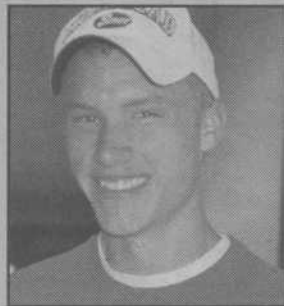


What's the best part of your summer job?



Emily Miner—They are good about giving you the hours you want.



Matt Moody—Work for my family.



Autumn Marit—I work at a group home, and I like working with the residents. They all have unique personalities, which makes the days go by fast with a lot of added fun.



Jessica Smith—Being able to do homework and read while on the job.

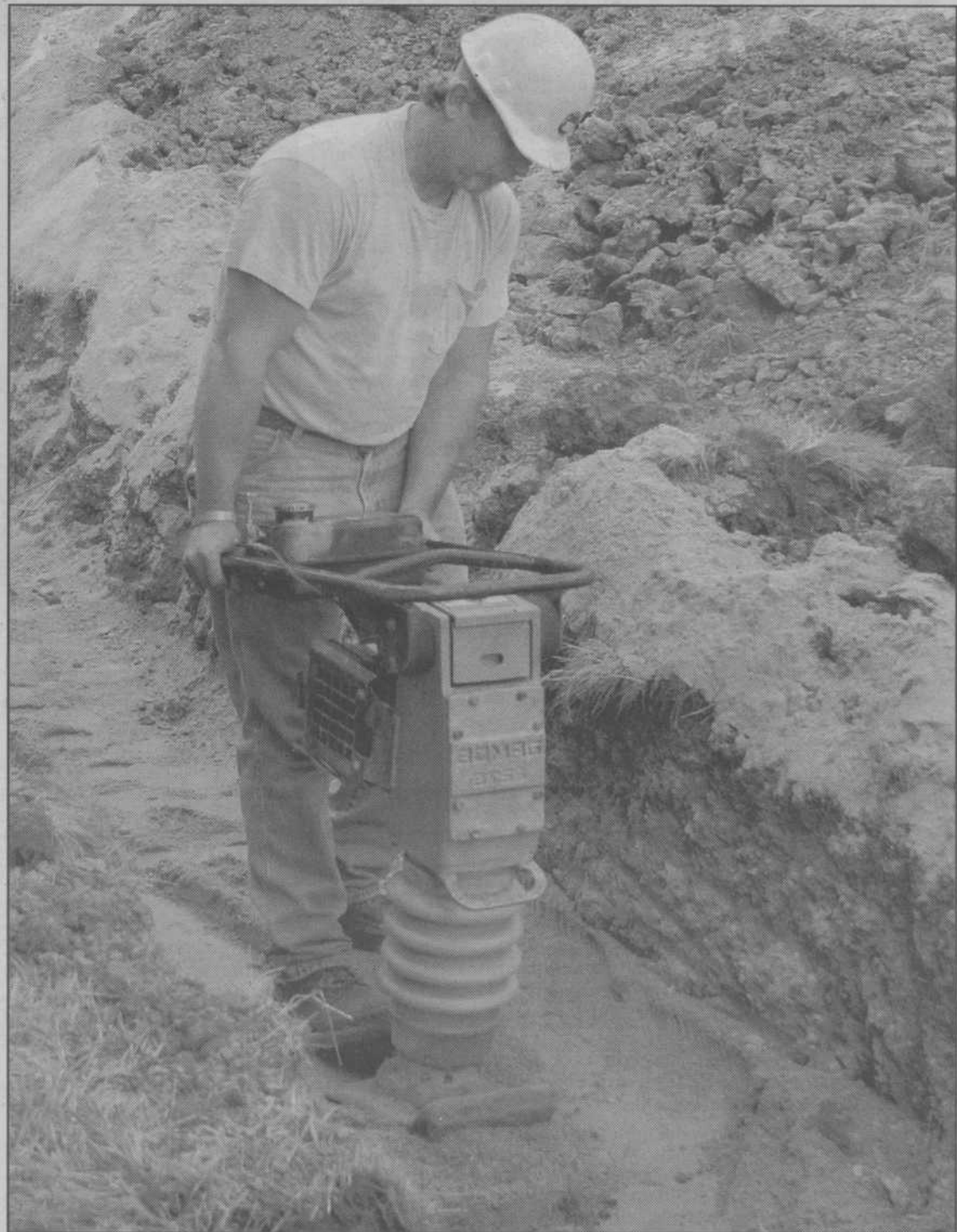


Kara Lewis—Making enough money to save up for a new car.



Becky Nerone—The best part of my summer job is ... the people I work with are really cool and fun.

Photos by Chris Cunningham



Steve Bemont, of Paxton, tampers sand where new roof drainage work was being completed Monday morning. Bemont is an employee of the Duce Construction Co.

'Invectives' series featured in Gallery

Parkland Art Gallery is pleased to announce a new exhibition featuring the talent of artist Scott Mitchell of Champaign. "Invectives" is a series of works that critique the predicaments of humanity in a political and socially mindful way. Many of Mitchell's pieces mock corporate America, tech-

nology, and the art world. This exhibition will be on display at the Parkland Art Gallery from June 28 through August 5.

Mitchell acknowledges the Dadaist influence in his approach to art. Dada, an art movement that grew out of the absurdity and horror of World War I, mocked all established values

and traditional notions of art and literature, to create an art of the absurd. Like a Dadaist, Mitchell scoffs at established traditions of contemporary culture. He follows the Dada approach to making "non-art," using ready-mades and found objects as his media of choice.

continued on page 2

On Campus Gallery

PROSPECTUS — Thursday, July 1, 2004 — Page 2

from page 1

"As I get older I'm increasingly torn between a comic and a virulent attitude toward life," Mitchell explains. "It's not because I want to suppress any serious convictions my work might possess, and it is not because I see other people's misfortunes as humorous; but what I do find funny is the archetypal greed and lack of humanity reflected in the decisions of corporate America and our leaders.

"We live in a 'democracy' that is becoming increasingly channeled and institutionalized. Moreover, these channels are becoming increasingly stacked against the common person without power. While I understand perfectly why another artist would choose to ignore this fact in lieu of a more personal statement, I somehow feel the need to comment on it."

Mitchell is an art faculty member at Danville Community College and Richland Community College. He earned his Bachelor of Arts degree at West-

ern Illinois University in Macomb, his Master of Arts from Eastern Illinois University in Charleston and his Master of

Exhibit:

June 28 - August 5, 2004,
Parkland Art Gallery

Reception:

Thursday, July 1, 6-8 p.m.
Gallery Lounge

Gallery Talk by artist:

Thursday, July 1, 7 p.m.

Fine Arts from the San Francisco Art Institute in California. Mitchell will provide a gallery talk at 7 p.m. on the evening of the reception, Thursday, July 1.

The handicapped-accessible gallery is open Monday through Thursday from 10 a.m.-2 p.m. and Tuesday through Thursday from 6-8 p.m. Programs at the Parkland Art Gallery are partially supported by a grant from the Illinois Arts Council. All events are free and open to the public. For more information, call the Art Gallery office at 217/351-2485.



Kevin Butler, of Tolono, works Monday morning on the west side of the C-Wing on the roof drainage project. Other work on campus is being done on sidewalks.

Upcoming Community Educational Workshops and Events

Press Release

Home Buyer's Seminar

July 8 and 15—Learn important steps in the home buying process including pre-qualification, inspection, and closing. Classes will meet on Thursdays from 7-9:30 p.m. at the Parkland Business Development Center, 1315 N. Mattis Ave., in Champaign.

The course fee is \$20 for individuals or same household couples and includes a workbook. Call 217/351-2235 for more information.

Career Planning Seminar

July 20—A career planning seminar will be held at Parkland in room A208 on Tuesday, July 20, from 6 to 8 p.m. Participants will learn about the career development process; explore interests, abilities, and goals; and discover available resources. A tour of the Career Center is provided, followed by an opportunity to schedule an individual appointment with a career counselor.

There is no fee, but reservations are requested. For additional information, call 217/351-2536.

Food Service Sanitation Certification

July 14–August 10—Food service employees

can meet the Illinois certification requirement with help from this course. Topics covered include food borne illness; time-temperature control; personal hygiene; cleaning and sanitizing; food safety in preparation and serving; HACCP; and government regulations.

Classes meet Wednesdays from 5:30 to 9:30 p.m. at the Parkland Business Development Center, 1315 N. Mattis Ave., Champaign.

The course fee is \$134 and includes the book.

For registration information, call 217/351-2235.

Fundamentals of Human Resources

July 21 and 28—Participants will gain the skills to recruit, hire, and keep the most talented employees. They will learn to write job descriptions and specifications, develop competitive salary and benefits packages, and play a pivotal role in their companies' growth and productivity. Classes will meet on Wednesdays from 8 a.m. to 5 p.m. at the Parkland Business Development Center, 1315 N. Mattis, in Champaign.

The course fee is \$295 (textbook included). Call 217/351-2235 for more information.

A New Look for the New Year—Today's edition of the *Prospectus* has a new appearance. Newspapers nationwide are changing to a new format. Technically, the web paper stock we use has changed. Our printer has invited us to join the new trend, and this is what you see today. Our advertising staff can now accept the standardized format for display advertising. Also, the paper will no longer have a fold, allowing our readers to see the full front page when they pick up a paper from our distributions racks. A new headline style has also been introduced in this edition.

Other changes will appear in upcoming weeks. Enjoy!

Prospectus

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 5 PM of the Friday immediately before the upcoming issue.

Editorial Staff

Leah Nelson	Editor
Chris Cunningham, Neil Zerrusen	Production
Chris Cunningham	Photography
John Eby	Advisor
Kate Kaput	Advertising/Business Manager
Larry Gilbert	Computer/Software Consultant

Staff Writers

Jon Volkman

Movie brings attention to fast food, nutrition

by Jon Volkman

Prospectus staff writer

When it comes to where and what to eat, many people choose fast food and convenience. The concept of a meal being quick and easy appeals to an individual's busy lifestyle. The time to go home and actually make a meal simply doesn't exist within the minute-by-minute schedule that comprises most people's day.

Recently, a movie called *Super Size Me* brought attention to the fast food industry and its impact on the average American diet. Given our dependence on fast food, the movie confronted what would happen if an individual lived exclusively on fast food for thirty days. Armed with a camera, a team of doctors, and a nutritionist, the movie tackled the question of whether fast food is nutritionally sound. More importantly, the movie addressed nutrition overall, and how it affects daily life.

The question of nutrition and the nutritional value of every meal can be a tricky one. Most people are familiar with the food pyramid and how it is supposed to be applied. Yet actually implementing its suggestions is harder. Indeed, just finding the time to eat can be difficult enough without trying to ensure the meal is nutritionally sound.

So what can an individual do to ensure their diet is at the least close to nutritionally balanced? Within that question lies what *Super Size Me* attempts to discover. Through the experiment, the nutritional value of fast food is exposed, and the nutrition of the American diet questioned.

Sure, the average American doesn't eat fast food for all three meals every day. Yet most individuals can admit to eating only two meals a day, while snack-

ing throughout the day. Out of these two meals, at least one is usually compromised of a quick meal. Whether that meal is fast food, or a prepackaged dinner, the nutritional value is almost equal. That value, while already at a minimum, is lessened by sugar, caffeine, fat, and other preservatives.

Indeed, as Americans, our dependency on caffeine and sugar is well documented. The average American can claim at least one as a guilty pleasure, and our nation's growing waistlines are a direct result. The problem lies not in our eating, but in what we have readily available to eat.

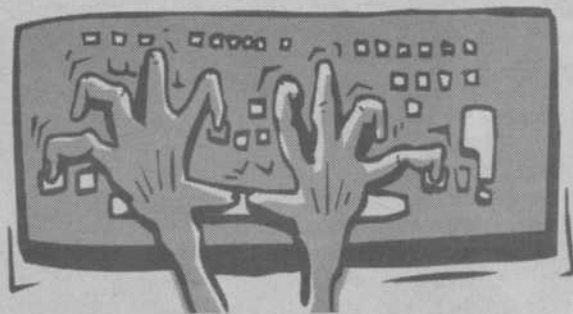
Fast food restaurants make nutritionally bad food readily available to the public. The problem reaches beyond fast food, into the cafeterias of schools and businesses everywhere. These establishments allow people quick access to food, though not necessarily good food. In manufacturing this food, ingredients not necessarily needed are added. This is shown through how numerous products contain sugar or corn syrup.

Yet every individual is directly responsible for their nutritional deficiencies. Though most fast food restaurants do not supply nutritionally sound food, it is not their fault. As individuals, the responsibility lies within the decisions we make.

Within our country, our ability to vote does not apply only to the elections. It applies to our wallets, and how money earned is spent. While placing importance on eating, the average American has not placed importance on nutrition. As the average American becomes more conscious of nutrition, their spending habits will reflect their increased awareness. Only then, will nutritionally good food become readily available as fast food.

keyboard chatter

by Larry V. Gilbert



THE LAST VISIT to The Little Theater on the Square in Sullivan, Illinois, was years ago. It might have been as long ago as 1969.

If I remember correctly — and if the year was 1969 — I listened on the radio, driving a new Corvette, to man's first walk on the moon.

But, in fact, that history has been modified; I was in Sullivan a couple of weeks ago to see *Hello, Dolly*. This show was the first of the 2004 season and in the newly remodeled theater.

But I'm getting a little ahead of the story. When I called to make reservations, I asked for suggestions for a good restaurant in Sullivan. Of course, the lady was reluctant to give me the name of only one restaurant, so she gave two or three suggestions. But one name seemed to stand out, *Sisters*.

On the appointed Thursday, the nearly 9-year-old Pontiac and I headed south on I-57 to Arcola, then west on Route 133 through Arthur and Amish country to the Cadwell road, and down into the countryside, past immaculately trimmed yards, flower-bordered gardens, with the day's wash still hanging on the clothesline, to Sullivan.

The arrival time, 5:30, was just right to get a parking space on the Square just across from the theater. No parking meters, no time limit if after five o'clock, and wide spaces.

No more than half a block away is *Sisters* restaurant. When one walks in and sees a crowd, one knows a good meal is just minutes away. A small picture tells the story of how the restaurant was a grocery store as late as 1944. The heavy planked floor reminded me of Jahr's store in Mahomet when I was a small child. Along with pleasant memories of Jahr's, a not-so-pleasant experience surfaces. Being the oldest of three children, I was sent to the store for some canning supplies. In those days children shed their shoes for the summer, and on the way home I stepped on a

live cigarette butt. I can still hear the sizzling sound, feel the extreme pain, and see the huge blister.

The ceiling in the restaurant has been replaced with a covering that resembles the original tin work. One walks through a garden archway to enter the dining room. The tables are

outstanding, although I had to wait about 20 minutes for my meal because of a packed house. When I paid the cashier (who was the owner), I told her it was the best meal I had ever had in Sullivan. She told me I had made her day.

Several million dollars have been spent to remodel the the-



The Little Theater On The Square Photo by R. R. Best

covered with linen tablecloths, and heavy silverware is at each place setting.

The menu features baby-back ribs, prime rib, and blackened salmon. A delicious cilantro, lime vinaigrette dressing is served on the side with the salad. One chooses two sides. I selected steamed zucchini and fried sweet potato chips.

Sweet potato chips are prepared, I am told, by peeling raw sweet potatoes, slicing them with a crinkle cutter, and then deep-fat frying. The exterior was crisp and the interior as soft as a baked sweet potato. A real treat. Not exactly suggested for the South Beach diet, but I counted this as a special occasion.

All you could drink raspberry iced tea was my beverage with Splenda sweetener (preferred on this eating plan). No room nor South Beach legality for dessert. I had to wait until I got home to have sugar-free Jello with sliced bananas.

The service at *Sisters* was

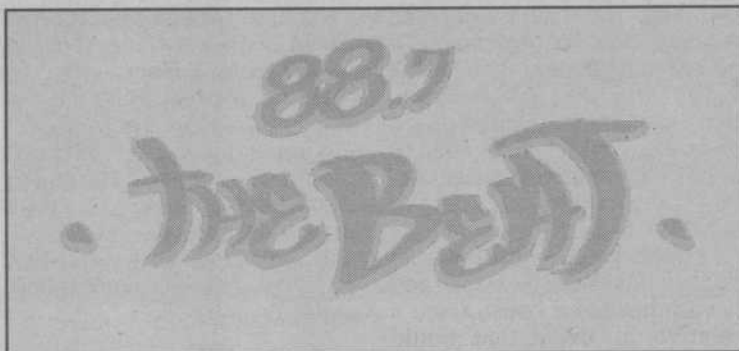
ater, referred to in the program as "TLTOTS." One enters the ticket office through an addition to the building. Badly needed, larger bathrooms are a part of the renovation, as is an elevator to the balcony.

For \$1,000, one can adopt a seat and have one's name engraved on a plaque in the lobby. State-of-the-art theater computer software now holds reservations and prints tickets.

I was a little disappointed in the new seats inside the theater. They are very narrow. I heard one gentleman say that if he closed his eyes, he would think he were seated in the economy section of an airplane. But everything else makes up for this and more.

Of course, the musical itself is a favorite of many, and the Company was outstanding. The pit orchestra is much larger than I remember from the past; there were string, brass, percussion and keyboard musicians. I was particularly impressed with the

Continued on page 4



About Town

Urbana prepares for 29th annual Sweetcorn Festival

Press release

Before the truckloads of sweet corn arrive in Urbana for the 29th Annual Sweetcorn Festival, enough will be brought in for a pre-festival Sweetcorn Eating Contest. Local celebrities and officials will compete for prizes on Friday, August 13, 2004. The event will be held at the Iron Post in downtown Urbana from 5 to 7 pm.

Festivities for the popular Sweetcorn Festival begin Friday, August 27, from 5 to 11 p.m. with a kick-off party. The festival continues on Saturday, August 28, from 11 a.m. to 11 p.m. in downtown Urbana.

In addition to the delicious, hot, steaming ears of sweet corn, the 29th Annual Sweetcorn Festival will have live entertainment with several stages,

kid's area and activities, the 4th Annual Amateur Dog Show, the 8th Annual Urbana Motor Muster, the 2nd Annual Arts Boulevard, food, beer and beverage vendors, as well as craft and informational booths! More details to follow!

For information call 344-3872 or see www.urbanabusiness.com

Call for Artists

Don't wait ... participate in the Arts Boulevard at the 29th Annual Sweetcorn Festival in Urbana. This juried exhibition will be located in the hub of festivities on Saturday, August 28. Artists, apply today.

Go to www.urbanabusiness.com for details. Entry deadline is July 15, 2004. For further information call 328-8270.

News for the Communities

Discover the career for you at our July 20 seminar

A career planning seminar will be held on Tuesday, July 20, 6-8 p.m. in room A208. We invite the community to come and learn about the career development process; explore interests, abilities, and goals; and discover available resources. Participants may also tour of the Career Center and/or schedule a private career counseling appointment. The event is free; reservations are requested. Call 217/351-2536 to learn more.

Late summer session classes available

Sign up for quick, intensive college credits: BIO 220 Field Biology includes four full-day field trips and a two-night camping trip. One semester of college biology prerequisite required. Meets July 26-29 and August 2-4 with final project due August 9. 2 credit hours.

ESC 220 Field Biology meets Friday, August 6 through Wednesday, August 11 (includes weekend.) Six full-day field trips. No prerequisite, 2 credit hours. SPE 101 Introductory Speech Communication meets July 26 through August 13, 9 a.m. to 12:10 p.m. Monday-Friday. Three sections available, no prerequisite. 3 credit hours.

Register now for fall classes

Register now through August 22 for fall semester. Classes begin August 23. Go to www.parkland.edu/parklandconnection to check course availability and register online. New stu-

dents may apply online at www.parkland.edu/admissions/howtoenroll.html

Students, grads win at 2004 CHAAMP Awards

Parkland students and graduates took top honors at this year's CHAAMP Awards ceremony on June 3. CHAAMP (Champaign-Urbana Advertising Awards of Merit Program) is the Ad Club of Champaign-Urbana's annual contest that recognizes the best in locally produced advertising, including such categories as print, broadcast, and billboard advertising; photography; design; copywriting; and web/multimedia.

Six of the seven CHAAMP student winners attend Parkland College. Gold awards went to Shweta Agarwal of Morton, David Nielsen of Mahomet, and Kerri Hurd of Mansfield, all for poster design. Silver award winners include Kerri Hurd for newspaper advertising; Roger Walker of St. Joseph and Vanessa Krulas of Deerfield for website; and Holly J. Bullamore of Champaign for Internet banner ad. Parkland graduates also won awards in the marketing/advertising professional categories. Gold winners were Kurt Bielema of Urbana in illustration, Anni Poppen of Urbana in corporate identity design, and Megan Gillette of Urbana in illustration. Bielema also garnered two silver awards in design. The winning entries can be seen at www.cu-adclub.org/funk/winners.html.

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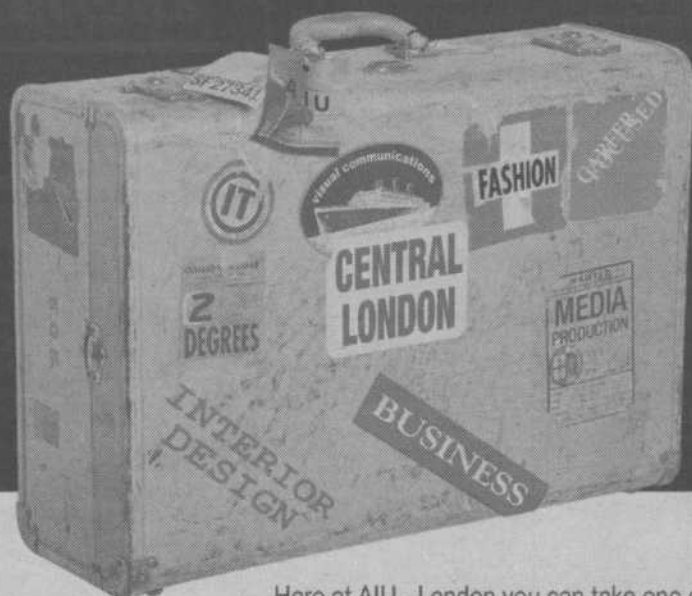
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Former Cobra pitcher selected in Major League baseball draft

Press release

Former Parkland College and current SW Missouri State pitcher, Derek Drage, was selected in the 21st round of the Major League Baseball Draft by the Pittsburgh Pirates.

Drage, the 622nd pick overall, was a two-time All-American at Parkland compiling a record of 20-2 with a 2.29 earned run average striking out 181

hitters in just 165 innings of work for the Cobras.

This year for the Bears he was just 3-7 but had an earned run average of only 3.20 and led the team in innings pitched with 112 1/3 and walked while striking out 91. In Missouri Valley play, he started eight games, going the distance in four of the contests and compiled an ERA of just 2.92.



Parkland softball recruit shines at Class A Tourney

Press release

Future Parkland Cobra, Holly Walden of Warrensburg-Latham H.S., was almost a one-woman show as she tied or broke several pitching records over the weekend at the Class A State Tourney held in East Peoria.

In the quarterfinals on Friday, Walden led her team to a 1-0 victory over Taylor-Ridge Rockridge firing a three-hitter walking none and striking out 16. She saved her best outing of the tourney for the semi-finals where she pitched all 20 innings in a 2-0 win over Rock Falls. Walden pitched no-hit ball over the first 11 innings before scattering just five hits over the final nine innings. For the game she walked 7 and struck out 30.

Walden started once again in the championship game Saturday evening but the Cardinals fell short falling to Beecher 2-0. Walden was sharp one again giving up just two runs on three hits while striking out 13. For the tourney she pitched a record breaking 34 innings giving up just two runs and 10 hits while walking 9 and striking out 59.

Another Parkland recruit, Bobbie Redden of Hoopeston Area finished second in the Class A Hitting Derby behind Kacey Counce of Goreville.



Freshman baseball players earn All-American honors

Press release

Two freshman members of the Parkland College Baseball team have been named All-American by the NJCAA. Catcher Lance Tofflemire (Leamington, Ontario Canada) was named to the 2nd team while infielder Jesse Griswold (Mendota

HS) was selected to the 3rd team.

Tofflemire, who earlier was named First Team All-Conference, All-Region, All-State, and was the CCCI Freshman of the Year, hit .416 for the season with 6 home runs and 56 runs batted in. He struck out just 11 times in 182 at bats hitting in the

clean-up spot in the batting order for the Cobras.

Griswold, who split time at both first and second base, hit .388 for the year with a record-tying 13 home runs while driving in 63. He also led the team in walks with 31 and was second on the team in doubles with 20.

Parkland Basketball Camp 2004 — Top: Parkland College redshirt-freshman Cameron Flowers (Carbondale, IL) throws down a monster jam as the campers look on. Middle: Campers (left to right) Clayton Kibler, Lyle Burns, Garrett Cox, and Derek Bunch play pool at the dormitory to wrap up a full day at camp. Bottom: Luke Wilson attacks the basket, as Antonia Mapson and Lauren Hinton battle for position in the post during the championship game at the Parkland College Basketball camp. (Photos compliments Coach Chris Warren)