live Bait.

Prospectus: How'd you guys come up with that?

Ted: The older sister of our first drummer actually thought of it.

Prospectus: How many members have you had throughout the years?

Ted: The band consists of four people now. Since the band started there's been two different guitarists and vocalists. I'm the only original member.

Prospectus: Hopefully nothing like Sammy Hagar and David Lee Roth grows from this.

Ted: (laughs)

Prospectus: So, like you said earlier, you guys play rock right?

Ted: Yeah, basically, but now it's what you guys call "classic rock".

Prospectus: How long has the band been together?

Ted: Well, the four now have been together since 1985.

Prospectus: So, what exactly do you play?

Ted: I play rhythm guitar and keyboards.

Prospectus: What would you say is the most memorable moment with the band?

Ted: I can't say that there's one specific moment, but what I've always enjoyed is the process of creating a song on the spot. Everyone always writes songs on their own, but when we get together the feeling of writing a song together is great. Once while practicing we got a call about my nephew being born. After

I got of the phone we sat and wrote and record a song for him in about forty-five minutes. We go the call at about five o'clock and the song was written and recorded by six.

Prospectus: Who would you say were your musical influences growing up?

Ted: I wouldn't call them influences, but my favorites artists were The Beatles, the old Genesis with Peter Gabriel, and Neil Young.

Prospectus: How about the band's?

Ted: Probably David Bowie, Lou Reed, New York Dolls, Pink Floyd, and Neil Young.

Prospectus: Okay, I think that's enough about your band. Just want to ask you a few things about Psychology.

Ted: Okay

Prospectus: What originally made you interested in Psychology?

Ted: While at Lincoln Land, I actually took every Philosophy class that was offered there and Philosophy was going to be my major, but my instructor told me to major in Psychology because it provided more opportunities for a career.

Prospectus: How did you decide to teach Psychology instead of going into any of the other fields?

Ted: I was getting my Master's in Social Work and I got an assistantship teaching Psychology 100 at the University of Illinois and it dawned on me that this is what I want to do. I also like the nice balance of responsibility between the teacher and student. Plus I didn't really like the life or death matters in the clinical field. They scared me away. I didn't want to find out of I'd handle them.

Prospectus: Okay last question. What is your favorite topic within Psychology do you enjoy teaching the most?

Ted: I'd have to say that in Psychology 101 I really enjoy teaching drug use and abuse during the first half of the semester and personality and disorders during the second half of the semester.

Prospectus: Well I believe that's it. Thanks a lot Ted.

Ted: No problem.

campus news

Honoring Native Americans

by Thomas Duggan
Guest Writer

November is Native American Heritage Month. Most recently, we are honoring Native Americans with the construction of the Crazy Horse Memorial in South Dakota. Intended to "honor" Native Americans, we are defacing the landscape and polluting the environment on land stolen from Native Americans. The memorial is estimated to cost over \$10 million and will take decades to complete. I guess that is cheaper and easier than paying reparations and apologizing for the irreversible damage done to Native Americans. We mean well, but our actions are misguided.

In the Champaign area, perhaps the most obvious example of misguided efforts to "honor" Native Americans is the University of Illinois mascot, Chief Illiniwek. How could a mascot based on race be an honor to those it stereotypes? The dress, dance, and music of the Chief are historically inaccurate. Only certain people get to wear the outfit, which is used for sacred religious events. A football game is not a religious event. The Chief does not honor Native Americans. Rather, it shows that we are not aware or do not care about the long history and ongoing oppression of Native Americans. On one hand, by keeping this mascot, the University reminds us of the Native American heritage of Illinois. But on the other hand, it is teaching us that some forms of racism are still acceptable.

For many Native American groups, Thanksgiving is a "National Day of Mourning," because we avoid emphasizing the discrimination and bloodshed that ensued after the brief moment of peace. Are we honoring Native Americans, or exploiting them?



Final Exam Schedule for Dec. 16 thru Dec. 20

If your first class meeting during the week is:

Monday 7:00 AM
Monday 8:00 AM
Monday 9:00 AM
Monday 10:00 AM
Monday 11:00 AM
Monday 12:00 noon
Monday 1:00 PM
Monday 2:00 PM
Monday 3:00 PM
Tuesday 7:00 AM
Tuesday 8:00 AM
Tuesday 9:00 AM or 10:00 AM
Tuesday 11:00 AM
Tuesday 12:00 noon
Tuesday 1:00 PM
Tuesday 2:00 PM
Tuesday 3:00 PM
Tuesday 4:00 PM
Any day after Tuesday

If your evening class is held on (first meeting of the week):

Monday
Tuesday
Wednesday
Thursday

The final exam will be held:

8 - 10 AM Tuesday, Dec. 17
8 - 10 AM Monday, Dec. 16
8 - 10 AM Wednesday, Dec. 18
8 - 10 AM Thursday, Dec. 19
11 AM - 1 PM Monday, Dec. 16
11 AM - 1 PM Wednesday, Dec. 18
11 AM - 1 PM Tuesday, Dec. 17
2 - 4 PM Tuesday, Dec. 17
2 - 4 PM Monday, Dec. 16
8 - 10 AM Monday, Dec. 16
8 - 10 AM Tuesday, Dec. 17
8 - 10 AM Friday, Dec. 20
11 AM - 1 PM Thursday, Dec. 19
11 AM - 1 PM Friday, Dec. 20
2 - 4 PM Wednesday, Dec. 18
2 - 4 PM Thursday, Dec. 19
2 - 4 PM Wednesday, Dec. 18
2 - 4 PM Thursday, Dec. 19
2 - 4 PM Friday, Dec. 20

The final exam will be held:

Monday, Dec. 16
Tuesday, Dec. 17
Wednesday, Dec. 18
Thursday, Dec. 19

All evening finals (5:00 PM or later) will be at the regular class time.)

Parkland Art Gallery to hold Annual Holiday Sale

The Parkland Art Gallery will hold its annual holiday sale on Monday, December 16 from 10 a.m.-7 p.m. and Tuesday, December 17, from 10 a.m.-3 p.m. Over 75 area businesses contributed gift certificates and items for the sale.

Proceeds from the annual holiday sale will be directed to the Parkland Art Gallery to help finance gallery exhibitions, including the abstract painting exhibit by Tom Spleth and the "State of the Art 2003 National Biennial Watercolor Invitational," which are scheduled for spring 2003.

The following businesses donated gift certificates or items for the Parkland Art Gallery annual holiday sale:

Abbott's Florist
Absopure Water Co.
Animal Outfitters
Bagelmen's Inc.
Balloon Creations
Bates Camera
Blockbuster
BodyWork Associates
Boneyard Pottery
Buscombe Golf Shop

Lincolnshire
Centaur Connections, Inc.
Chevy's Fresh Mex
Restaurant
Cozy's Custard
Dallas & Co.
Dos Reales
Earthsight
Electronic Boutique
Fiesta Cafe
Figaro's
Framer's Market
Fuad's Creative Hair Design
Gloria Jean's Gourmet
Coffee
Golf Discount
Grandy's of Illinois
GT's Western Bowl
Hobbico
If Wishes Were Horses
Jane Addams Book Shop
JB's
Jos. Kuhn & Co.
Kane & Company
Kennedy's
Kirby's Firestone
Kleiss Nursery & Farm
Lake of the Woods
Photography
Laura Trovillion
Photography
Magic Needle
Marsha Daniels Ceramics
Mary Kay Cosmetics
Milo's
Minnecci's Ristorante

Outback Steakhouse
Pages for All Ages
Pampered Pet
Panera Bread
Parkland Art Gallery
Parkland Bookstore
Parkland Theatre
Pet Palace
Pia's Sports Bar & Grill
Prairie Gardens
Record Service
Regis Hairstylists
Rick Orr Florist
Robert's The Fine Art of Jewelry
Rogards
Round Barn True Value
Sailfin Pet Shop, Inc.
Savoy 16
Sherry Corbin, Potter
Stocks
Strawberry Fields Natural Food Market
Texas Roadhouse
The Calico Heart
The English Hedgerow
The Office
The Office II
The Original Pancake House
The Ribeye
Timpone's
Trade Secrets
TruGreen - Chemlawn
Victorian House
Winter Wheat Antiques

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HOW TO REACH US

To contact the Parkland Prospectus, phone us 217-351-2216 FAX 217-373-3835.
By Email: www.parkland.edu/prospectus By U.S. mail: Parkland College, Room X-155 2400 W. Bradley Ave Champaign, IL. 61821. ADVERTISERS phone 217-373-3855 or FAX 217-373-3835

LETTERS AND EDITORIAL POLICY

- The Prospectus is a student publication.
- It is published weekly during the Fall and Spring semesters, intermittently in summer.
- Views expressed are opinions of staff and contributors
- Advertising is accepted which is non-discriminatory and not in violation of any laws. The Prospectus reserves the right to refuse any advertising. Publication of advertising constitutes final acceptance. Advertisers must verify ads for accuracy.

• The Prospectus welcomes letters to the editor.

- The rules of correspondence: all letters must be signed with a phone number and address. The Prospectus staff must verify the identity of letter writers. E-mail to the prospectus must also include a full name, phone number and address. Unverifiable letters will not be printed. Correspondence may be edited to accommodate the space requirements of the paper.
- Guest writers are welcome and subject to the same rules as other correspondence. We welcome writers from the Parkland community and the public. The editor will consider original works of fiction and short writings, if space is available.
- The Prospectus deadline for all advertising and other submissions is 5PM of the Wednesday immediately before the upcoming issue.

Editorial Staff

Blane McClellan Interim Editor
Sara McDuffee Production Editor

editorial

????????????????????????????????
**Got questions about
healthy living?
Just ask June**

Drop your questions in the question box
at the Information Desk

????????????????????????????????

Dear June,

Is it wrong for 7 and 10 year old girls to sleep in the same bed as their father because they are "scared?" In my opinion it is, but how can you break a habit that has been allowed for so long. Even if you send them to their bed they wake up in the middle of the night and "sneak" into bed with the parent. Should you still send them to their bed and not allow them in bed with you? Please help. This is a big issue in my house that needs to be fixed.

You are correct in that this is generally considered inappropriate behavior in our society. You might, however, want to consult with your pediatrician about a possible referral to a counselor or child psychiatrist or psychologist to make sure that there isn't an underlying problem. It is important to look at what it is that they are afraid of and then to determine how to deal with the fears.

For more information about anxiety and phobias, contact the Wellness Center in L-122 or Just ask June.

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Because you care, it's Blane's Thanksgiving!

By Blane McClellan

It was a Thanksgiving like any other, but it was fun nonetheless. I gained 10 lbs, but I'm pretty sure it's gone by now. Having a high metabolism is a wonderful thing (or is that low metabolism?). Pretzel salad is a wonderful thing too. But let's go back to the beginning...

It was Wednesday, the day before Thanksgiving, and I was in class. I don't think I need to mention the U of I gets a whole week off for Thanksgiving, but I'll do it anyway. The U of I gets a whole week off for Thanksgiving. Still, a break is a break is a break, and I was ready for a break. To enhance the pleasure of said break, I stayed at Parkland until about 5 o'clock, closing time. You know how it is when you deny yourself something for as long as possible, and then when you get it, it's that much better. Kind of like when you have to pee, but you hold it... but anyway.

That night I met up with my friend Jolie, whom I stayed with when I went to New York. She was on an even shorter break than I, as she was taking time off from her real job back in the Big Apple. We picked up my friend James, who has a beard, and went to the Canopy Club, where we were the only white people at Hip Hop Night. After the initial excitement and disorientation, it was decided (not by me) that we should walk all the way across campus in the freezing freeziness to go to Murphy's, which we promptly left upon arrival. So we rented "Caddyshack" and watched that, which saved the night from complete boredom.

On a side note, I had never seen "Caddyshack" up until that point, and I was very much impressed. I knew it was a classic, but it shocked me to see a funny Chevy Chase and a not so disgusting looking Rodney Dangerfield. Plus, Bill Murray is just a genius. I'm not sure why I hadn't seen the movie, but everyone should really make sure they do so. Also, am I the only person who doesn't think "Caddyshack 2" (which I have seen many times) was that bad?

So Thursday morning rolls around, and I didn't get that much sleep. This works out okay though, because you're supposed to feel lazy and slothful on Thanksgiving, and being really tired just makes it harder to get out of your chair. I went to an extended family gathering at a lodge in Penfield, at some forest preserve thing. The food was already lined up, buffet style, when my fami-

ly and I arrived. Then it was time to schmooze, say hi to all my relatives, so I naturally grabbed a chair and was anti-social. This act didn't through off my Aunt Lois, however, as she asked me to do the welcome speech and introduce any new guests that were there. I declined, citing lack of preparation and respect for elders, or some such nonsense. I honestly didn't know the names of half of the people their, and had only recently mastered the important great Aunts and Uncles. After all, I was just there to eat!

And eat I did. My first helping was a large pile of mashed potatoes, gravy, noodles, turkey, and corn, eaten in concert. I had my dessert plate next to me, and I think I finished off my pretzel salad before I even hit the turkey. I could go on and on about how much I ate, but I think you probably get the point. Then I went over and claimed one of the two couches by the fireplace, strapped on my headphones, and took a nap.

Upon waking, I was afraid I had missed the second showing of food, but that was to come later. At this point, my dad had disappeared for his annual three hour walk in the woods. This is all my mom's side of the family, and... well, I think that explains it. But this year he took my sister, her fiancée, and the dog with him, which left me with no options but more eats. When we got home that night, I ate dinner.

The rest of the weekend, I played video games and slept until 1 pm pretty much every day. The one time I did go out, to my friends' apartment, I sat in a chair and played video games on their TV. I had no choice though, because my friend's obnoxious other friends were over, and they had to drink. Had to. Because they weren't annoying enough already. On a lighter note, my friend Marty came down from Michigan. Since he became engaged, I think he has embraced alcoholism. I haven't actually met his fiancée, which leaves me free to attribute to her all kinds of bad behavior that might have driven my friend to the bottle.

Anyway, that's my Thanksgiving. I had a very large hole to fill in today's paper. That's my only excuse. I hope you enjoyed it, and if you think you had a more interesting Thanksgiving than I did, you can write a 500 word article about it and put it in my mailbox, or better yet, eat it. Happy Holidays!



OPEN HOUSE

Parkland Library

December 4, 2002
1 p.m. - 3 p.m.

Come and Enjoy the Festivities

Works by Parkland Authors will
be on display.
Meet the Library Staff
Multimedia Demonstrations in the New
Classroom.
Light Refreshments Served

local&regional

Crimestoppers

This week Crimestoppers is seeking information concerning three business burglaries that occurred in Rantoul during the past two weeks.

In each burglary a window was broken to gain entry and several hundred dollars in cash was stolen.

The first burglary was at Enrique's Tavern, 215 South Tanner Street between 1:30 a.m. and 8:00 a.m. on November 19th.

The second burglary was at the Citgo gas station, 714 East Champaign Avenue between 10 p.m. and 11 p.m. November 19th.

The third burglary was at Jimmy D's Pizza, 114 East Congress between 2:00 a.m. and 8:30 a.m. on November 25th.

Rantoul Police Investigators are asking for any information about these burglaries.

Crimestoppers will pay you a reward for information that leads to the arrest of the person or persons responsible for these crimes. If you have any information please call Crimestoppers at 3-7-3-T-I-P-S. Callers do not have to give their names or appear in court. Cash rewards are also paid for information on other felony crimes or fugitives in the Champaign County area.

City of Champaign

Duce Construction Company in continuing to work on the Annual Storm Sewer Rehabilitation Project. Work will begin at the intersection of John Street and Locust Street on December 2, 2002. Effective December 2, 2002, 7 A.M., John Street east of Locust Street for one block, will be closed to through traffic. It is anticipated that repairs at this location will last for approximately 10 days. During that time vehicular traffic will be required to use alternate routes. Local traffic should refrain from parking in the construction area and use caution when traveling on the area.



Lordy, Lordy...
look who's
finally 40!
Happy Birthday
baby brother.
Love, B

Enjoy a Delicious Meal at Milo's Restaurant and Help Women and Children in Crisis

From November 26, 2002 through January 1, 2003, Milo's Restaurant will be including a card with each guest check asking patrons to make a donation to the Medical Emergency Fund of A Woman's Place. Your gift will be

partially matched with a contribution from Milos! Milos Restaurant is located on the East side of Lincoln Square Mall in Urbana, right next to the Christine Rich dance studio. (The entrance to Milos is on the outside of the Mall.)

The AWF Medical Emergency Fund assists victims of domestic violence to obtain needed

medical assistance. Funds have been used to purchase over the counter medications and wound treatment supplies, as well as to help pay for the cost of uninsured emergency room visits, broken eyeglasses, and dental injuries caused by abuse. The fund has also helped purchase medications prescribed in the emergency room, as well as prescription drugs that women and children may have left behind when they fled the violence in their home.

For more information about A Woman's Fund, check out our website at: www.awomansfund.org

Olympian Drive Closed

Olympian Drive will be closed between Prospect Avenue and Farber Drive starting Thursday, December 5, 2002 and will be reopened Saturday, December 7, 2002.

Olympian Drive will be closed again between Market Street and Prospect Avenue Monday, December 9, 2002 and will be reopened Wednesday, December

11, 2002. All start and completion dates are weather dependent.

This closure will facilitate the construction of sanitary sewer extensions associated with the reconstruction of Olympian Drive north of the current street alignment of existing Olympian Drive.

The general contractor for this project is Stark Excavation

Incorporated out of Bloomington Illinois. Construction on the Project began on September 23, 2002 and is scheduled to be completed June 2004.

You may contact Louis Braghini, Resident Engineer for the city of Champaign, at 351-4466 or 841-1106 if you have any questions.

Pages For All Ages' Tree of Angels November 15th through December 25th

Pages For All Ages Books, Music & Café is proud to announce our Eighth Annual Tree of Angels!

Why not join us this year in participating in a fine holiday tradition?

Pages For All Ages' Tree of Angels is a wonderful, heartfelt way to connect with the spirit of the season. We've asked local social service and charitable organizations about area children who would be extra joyful to receive a gift this holiday; their first names and ages will be hanging on our Angel Tree starting November 15th!!

If you would like to contribute a gift this holiday, our staff will be happy to help you to find something that a Tree of Angels child would love to have. We'll even discount your Angel Tree purchase by 20%, credit your book club, and gift-wrap and deliver (in plenty of time for the holidays) the present to your angel. Join us this year in making the holidays a special time for a special child.

Crisis Nursery opens its Annual Children's Holiday Shop

The Crisis Nursery's Children's Holiday Shop is designed to allow children to shop for gifts for their families and friends within their own budget. No parents are allowed in the shop! Volunteers assist the children to fill their shopping list from the 11,000 quality items priced between \$1.00 and \$6.00. Lincoln Square Mall in Urbana donates shop space and the Nursery enlists volunteers from its staff, board members, and community mem-

bers. The children's Holiday Shop is a unique fund-raiser and friend-raiser for the Crisis Nursery. The event began in 1992, and has become a tradition for many families in the C-U area.

The Holiday Shop opened in late November and operates on December 7 and 14, from 10 AM till 6 PM, and on December 8 and 15 from 12:00 noon till 5:00 PM. Each child registers at the door, parents and their child or chil-

dren are given paint sticks to match up when the little shopper is finished for safe return to the waiting parent.

For more information about this event and other opportunities to assist the Crisis Nursery, you may contact them by phoning 337-2731.

features

Alzheimer's Disease: More Than Just Forgetting

By Christopher Albin

Elaine Schlorff through Parkland College's Office of Women's Programs and Services presented a brown bag program about Alzheimer's disease. As a growing disease, the global progressive deterioration is not a function of normal aging. The first signs include a decline in judgment/reasoning, personality changes, inability to handle financing, and changes in complex brain-related functions such as word-finding problems and getting lost.

Alzheimer's results in the death of brain nerve cells with a gradual onset over a period of 2 to 20 years. While the disease can be confirmed at autopsy, it is hoped that PET scans will allow 100% diagnosis in time. Today it affects over 4 million people with estimated projections of 20 million by the year 2020. Currently it is the 4th leading cause of death in adults. Risk factors for dementia include advancing age, genetic predisposition, history of head injury, and Down's Syndrome. Some reversible causes of dementia are depression, adverse drug reactions, thyroid changes, B12 deficiency, and urinary tract infections.

The ten warning signs of Alzheimer's are "memory loss, difficulty performing familiar tasks, problems with language, disorientation to time and place, poor or decreased judgment, problems with abstract thinking, misplacing things, changes in mood or behavior, changes in personality, and loss of initiative."

To address the issue, medications exist that help slow the onset of Alzheimer's but, unfortunately, do not stop it, e.g., Aricept, Reminyl, and Exelon. Other ways to help deal with the disease include family education, counseling, and planning as well as daily structured activities and environmental modifications such as handrails to prevent falls. Hope for a cure lies with further drug research and preventive and genetic studies.

Eight Crazy Nights: Holiday Flop

by Jordan Holmes

I recently saw one of Adam Sandler's new movies, *Eight Crazy Nights*. This animated flick features Sandler's voice for the main character, Davey. Yes, I said animated. But not the kind of animation fit for 7 year olds. This movie strays from Sandler's typical role. Not only is the film animated, it's also a musical. The story line follows an almost-middle-aged Jewish man with no ambition in life due to the death of his parents when he was young. He takes pride in ruining

the holiday season for most in the small town of Dukesberry. After going through a drunken rampage through the town, he is arrested. He is given a light punishment due to the plea of a little old man named Whitey (who's voice is also done by Sandler). This old man wants him to help referee, in hopes of reforming his old ways. After many twists and turns in the plot, the main character is transformed...or is he?

Despite this intense plot line, I would advise to refrain from spending your \$5.50 (with a stu-

dent I.D.) on this movie. I was thinking this would be a nice laugh and maybe even a cute holiday movie. But after listening to Sandler burst into song numerous times, and at least 20 corny poop jokes, my mind was quickly changed. Corny, crude jokes, an original musical score, and a weak plot mix for a holiday flop. However, if these are points you look for in a movie, this is the movie for you.

Concert at Parkland Theatre December 12

The Parkland Community Orchestra and Parkland Community Band will hold a joint concert on Thursday, December 12, at 7 p.m. at the Parkland Theatre.

The Parkland Community Orchestra performance, conducted by Jack Ranney, will include "A Charlie Brown Christmas," "A Festival of Alfred Burt Carols," and other pieces. William Wilcoxon is

the guest conductor for the orchestra.

The Parkland Community Band, conducted by Gregory Grove, will perform holiday music that includes "Jingle Bells," "Stille Nacht," and "Up on a Housetop." The guest conductor, Gary Smith, is the former director of the Marching Illini.

The concert is free and open to the public.

Massage Therapy - Something New at Parkland

Massage Therapy is a new course at Parkland. Many of you probably don't really understand what a massage is. Many may be running under a misconception of massage being of the sexual nature, but that isn't the case at all. Massage is the hands-on manipulation of the body's soft tissue, muscles and related structures in aid to relaxation, relieve muscle tension and increase circulation.

The type of massage taught at Parkland is Swedish massage. Swedish massage is classified as a Traditional European massage. Traditional European massage

includes methods based on conventional Western concepts of anatomy and physiology and soft tissue manipulation. Swedish massage is the most predominant example of traditional European massage and is one of the most commonly taught and well-known massage techniques in the United States. It was developed by Per Henrik Ling in Sweden in the 1830's and uses a system of long gliding strokes, kneading and friction techniques on the more superficial layers of muscles. It usually goes in the direction of blood flow toward the heart because there is an emphasis of stimulating the circulation of blood through the soft tissues of the body.

The many benefits of Swedish massage may include generalized relaxation, reduce emotional and physical stress, dissolution of scar tissue adhesions and improved circulation, which may speed healing and reduces swelling from injury.

Oil is usually used, first warmed in the therapist's hands, which facilitates the stroking and kneading of the body, thereby stimulating metabolism and circulation. Swedish massage can be a relatively vigorous form of massage sometimes with a great deal of joint movements included. Active and passive movements of the

joints promote general relaxation, improve circulation and range of motion, and relieve muscle tension.

The recipient of a Swedish massage may be completely undressed or remain in underwear. The therapist leaves most of the body draped by a sheet or light cover, exposing only the area to be massaged. Sessions last from 30-60 minutes and usually cost between \$30-\$100. Swedish massage is often given as a complete, full body technique where all the major muscles groups are covered, though sometimes only a part of the body is worked on.

Swedish massage is not recommended for anyone who is experiencing fever, diarrhea, vomiting, nausea, jaundice, varicose veins, bleeding, acute phlebitis, or thrombosis. In the case of high blood pressure or heart problems, avoid massage to the abdomen. Anyone with fractures or bruises should not receive massage on the injured area. Pregnant women should check with their doctors first.

The massage students will be holding clinicals for faculty, staff and students. Please watch for more information on upcoming clinicals. Please come feel first hand what a Swedish massage can do for you.

Get Ready!

for your future

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EIU Spring 2003 classes offered at Parkland College beginning January 13, 2003

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comics&humor

Pizza Driver to the Stars © 2002



Who's in need!?!



TOY DRIVE

Help us help kids.

Donate your new or gently used, clean toys this holiday season.

November 19-December 13

collection locations:

Welcome Desk

Office of Student Life (X-153)

project to benefit:

City of Urbana Transitional Housing Program

For more information visit Room X153 or call 353-2627

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Cobra's Athletics Anticipate the 'Green Machine'

by Sarah Ramey

Somewhat similar to the Illini's Orange Crush, Student Government is gearing up to commence Parkland's own athletic fan club, The Green Machine.

"We hope that this will bring many students to the athletic events," comments Tim Gordon, student government member.

Though no dates are set in stone, Student Government hopes to kick off The Green Machine at the next 'Pack the Place.'

Student government will be selling t-shirts and other Cobra-fan merchandise to deck the stands in green and gold.

The time has come for all of Parkland College's faculty, staff and students to cheer on their winning teams. So feel free to get on out here, wearing your green and gold, and support your home team!



photos by André Moraes

Ashley Johnson, Mike Dreger, and Sonja Vranjes cheer for the Parkland Cobras.

Athlete Spotlight: Lawrence Connor

Nickname: "Preacherman" or "Rev"

Year: Sophomore

Age: 21

Sport: Basketball

Position: Point Guard

Major: Communications

Hometown: Maywood, Illinois

What do you like most about playing basketball?

"I love the competition and the feeling. The feeling is hard to describe but it is a wonderful feeling to play a hard, competitive game. I also love the camaraderie amongst my teammates."

When did you start playing basketball? What got you started?

"I started playing when I was about 7 years old and I saw Isaiah Thomas play. After that I fell in love with the game."

Do you have any superstitions or rituals that you partake in before, after, or during games?

"I always say a prayer."

Who is your favorite basketball team and player?

"Right now I would say the L.A. Lakers and Kobe Bryant."

What is the most thrilling experience you have ever had in sports?

"Going down state in high school my junior year."

What are your plans after attending Parkland?

"I want to go on and play at a university and study communications."

What is your personal or team motto?

"Focus, play hard, and play together."

Low Attendance, Small Following: A look at Parkland College's Rather Underappreciated Sports Teams.

By Dawood Nagda

A few days ago, I had a brief conversation with Rod Lovett about the performance of the sports teams and the change in the attendance at the games. We both found it rather sad that the change in the teams' performance made no difference in the support that they received. Pinpointing them to one would be futile and stupid. Like any major problem, it has a lot of sources ranging from the students to the faculty and media.

The focus cannot be specified to any one of these causes. The students undoubtedly play a great part in the morale of the team; they are the peers who cheer the players on, who congratulate them on the win in the halls and commiserate them in their loss. Not so at Parkland. At Parkland one would be surprised to find anyone who can name 3 players on the starting line up of the men's basketball team, let alone the full roster. People are oft surprised at how good our teams are, not because they've seen them lose miserably, but because they've never seen them at all. One friend who I dragged to a men's basketball game was alarmed at how exciting the team was and how good the games turned out.

It's surprising to many people that within our college are many future Major League Baseball players. It is not everyday that a college wins the NJCAA Division II World Series, and nor are the players that win one any low caliber players. These are high quality, world-class players who are dedicated to their sport and dedicated to their college and education. These are not four year school program rejects as the blanket statement goes.

What, to me, is even more alarming is that many people would pay outrageous prices to go see an Illinois basketball game rather than support their own alma mater. It is not only alarming, but somewhat sickening. Many students and faculty even own season passes. Such loyalty to a school that is not your own is mind boggling. I would, right now, place a bet that more students on the Parkland campus have seen an Illinois game at Assembly Hall, than those that have seen a Parkland basketball game. In many regards it is not their fault.

Parkland does not have the marketing machine or student and community base that Illinois does. One

cannot expect Parkland to compete with a Big Ten champ or a Final Four team. The distance between Campus Town and the Parkland Campus is an hour too long for the commuting population of Parkland College to make. And why should they? It's not like it will make the WAND Sports Wrap. It has to be on there to be truly world class sports and competition. But the media doesn't cover it. Why? Is it not sports or is it just a bunch of "kids" playing ball in an amateur setting. I tend to think it is the former. Yet the Parkland coaches get less attention than high school backup quarterbacks.

Another cause of this lack of attendance is the lack of faculty support. I have personally run into many a faculty member at the Illini football games that I have attended. Yet, it is scarce to find the same ones at the Parkland games. Though, one can not blame them for their support for their alma mater, but a little encouragement for their students or the peers thereof can never truly be a bad thing.

Though there are truly too many issues that have to be dealt with and Parkland may not be the only community college that seems to have a problem with this, it still is frightening that in such a great sport loving community, does not support an unbeaten basketball team, a world series champion, and countless regional champs. Maybe the stands are too far away or the games aren't televised and Jim Turpin might not cover the game, but those all seem like lame excuses. Show up and support, make it a tradition. You have a great athletics program Parkland. A great and underappreciated athletics program.



Parkland Cobra's