

PROSPECTUS

A STUDENT PRODUCED PUBLICATION SINCE 1969

Annual Fine Arts Students Show Thursday

Jesse Woodrum

The Fine Arts Program is one of Parkland's most publicized due to its free, open-to-the-public art gallery. Thursday (4/17) will mark the opening of the Annual Fine Art's Student Show. Throughout the year the gallery has 8 or 9 exhibitions, mostly professional but every spring the students get to take over the gallery to display the year's best crop of student works. Works are submitted by transfer students as well as community members taking art classes part time. Even the non-credit art class produces work that makes it to the show.

The annual Fine Arts Student Show receives usually in excess of 600 submissions according to Gallery Director Denise Seif. All types of art that exist in the spatial world are included. In



photo by Jesse Woodrum
Justin Partridge
Untitled
Oil on Board
Rantoul



photo by Jesse Woodrum
Partick Gietl
Self Portrait
Glazed Earthenware
Champaign
Merit Award

Seif's own terms, "from big, bold ceramic heads to little, tiny, metal-snipping rings." Her and the rest of the 15-member gallery board, consisting of faculty, staff (Art and non-Art,) community members, and a student representative, study the submissions and try to choose the best 150-200 works for the show. This slightly swelled show includes about 220 pieces.

The selection was done over a grueling 6 and a half hours on Friday (4/11). The following Monday through Wednesday were concerned only with setting up the show. Most of the promotion and other work involved with such a project has been done. Seif says that in terms of planning the board is constantly working a year ahead of itself.

According to the gallery newsletter the show itself is supposed to be a "coherent" exhibition,

but Seif says that no emphasis is taken from the individual works despite the exhibition itself being "visually overwhelming."

The works will be priced, and some do sell, but pricing is mostly ceremonial, as students usually don't want to sell them. Of course, they have difficulty parting with something so personal and laborious, but they also want to build up a portfolio in preparation for their professional art careers. A reception will be held on Thursday evening in the gallery and gallery lounge, where artists will be on-hand to talk about their work. The reception typically draws a crowd of 300.

The Fine Art Student Show is followed this and every year by the Graphic Design/Web Design exhibition.



photo by Jesse Woodrum
Milena Tiner
Sink
Oil on Canvas
Urbana

Breaking the Monotony

by Jordan Holmes

Going to class day after day for a semester at a time or a year at a time can become monotonous and stressful. Add on top of that a full time job and other responsibilities that come with being human, and life can be nothing short of routine. But to most problems there are solutions. Parkland offers many solutions to the monotony of life, such as clubs and organizations. Joining a club broadens horizons, relieves the stress of classes, and may even be fun. There are three such clubs, for example, that may meet these expectations.

Parkland Motorsports

Parkland Motorsports is an organization that allows students with an automotive interest to "gather and show off the vehicles they

love," explains Jonathan Ross the club's advisor. Currently, club members meet once a week to review the progress of their drag car, prepare for an upcoming race, prepare for car shows, or review and plan field trips. This particular club has been in existence for ten years, but this is only the third year their drag car has been in operation. "Anyone is welcome to join," said Ross, "just be ready to work, have fun, and learn."

On a slightly different end of the spectrum, there is one club that enjoys eating German lunches, watching German videos, speaking German, reading German stories, and singing German songs. You guessed it, the French club.

German Club

Actually, it's the German club. The purpose of this unique club is

to give students, who are interested, an opportunity to study the German language and rich culture offered by German speaking countries of Europe. Their meetings are also once a week for one hour. Eva Frayne, the club's advisor, says it is important to be involved in extra-curricular activities because, "it supplements [students'] studies, encourages friendships, develops leaderships, and expands their knowledge."

Epsilon Sigma Alpha

Epsilon Sigma Alpha (ESA) is an international organization that brings students together to volunteer their time and effort for various charitable causes. This particular chapter has pizza sales and bowl-a-thons to help raise money. On a national level, ESA adopted St. Jude Children's Hospital as its

major philanthropic organization. St. Jude Children's Hospital is a research, treatment, and education center. ESA has over 1000 chapters worldwide which have raised over \$10 million for causes such as this. Michelle Cler, the organization's advisor, believes it is important to get involved in one's school. She explained that "being involved in extra-curricular activities gives students experience for the future in public relations, leadership, and most of all they get to under the value of volunteering and giving to others."

For information on these and other clubs and organizations, visit <http://www.parkland.cc.il.us/ss/stulife/stulife.htm>.

campus news

Trustee Election Results

Press release

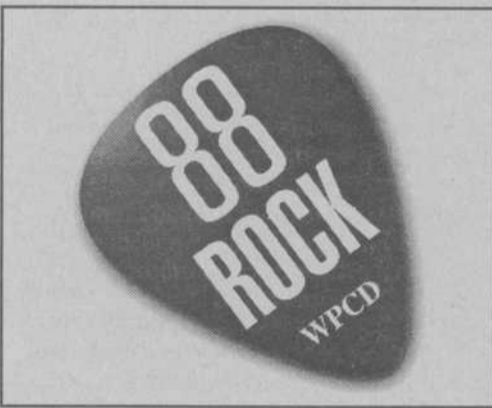
Tuesday, April 1, 2003 election results report Ms. Bonnie Kelley and Mr. Linden Warfel have been re-elected to serve on the Parkland College Board of Trustees for another six-year term.

Ms. Kelley has been a member of the Parkland Board of Trustees since 1984 and currently serves as Board Chairman. She is president of Kelley Wilbert Vault Company and Kelley Crematory of Urbana and Danville, Illinois.

Bonnie is and has been active on many committees, some of which are Past Vice-Chair of the Champaign Urbana Convention and Visitors Bureau/Economic Development, Past Chair of the Champaign County Chamber of Commerce, member of Champaign Rotary Club, the Krannert Performing Arts Marquee Council, and formerly a member of the board of the Junior League of Champaign-Urbana.

Mr. Warfel has been a member of the Parkland Board of Trustees since 1991 and currently serves as Secretary to the Board. He is a fourth-generation Champaign County family farmer.

Lin is active in the community particularly on issues related to education and agriculture. He serves on the Board of the Champaign County Farm Bureau and its Legislative Committee. He is a former president of the Illinois Community College Trustees Association and a member of the Illinois Community College Board Adult Education/Family Literacy Funding Task Force. Lin is also co-author of the Farm Bureau's "Change how Illinois education is funded" program. Other community service includes membership in Champaign Rotary as a member of its District World Community Service Committee.



Phi Theta Kappa Goes Gold in California

By Michael Pierce and Venus Gates

Phi Theta Kappa, the international honor society of the two-year college, holds two conventions each school year. The first convention is held in the fall and is the regional convention. At this convention you see the four Phi Theta Kappa hallmarks, leadership, scholarship, service, and fellowship, in action. Chapters from all over the state come together to focus on the years agenda, elect officers, set challenges, and to just have a good time with fellow Kappans. It is a large and fun-filled affair. This convention is dwarfed however by the second convention.

The second convention is in the spring and is the international convention. At this convention chapters from all fifty states and from Canada, Japan, and Germany are in attendance. Knowledgeable and respected speakers are selected to inspire and challenge Kappans, colleges from across the nation set up booths to encourage these honor students to attend their respective schools and offer scholarships, informal events and dances are set up so that Kappans have full opportunity to enjoy in fellowship with each other, awards are presented to individual members, chapters, college presidents, and advisors, elections are held for the prestigious International Officer positions, and last (but not least) members are able to enjoy the atmosphere of the city the event is hosted in. All of these events are held over a five-day period in a different city each year. This year the convention was held in Anaheim, CA, the home of Disneyland (yes, discounts were given for those that desired to see Mickey). The theme of the 2003 International Convention was: "Phi Theta Kappa, Good as Gold."

This year there were over three thousand people in attendance. Of those, eleven were from Champaign's own Parkland College. Representing Alpha Psi Eta (the Parkland chapter of Phi Theta Kappa) at convention were: Alexandr Bogdanets, Venus Gates, Marcos Higuera, Brandi Katrein, Dipali Patel, Michael Pierce, Jill Stewart, and Adrienne Stickels (students), with Ummeeta Sadarangani and Marilyn Ryan (faculty).

The convention was centered around four general sessions and an awards gala. Peripheral to the sessions/gala were forums, luncheons, and receptions. The first general session was highlighted by a motivational address from speaker, author, and radio personality Les Brown. He spoke on pursuing your dreams and overcoming adversities, no matter how many, to achieve success. He told of his own humble beginning and rise to success. He was considered mentally handicapped as a youth but because of one teacher reaching out to inspire him he became determined to succeed. According to Les you have to be "huuuunnnngggrrryyyy!" If you are "hungry" enough, you can do anything you set your mind to.

The second general session was highlighted by author, and cancer survivor, Kathy Latour who gave the program address. The Phi Theta Kappa honors topic has been "Dimensions and Directions of Health: Choices in the Maze." Kathy was able to bring a very human face to this issue. She has not only survived breast cancer but is now working to see that breast cancer doesn't survive her. She has authored a book, "The Breast Cancer Companion" on the issue, has founded a unique health center in Dallas, TX. to aid uninsured patients, and has been featured nationally on shows such as NBC's Today Show. She

stressed regular check ups as being one key to conquering cancer.

The third general session was highlighted by a debate between Dr. Joycelyn Elders and Dr. Louis Sullivan. Dr. Elders was formerly the United States Surgeon general under President Clinton, Dr. Sullivan was Secretary of Health and Human Services under the first President Bush and is currently the president (and co founder) of Morehouse School of Medicine in Atlanta, GA. The debate consisted of a panel asking questions on health care and the health care industry. On many issues they agreed, while on others they had divergent opinions. Dr. Sullivan seemed to strongly advocate individual responsibility to assist in prevention. Examples of this would be to not smoke, to eat healthy, and to do your best to avoid high health risk activities. Dr. Elders consistently advocated for there to be a comprehensive and truly informative health education system in schools that service children in kindergarten through twelfth grade. Of particular note was their agreement that one major problem with health care is that it is too specialized. Not enough attention is given to matters that aren't directly in one's sphere of influence. On one hand you have community leaders who may be lawyers or politicians but aren't doctors, and on the other you have doctors responsible for health care that aren't lawyers or politicians. According to the doctors this makes it difficult for effective community health care. What needs to happen, in the words of Dr. Elders, is "some doctors need to get to lawyerin or some lawyers need to get to doctoring!"

The fourth general session consisted of the presidential address from 2002 - 2003 Phi Theta Kappa International President James Daughtery, speeches from candidate finalists, and more awards. That same day the awards gala was held and the winners of the elections were installed to their new positions. The convention is very similar to a political rally. You constantly see candidates campaigning and there are debates televised constantly in your hotel room. Regions (which are normally a single state but sometimes more than one) are grouped into four divisions. Up for election each year is the president position and a vice president position for each of the four regions. Naturally each region pushes hard to have its candidates elected to office. It is prestigious not only for the individual but also for his/her region if they are elected. This convention culminated in the Illinois region seeing great success in the election. Michael R. Storey of Elgin Community College in Elgin, IL. was selected as the new Division III (the division Illinois is a part of) Vice-President. Even more, Amber Davids of College of DuPage in Glen Ellyn, IL. was selected as the new International Phi Theta Kappa President. This marked the second time in three years that the prestigious two-year honor society's international president has been selected from Illinois.

The students from Parkland's Alpha Psi Eta chapter were able to attend at a discounted rate because of their active participation in Phi Theta Kappa. Next year the International convention is slated to be in Minneapolis, MN. For information on Phi Theta Kappa go to www.ptk.org or contact Ummeeta Sadarangani in the Parkland Phi Theta Kappa office at C-241.

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HOW TO REACH US

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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

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Sara McDuffee Production Editor

other news

Got questions about healthy living? Just ask June

Drop your questions in the question box at the Information Desk

Dear June,

Whats the deal with SARS anyway? I'm getting a little scared.

Dear Scared,

SARS or Severe Acute Respiratory Syndrome, is a new disease thought to be caused by a coronavirus that began in China a month or so ago and has now spread throughout Europe, Canada, and the United States.

According to the CDC, SARS starts with a fever higher than 100.4F (>38.0C). Other symptoms may include headache, an overall feeling of discomfort, and body aches.

If you plan to travel, avoid China, Hong Kong, Singapore, and Hanoi unless you really have to go there.

As with all contagious diseases, the best way to avoid getting sick is to wash your hands often with soap and water.

For additional information, contact the Wellness Center in L-122 or Just ask June.

Health plan offers personal coaches for members who want to quit smoking

Press Release

Urbana, IL (April 8, 2003)- According to the Centers for Disease Control, tobacco use remains the leading preventable cause of death in the United States.

"The health risks associated with smoking are well known," says Robert Scully, MD, chief medical officer for Health Alliance.

The Health Alliance "I Can Quit" program includes behavioral and pharmaceutical components. Health Alliance contracted with Leade Health of Ann Arbor (MI) to manage the behavioral side of the program through a telephone based smoking cessation program.

"Research shows that a combination of personal coaching and nicotine replacement therapy and/or prescription non-nicotine aid to smoking cessation called Zyban is the most successful way to get individuals to quit smoking," explains Dr. Scully.

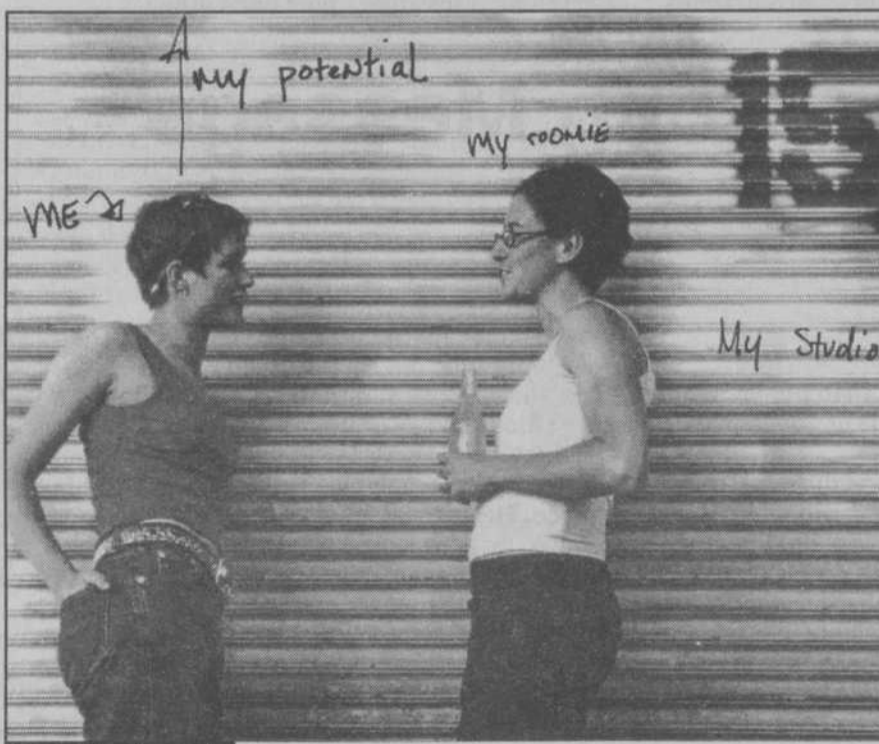
Eligible members call the "quit line" to be assessed for their readiness to quit. If they are ready, they are enrolled in one of four levels of telephone coaching support.

Members who enroll AND have pharmacy benefits through Health Alliance are eligible to receive coverage for over-the-counter nicotine replacement therapy (NRT) or prescription Zyban for a \$15/month copayment for a maximum of two months.

"Tobacco use results in annual direct medical costs of more than \$75 billion," he notes. "While it will take us 10 years to recoup the dollars spent on this program through the improved health of our members, this is an investment in the future that we are willing to make today."

Health Alliance Medical Plans is the leading provider-sponsored health insurer in the Midwest, covering more than 230,000 lives. In recognition of its exceptional commitment to quality, Health Alliance has maintained the highest accreditation possible from the National Committee for Quality Assurance (NCQA) since 1995.

For more information, please contact Linda Glazier, public relations manager for Health Alliance, at (217) 337-8123.



So, who am I? Korean. Unusual. Creative. Spontaneous. Awake. Inspired. In love. I'm living the dream that someday I'll do something with my ability. And this started the moment I entered Columbia. Here, I can. And here I will.

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Parkland College logo featuring a tree inside a square, with the text 'Parkland College' below it.

COBRAS logo featuring a coiled cobra snake with its hood flared, and the word 'COBRAS' in bold letters below it.

PCETV logo featuring a stylized globe with a satellite dish, and the text 'PCETV The Parkland Channel' below it.

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local&regional

Jeremy Glick Shares Progressive Views

By Thomas Duggan

Jeremy Glick presented his views on September 11 and the war on terrorism at the University YMCA last Thursday night. The event was co-sponsored by several local groups including AWARE, the Anti-War, Anti-Racism Effort. The presentation was titled, "Another World is Possible," which is also the name of the book Glick co-authored. The book "Another World is Possible" is the first progressive, pro-peace book written after 9/11. Glick, not to be confused with another man with the same name who died on 9/11, is a representative from September 11th Families for Peaceful Tomorrows, an organization made up of family members of September 11th victims. He lost his father, Barry Glick, in the World Trade Center attacks, but has been politically active since before 9/11. He is on the advisory board of Not In Our Name, is a Ph.D. candidate in Afro-American literature, teaches at a state youth prison, and has taught at universities and medical schools.

Glick began his presentation with a video of his interview on a recent episode of FOX's "The O'Reilly Factor." Glick had been invited on the show because he had signed an anti-war ad that ran in several newspapers. Part of the ad said, "We believe that people of conscience must take responsibility for what their own governments do." Throughout the course of the inter-

view, Glick did not get to say much, but remained calm while host Bill O'Reilly grew increasingly hostile toward Glick. Unwilling to debate any information Glick put forth, O'Reilly responding to his guest with, "I don't think your father would be approving of this," "I don't want to debate world politics with you," "keep your mouth shut," and "I hope your mom isn't watching this." O'Reilly cut the interview short, telling his guest to "shut up," and then telling his producer to "cut his [Glick's] mic[rophone]." Glick's father was himself a progressive activist. Jeremy Glick said his own activism was mainly influenced by his parents. The audience at Glick's presentation Thursday laughed at O'Reilly and applauded Glick after the video. Glick then gave a speech followed by a discussion with the audience. A recurring theme in Glick's presentation was that the United States must take responsibility for its past assistance of the terrorist groups that the US is now trying to exterminate. Glick made an analogy to the Gremlins movie, in which the main character is warned not to feed them after midnight. When he does, they attack him, and he has to deal with the consequences, just as the US government has to deal with the extremists it once supported. Glick sees terrorists like Timothy McVeigh or Al Queda as armed extensions of the US ruling class, essentially "Bush's hired thugs." Everything McVeigh

did, he learned from the US military, and did to the people of Iraq in the first Gulf War. Starting in the Carter administration, the US government recruited thousands of radical mujahadeens in Afghanistan. Furthermore, during the 1980s war between Iraq and Iran, the US government sold weapons and intelligence to Saddam Hussein's regime. Glick used John Negroponte as recent example. Negroponte was nominated as US ambassador to the UN one week after 9/11. But he is perceived in Latin America just as Americans now perceive Osama Bin Laden.

Glick believes that the US must legally, ethically, and morally take responsibility. Instead of taking responsibility for the terror that the US government helped to create, the US government is using the deaths of American terror victims and evoking the sympathy and anger of their families to justify invading other countries. The US ruling class is profiting from his father's death. Glick said that, unlike the US government, he does not value the life of his father over the life of a mujahadeen. Glick also criticized the government's claim of connections between Osama Bin Laden and Saddam Hussein, noting that Hussein is secular and passionately against religious extremism while Osama is a religious extremist. Therefore, as the lack of evidence shows, they would never support each other.

Glick also shared his thoughts on the anti-war and pro-war movements in America. He spoke of the need to build the anti-war movement. He wants anti-war protestors to protest not only unjust wars, but also imperialist aggression. He said the anti-war movements are not talking enough about the globalization of American white supremacy in the media. For example, the 9/11 victims are often portrayed as white, middle class, males, or "heroes," when the victims were actually from all ethnicities, social classes, and countries. Glick said the "Support Our Troops" rally that was held at "Ground Zero" in New York on Thursday was really a "white power" rally. "There were no families of the (9/11) victims. They were old generals and wall street executives." Glick sees the elite Americans as a minority of rich white imperialists "who like to play games with our children's lives." Glick also believes that the invasion of Iraq will not make Americans any safer. "You will not be safer if Bush and his cabals decide tomorrow that they want to occupy the entire Arab world." "The government did a great PR job to convince the lower and middle class people of America to be willing to go to war against Iraq and Afghanistan."

To learn more about Jeremy Glick's organization of 9/11 families, visit the web site www.peacefultomorrow.org/.

Glick Has Strong Message But Needs Work

By Leah Nordness

"I would rather live on my feet than die on my knees." These are the strong words of Jeremy M. Glick, 28.

Jeremy Glick, activist and co-editor of the "first progressive response" book about 9/11, *Another World is Possible*, spoke to a small audience last Thursday at the University YMCA. The timing was good for me, as I am disillusioned by this fictitious war and was just wondering why, when we really need one, there aren't any revolutionaries. So I skipped Spanish class to see Jeremy speak, hoping to learn something and to perhaps be inspired.

I think I was expecting too much. Don't get me wrong; he was a good speaker-coherent, intelligent, and funny enough to make his audience laugh at all the right places. And most of what he had to say was important. By the end of his two-hour presentation, though, I noticed an air of superiority and arrogance that I didn't appreciate.

Jeremy began his presentation with a video of the segment of the O'Reilly Factor when he was a guest. Jeremy's father died in the World Trade Center, and most of his argument with Bill O'Reilly centered on that. O'Reilly questioned Jeremy's signing of *Not in Our Name*, an anti-war piece that ran in the New York Times soon after September 11. It was a funny clip; with O'Reilly screaming about how upset he was that Jeremy's father was killed by "radical barbarians" and becoming more upset every time

Jeremy opened his mouth. The segment lasted only five minutes, but by the end, O'Reilly's face was red and Jeremy had a smug look on his face. Jeremy Glick, 1, corporate media, 0.

The mischievous grin Jeremy flashed when the O'Reilly clip was over was the first sign of his arrogance. He seemed to get off on causing controversy.

He gave his speech after the video. There was no theme or topic to the speech. Jeremy spoke of everything from Afghanistan to Iraq to poverty to American white supremacy being spread all over the world. He name-dropped as much as he could, mentioning his tour with Ani DiFranco and Chuck D of Public Enemy, and bringing up Michael Moore whenever he could.

He spoke very strongly against corporate media. "They're so hollow intellectually and so pompous. They're not strong, they're not courageous, they're not of the working class."

Jeremy also voiced his dislike of right-wing white America. And apparently, right-wing America feels the same about Jeremy as he does about them. "When I get a call from racist right-wingers," he said, "I won't yell at them. Not because I'm a good person, but because they're not the enemy. They're just being tricked by the enemy."

A discussion followed the speech, and the audience was allowed to ask questions. Jeremy looked bored every time an audience member didn't get straight to the question. The discussion addressed issues that pertain to our community. An old man in the front row mentioned that we

live in such a wealthy community because of the University, but there's still so much poverty. As a PhD student (of African-American literature and Revolutionary Theory) and sometimes teacher, Jeremy understood. His message to students was "partying and having fun is important, but if you're going to be there for four years, maybe you should do something that will benefit the community."

Jeremy Glick's presentation was an important one, but less than fifty members of the community attended, and few of them were students. I think all of the audience was anti-war activists, and I think it would have been interesting to hear thoughts and questions from someone who didn't so fundamentally agree with Jeremy's views.

At the end of the two-hour presentation, we were encouraged to buy *Another World is Possible*. Jeremy said we could bring them up to sign. When I did, he grumbled, "I hate signing these things," and didn't even look me in the eye when I asked when the O'Reilly show he was on aired. ("A few months ago," he answered. Not much help to a journalist.)

So I left the YMCA with mixed feelings. I loved the speech, agreed with much of what the speaker had to say and wished that more people had heard his important words. Too bad the speaker was a pompous ass, just like the right-wingers he loves to hate.

features

Minority Student Celebration

Press Release

The Minority Student Celebration will be held on May 2, 2003 in Room D244 from 12-2 p.m. Minority students who are slated to graduate in Spring or Summer 2003 or have been accepted to another college or university and plan to transfer and those who have a cumulative GPA of at least 2.75 will be honored. A great luncheon, catered by TLC Select, will be served. This fun event is free and all Parkland College faculty and staff are invited to attend, but tickets are required. For tickets and more information or if you are a minority student who meets the previously mentioned criteria and would like to participate in the celebration, please contact Sharva Hampton-Campbell - Academic Advisor in Room A184 or Donna Tanner Harold - Counselor in Room A256.

The Minority Student Celebration is sponsored by the Academic Advising and Minority Transfer Center and the Multicultural Student Advisory Council.



Parkland College

Anthemic Nursery Rhymes: Humpty Dumpster - Question What You Believe

By Jason Weiss

First off, a disclaimer: I can hardly consider myself a fully impartial reviewer this time out, as I feel a real emotional investment in punk rock music, the idiom Humpty Dumpster embraces on their newest release, Question What You Believe. Why? Well, I too was at one time (and soon will be again) playing guitar in a punk rock band, my music of choice. Enough self-aggrandizement. Let's review, shall we?

Upon the first few superficial listenings, the ubiquitous "Champaign Sound" emerges in all its muddy glory, courtesy of Mark Rubel, someone whom the glory of the punk rock sound must be lost on. If you couldn't tell, I'm not a big fan of the aforementioned's production techniques for the punk rock milieu. Sorry Mark. Nothing against you personally. The work you did with Hum was brilliant. I just

feel like Humpty Dumpster is one of those bands whose sounds need to have a certain rawness; that Iggy and the Stooges "all in the red" recording technique, a la Raw Power. End of diatribe.

Thankfully, the songs on Question What You Believe more than make up for the production technique's aural pitfalls. As mentioned before, the songs sound like a mix between Iggy and the Stooges, the Dead Kennedys, the Distillers and (dare I mention it?) the Go-Go's; however, the latter comparison only holds true in relation to Amelia Bowen's vocal stylings' similarities to those of Belinda Carlisle.

The album gels fairly well, but there are definite instances where the whole is somewhat negated by its parts. Take, for example, the first track, "Monkey". Its lyrical content is wholly inconsistent with the personal and political topics covered in every other song. What's with

that, guys? Filler? Isn't filler generally thrown in towards the last 1/3 of the album? In my opinion, it's not the best song, and it begins the album. Not a very good introduction to an otherwise killer punk rock album, if you ask me. Also, on "Look What Thinking Gets You," overt political references are made. I'm of the mind that if politics must be infused into lyrical content, the references should be oblique. But hey, that's just me.

Still, the rest of the album is generally very good. There are two standout tracks, "I'm a Punk (and I'll Own Stock if I Want To)" and "Revision", both unparalleled in their excellence elsewhere on the album. Overall, Question What You Believe showcases some great tracks (with some minor exceptions) and, on the whole, shows a definite talent being groomed right here in Champaign county.

Anxiety Disorder Screening Day

The Champaign - Urbana Mental Health Public Education Committee (Champaign Area Mood Disorders Assoc., Champaign County Mental Health Board, Champaign Public Library, Family Service, NAMI, Parkland College, The Pavilion Foundation and Provena Behavioral Health) is hosting a local Anxiety Disorders Screening Day on April 30, 2003 at two locations. Parkland College, Room D-244 12:00-1:00pm and at the Champaign Public Library, 7:00-8:30 pm.

Do you find yourself worrying all the time, being afraid in social situations, anticipating your next panic attack, feeling sad, having difficulty sleeping, trouble concentrating, or getting headaches for no reason? If so, you may be suffering from an anxiety and/or depressive disorder. Every year, over 35 million Americans suffer from anxiety and depression. These medical illnesses do not discriminate and affect people of all races, ages, and economic backgrounds. Great stars such as Naomi Judd, Donny Osmond, Marc Summers, and Kim Bassinger have known the enormous suffering that anxiety and depression can bring. They have also experienced the tremendous benefits of receiving effective treatment. That is why these stars have chosen to speak about their illnesses, in the hope that their experiences will help fellow sufferers seek treatment.

Why do people continue to suffer alone with anxious and depressed feelings? Sometimes symptoms of anxiety and depression will be mistaken for another medical illness and go undiagnosed, sometimes people are ashamed or afraid, or they don't know enough about anxiety and depressive disorders to put a name to the feelings and symptoms they experience. Anxiety Disorders Screening Day is a program for individuals to receive answers to these puzzling problems.

To help individuals learn about anxiety and depressive disorders, their symptoms and effective treatments the Champaign-Urbana Public Education Committee will hold a FREE program and screening on April 30th. 2:00-1:00 pm at Parkland College, Room D-244, 2400 W. Bradley and 7:00-8:30pm at the Champaign Public Library, 505 S. Randolph. The program includes viewing a video, a presentation on anxiety and depression by Doug Yore, RN, BSN, MSW, Assessment Specialist at the Pavilion, completing a screening questionnaire, a confidential meeting with a mental health professional, and receiving a referral if necessary.

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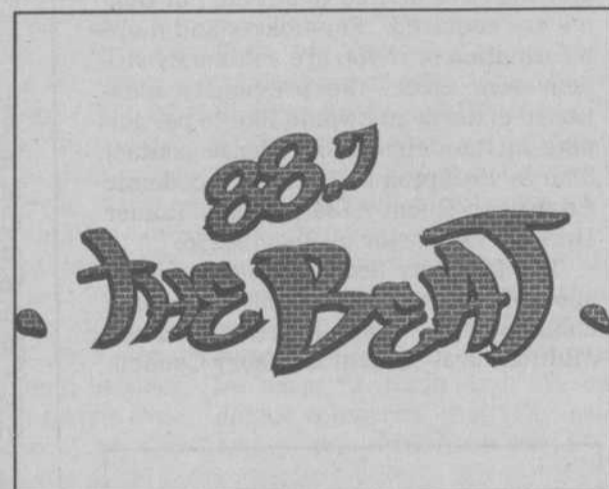
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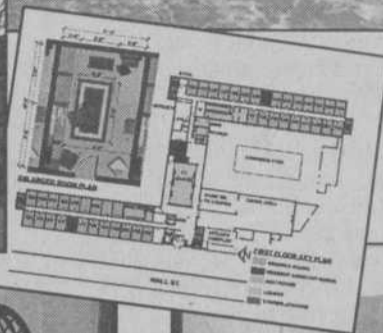
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Baseball team sweeps John Wood

The #7 ranked Parkland Baseball team traveled to Quincy over the weekend and swept all three games from the Trailblazers by the scores of 8-0, 4-0, and 11-3.

Derek Drage (5-0) picked up the win game 1, giving up just two hits while walking none and striking out ten. He retired the final 16 hitters in order. Mike Coles, Jeff Darnall, and Justin Carr all had three hits apiece with Coles driving in two runs and Villa Grove native Carr driving home three.

In the second game of the day, Kyle Widegren (4-2) took a no-hitter into the seventh inning before John Wood's Tim Borders blooped a single into left field for their lone hit of the game. Widegren walked just one and struck out ten in his attempt to throw his second no-hitter of the year. Jeff Darnall and Bo Gum each had two hits to pace the offense.

In game three of the series, Parkland built a 9-1 lead after just four innings and cruised to the 11-3 win. David Smith (3-2) picked up the win with fine relief help from Nathan Doty, Ransom Jones, and Evan Ross. Kenyatta Davis blasted his sixth home run of the season in the 6th inning and Dan Davy added a solo shot of his own in the 7th. Ben Trotter drove in three runs as well with a sacrifice fly and a two-run single.

Parkland improved to 28-6 and 15-3 in the CCCI and is 2 game ahead of both Lincoln Land and Danville in the standings. The Cobras will host Spoon River College on Tuesday beginning at 2:00

The Coaching Carousel Continues

By Mike Mears

On Monday, Roy Williams returned home to coach North Carolina, ending speculation that had run rampant for two weeks, since former UNC coach Matt Doherty resigned. Now, official speculation- in reality, it began as soon as Doherty stepped down- as to who will take over for Williams at Kansas begins. Mark Few of Gonzaga and Tom Crean of Marquette are considered prime candidates.

But make no mistake, the leading candidate is Illinois coach Bill Self. There's good reason for that: in three years at Illinois, Self has done nothing but win. He's compiled an over record of 78-24 with six NCAA tourney wins, two Big Ten titles, and a Big Ten tourney title.

To be sure, coaching at a school like Kansas is a huge opportunity. Only four schools can claim to

match their tradition and fanbase; UCLA, UNC, Duke, and Kentucky.

But Self has a legitimate opportunity to create such a legacy at Illinois, believe it or not. With sophomore-to-be guards Dee Brown and Deron Williams and big men James Augustine and Aaron Spears, explosive junior wings Luther Head and Roger Powell, and a potential superstar in Charlie Villanueva (hopefully) on the way- not to mention top-20 high school seniors-to-be Kalen Grimes and Shaun Livingston potentially here in 2004- he may have a better shot at a national championship at Illinois than at Kansas.

Maybe that means something to Self. Perhaps creating his own UNC or Kansas holds some weight with him, instead of picking up where someone else left off. For a model of what this can be like, look at what Tom Izzo has done at Michigan State; after spurning a big job- with the NBA's Atlanta

Hawks- he's continued to build his dynasty in East Lansing. (Ironically, the Hawks hired then-Illini coach Lon Kruger, opening the door for Self, showing the coaching carousel indeed goes full circle.)

When Williams stayed at Kansas after the UNC job opened three years ago, he cited the opportunity to coach Kirk Hinrich, Nick Collison, and Drew Gooden for three more years. (Gooden stayed for two before bolting to the NBA.)

Bill Self has a similarly special roster right now. The man is only 40 years old, meaning he'll be a top candidate for any job that opens for as long as he's in coaching. So if he's not in Champaign for the long haul, perhaps he'll at least stay to coach the current club like Williams did. He has plenty of time for big opportunities, it just happens that his biggest one right now is at his current job.

Softball Wins With Record Breaking Output, Clutts Achieves 100th Win

Press Release

The Lady Cobra Softball team recorded the most runs in one game in Parkland history Thursday as Parkland pounded Springfield College 27-0 and 11-0.

Lacey Frankland hit her fourth home run of the season and drove in five runs while Becky Wheeler was 3-3 with 6 rbi. Catcher Candace Welch joined the hit

parade with four hits and four runs batted in. Emily Alsup improved to 16-1 firing a two-hitter and striking out 11. Lora Fisher picked up the win in game 2, giving up just one hit while walking 1 and striking out 9.

The competition figures to get much tougher over the weekend as Parkland (28-5 17-0) hosts #5 Kankakee beginning at 2:30 on Friday, play Lincoln Land at 1:00 on Saturday, and round out the weekend with a 1:00 DH on Sunday with #10 Lewis and Clark. All games will be played at Parkland and there is no charge for admission.

Congratulations also goes out to Coach Chuck Clutts who picked up his 100th win earlier in the week when the Lady Cobras defeated Lake Land.

Softball team shines during weekend sweep

Press Release

The Lady Cobra Softball team lived up to their #2 NJCAA ranking running their winning streak to 10 games by capturing 6 victories over the weekend. Parkland pitching was especially strong giving up a total of just five runs in the last five games, including three consecutive shutouts.

On Friday, Parkland defeated #5 Kankakee 8-7 and 2-0. In the opener, PC rallied from a 7-4 deficit in the 6th inning by tying the score on a 3-run double by Becky Wheeler. After Emily Alsup retired the Lady Cavaliers in the top of the seventh. Jen Vandervort singled in the winning run with one out in the bottom of the inning. In game 2, Lora Fisher was outstanding firing a four-hitter shutting out KCC, Erin James and Becky Wheeler drove in the games only two runs.

Saturday, Parkland pitchers continued their recent success by shutting out Lincoln Land by the identical scores of 6-0. Emily Alsup improved to 17-1 with the win in the opener while Katie Appl was equally impressive improving to 7-2 in the finale. Erin James was the big hitting star on the day collecting four hits while Lacey Frankland drove in three runs.

And finally on Sunday, Parkland swept #10 Lewis and Clark by the scores of 5-1 and 9-1. Alsup won her fourth game in as many days, giving up just two hits while striking out three in improving to 18-1. Lora Fisher earned the game 2 win firing a four hitter. Lacey Frankland belted her 5th home run of the season in game 1 while Fisher and Wheeler each collected three hits.

Parkland is now 34-5 on the year and 21-0 in the CCCI. They will host Lincoln College in a 3:00 double header on Tuesday

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