

Black Health Fair sweeps Gallery lounge

by Leah Jesse Woodrum, editor

Black Health Fair sweeps Gallery Lounge by Jesse Woodrum, editor; and Pat Yeagle, staff writer

Last Wednesday, February 11th, a health fair took place in the Gallery Lounge at Parkland College as a part of the institution's celebration of Black History Month. The lounge was filled with health specialists of all sorts: masseuses, skin therapy consultants, as well as specialists on different diseases and other health conditions.

The event could not be missed by anyone who entered the Lounge of the college. More than a dozen tables offered information, product sampling, blood pressure checks, free massages, and even free juice and granola!

Sheena Burton was one student who had heard about the event and came by just to check it out on her down time on campus. "I heard they were giving away granola here," she

wing. From behind her table covered with juice bottles and granola bars, she said they wanted to promote health, and they thought free, healthy food would be a good way.

Sharon Lee, a part-time employee of Carle Hospital, was on hand for free massages—a line that was surprisingly only about 2 people deep at about 1:00 pm. Lee is a masseuse who was inspired into her profession by her sister who does social work with terminally ill patients, and was taught massage therapy as a part of her profession. Lee is nationally certified and also does massage therapy freelance while not working at Carle.



Valerie L. Holmes poses for the Prospectus next to her Warm Spirit skin care products. photo by Jesse Woodrum



Sharon Lee dishes out free massages while Stephanie, sophomore relaxes. photo by Jesse Woodrum

even came by the fair to have her blood pressure checked by Valena McMillion, a first year nursing student.

When asked why a health fair was included as a part of Black History Month, Nelson said, "Basically we just wanted to get people excited about their health." She said much of the information side of the event was focused around health risks that are prevalent in African-American communities like high blood pressure and diabetes.

Black History Month is more than half way over but two of the most anticipated events remain on the calendar. The Poetry Slam will be held Wednesday February 25th, from 1-2 p.m. in the Flag Lounge, and the Soul Food Luncheon will be Thursday February 26th from 11-1 p.m. in the South Lounge. Tickets for the luncheon are \$6 and Nelson suggests buying tickets in advance. Coincidentally, as Black History Month winds down, a new Student Organization called S.A.M.E. will be holding its panel discussion on the state of blacks on campus Wednesday February 25th.



First-year nursing student, Valena McMillion, performs a blood pressure check for Donna Tanner-Harold, a coordinator of Black History Month. photo by Jesse Woodrum

said. Indeed, Anita Taylor, from the academic development center, womaned the food table on the edge of the event next to the hallway entering the L-

Valerie L. Holmes, a consultant for Warm Spirit skin care products was on hand with dozens of products for sampling.

Donna Tanner-Harold, from the counseling office co-ordinated the event along with Marva Nelson, from the English and Critical Studies Department. Tanner-Harold



Anita Taylor offers juice and granola as a fun, healthy snack. photo by Jesse Woodrum

"Noisemakers" a great listen

by Patrick Yeagle, staff writer

When I was young, I never realized that there was a whole world of music beyond what is heard on the hippest radio stations. Now that my musical tastes have matured, however, I have been exposed to some amazing artists that I never could have imagined. Among these is Bruce Hornsby, a talented pianist/songwriter that has collaborated with the likes of Don Henley, Elton John, Bill Evans, Bonnie Rait, Bob Dylan, Eric Clapton, and several others. Hornsby's broad musical background lends itself well to the depth and style of one of his best com-

pilations yet: "Here Come the Noisemakers".

This two-disc album was released in October of 2000 and is composed of live recordings made between 1988 and 1999. The album boasts an impressive array of musical proficiency, with a great horn section, lightning-fast drummer, and funky bass complementing Hornsby's dynamically melodic keys.

Upon listening to the opening track, "Great Divide", I tried to get a bead on the style of this album, and was pleasantly surprised to discover that Hornsby can weave a deli-

cate piano piece into a swinging jazz number with flawless precision. The other tracks, particularly "Spider Fingers", follow suit. Many of the tracks sound vaguely familiar, like something I'd heard in my childhood but had never appreciated until now. Fast-paced piano laces the album, creating melody, harmony, and even rhythm within itself. After listening to this album non-stop for several days now, I've still not gotten all the way through both discs, as it is one of those works that you must hear repeatedly and absorb through audible osmosis.

Hornsby's band is an accomplished group of musicians, including John Thomas on keyboard and organ, Bobby Read on saxophone (Too bad his name isn't "Reed!"), JV Collier on bass, Doug Derryberry on guitar, and Sonny Emory on drums. These artists blend together so well together that it is hard to distinguish how many people are in the band without reading the liner notes. Whether or not someone enjoys jazz, they've got to give this group credit for the exceptional talent they display throughout these two discs.

This work can be purchased

numerous places, whether on the internet or in music/book stores. Typically, the price is around twenty dollars, though it is well worth the money, especially since it contains two discs.

This album is relaxing, uplifting, and inspiring. To call it "easy-listening" is probably an insult, though I must say that the sound is extremely pleasing to the ears. Anyone searching for some smooth, accessible jazz is in for a treat when listening to this compilation.



Parkland College



Parkland College



Parkland College



Parkland College



Parkland College

Features

PROSPECTUS

Page 2

Wednesday, February 18, 2004

A recent artistic addition to the library

by Jordan Holmes, staff writer

A recent artistic addition to the library has created a new and engaging atmosphere for students to enjoy while they study. It is an eye-catching display of works created by Parkland's very own.

The pieces displayed in the library are watermedia paintings by students in Art 241-Watercolor II, taught by Don Lake. They are realistic portrayals of objects encountered in everyday life. Whether it is swimming fish, in Koi Pond by Inge Yates, or the desolate farmhouse in Somewhere between Seymour and Bondville by Mike Coles, the paintings are vibrant and truly display the wonders of life and its phenomena.

"It (realism) is not required, but it tends to be common within our department. It is a function

of people learning because it is more satisfying to be able to see that what you are painting actually looks like something real," explains instructor Don Lake.

Art-241 was a class offered in the Fall 2003, but the students in the class continue to meet in their free time, and together practice the skill of watercolor painting. "They are a very close-knit group," Lake smiled.

Lake would like to encourage all students at Parkland College to enroll in an art class in the future. In order to take watercolor, a student should know how to draw, which is also a class offered at Parkland College.

The current student show in the library will run through early March with another student show possible in the near future.

Rape Aggression Defense classes held at Parkland

by Sarah Ramey, staff writer

For four weeks, several Parkland students and community members participated in Rape Aggression Defense (RAD) Training. The training was held on Monday evenings and was taught by two Parkland Public Safety Officers, William "Chuck" Dale and Yvonne Meyer.

"I believe it is good for people to have defensive training in case they ever find themselves in a dangerous situation," explains Meyer.

In the course, the curriculum includes studying the four "risks" of personal safety. These include risk awareness, risk reduction, risk recognition, and risk avoidance.

The students also practice one-on-one physical strategies to react to violence. Some of these strategies include yelling, assuming a defensive stance, blocks, hits and kicks directed at vulnerable locations on the attacker.

Monday, February 16th 2004 was the final meeting of the class. Both officers expressed their excitement regarding how far the students had come along. In this class, first the students stretched and reviewed some of the concepts that they had learned. Then it was time to put their skills to the test. Paul Sarantakos, head of the criminal justice program at Parkland College, and Officer Dale dressed up in protective attacker suits, and practiced scenarios with all of the students. All students agreed that it was a positive end to the class.

Officer Meyer hopes that there will be another class offered later this spring, possibly in April. The Department of Public Safety encourages all students to enroll in future classes and learn the basic principles of self-defense.



Officer Chuck Dale and a student review essential moves.

photo by Sarah Ramey



Paul Sarantakos and a student in RAD training.

photo by Sara Ramey

Poets corner

"Stale Mate"

Time is ticking away at its slow and steady pace.
Never stopping to give me a chance to catch up or advance.
Like a never ending chore I run to beat it and then run somemore.

by Bambi

Just Ask June

Dear June:

What effects does not drinking enough water daily have on your body?

Dear Thirsty:

According to the University of Pittsburgh Medical Center, we need eight 8-ounce glasses of fluid each day because our bodies are 50-60 percent water. Fluids are necessary to help in the digestion of food, to carry needed nutrients within the body, to help control body temperature, and to carry waste material from the body. Without sufficient fluids, the body may experience symptoms such as dark urine, urine with a strong odor, dry mouth, dry skin, fever, constipation, and even muscle cramps. You can include other types of fluid in your diet besides water. Examples include:



Parkland College



Parkland College

Prospectus

To contact the Parkland Prospectus, phone us 217-351-2216 FAX 217-373-3835.
By E-mail: prospectus@parkland.edu
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 P.M. of the Wednesday immediately before the upcoming issue.

Editorial Staff

Jesse Woodrum
Kamn Kizer
John Eby
Makaila Shackelford
(position available)

Editor
Production Editor
Advisor
Office Manager
Advertising Manager

Staff Writers

Jarrold Finn, Tara Gray,
Leah Nordness, Sarah Ramey, Patrick Yeagle,
Jordan Holmes

Classifieds

PROSPECTUS

Page 3

Wednesday, February 18, 2004

Think Fast – Think FedEx.



For part-time Package Handlers at FedEx® Ground, it's like a paid workout. The work's demanding, but the rewards are big. Come join our team, get a weekly paycheck, tuition assistance and break a sweat with the nation's package delivery leader.

P/T PACKAGE HANDLERS

QUALIFICATIONS:

- 18 years or older
- Must be able to lift 50 lbs.
- Part-time, 5-day week
- Ability to load, unload, sort packages

BENEFITS

- New Benefits Package
- New Hire Bonus
- Paid Vacation
- \$8.50-\$9.00/hr. to start, Scheduled Raises
- Tuition assistance after 30 days
- \$.25/hr raise every 90 days for one year

Applications accepted, Monday-Thursday, 8am-5pm, at our facility:

102 Mercury Drive • Champaign, IL 61822

fedex.com/us/careers

Women and minorities are encouraged to apply.

FedEx
Ground

EEO/AA



Build Your Own Ladder of Success

It's a fact that in today's world you need a college degree to move ahead in your career. And Greenville College's GOAL program can help you climb the ladder of success by finishing your bachelor's degree in Organizational Leadership.

- Convenient one night a week accelerated format
- Top-notch Greenville College professors
- Relevant adult-oriented coursework in a Christian context
- A cap and gown in as little as 18 months

Want to find out more about classes starting in Champaign this spring? Join us for an information meeting at Parkland College Room X150 at 7:00 p.m. on January 26th, February 3, or February 12.

To register, call 888-818-4625 or log on to our website at www.greenville.edu/goal.



University Commons Apartments Home of the Parkland Athletes!

No Deposit, No Application Fee
*for a limited time only

CALL NOW!

337-1800

Office Hours:
Mon-Fri 9am-6pm
Sat 10am-4pm

- FREE Trash Valet
- FREE Parking
- FREE Ethernet and Cable w/HBO
- Heated pool and Hot tub
- Tennis, Basketball and Volleyball courts
- Close to campus
- Bus service available
- Washer & Dryer in each Apt.
- Individual leases
- FREE Roommate matching service
- 1, 2, 3, & 4-bedroom apartments
- Group discounts available

Prices starting at \$360

Take a virtual tour!
www.universitycommons.com
UNIVERSITY COMMONS
1321 N. Lincoln
Urbana, IL 61801

fp Courtyard on Randolph
Available Now
Now Available!
2- and 3-BR furnished apts.
713 S. Randolph, Champaign
from \$630/mo.
Includes cable, water, trash, laundry facility and seasonal pool.
352-8540 or 355-4608 p.m.
www.faronproperties.com

For a limited time, first-time buyers
Save an additional \$5
on purchases of \$50 or more!
Simply use this code:
PARKLANDCOLLEGE

Natural selection.

How smart is this: All the textbooks you need for up to 50% off retail prices. New or used, all you have to do is go to half.com and type in the book titles, or ISBN numbers. Then let nature take its course.

half.com
by **eBay**

Same textbooks.
Smarter prices.

"Young Females is Needed for Bone Study"

The Bone Lab is seeking young women (18-30 yrs old) who are asthmatics and routinely use an inhaler to manage their asthma. In addition to body fat knowledge, bone scans (DXA) to assess osteoporosis risk will be provided FREE of charge. Contact Vicky Zachariadou at zacharid@uiuc.edu.

One of a kind

by Leah Jesse Woodrum, editor

One of a Kind
 When thinking of all the great Basketball coaches the names Phil Jackson, Pat Riley, Dean Smith, Roy Williams, and Tim Wulf come to mind. Who is Tim Wulf?, You ask just one of the very few coaches who has the talent to do just what it is there title says COACH!, in the Era where every five minutes some College or Professional team is making another Coaching change, Parkland College's Very own Woman's Basketball Coach is the answer to those who think the days of the Coach who cared about his players on and off the court is over. Wulf who is in the midst of his ninth and last season Coaching the Currently #1 Ranked Woman's Basketball Program in D2 NJCAA National Standings, has had his share of ups and downs while at Parkland, in a recent interview with Wulf, he commitment on how far his program has come sense his start, from not being

able to have the luxury of giving out full scholarships like rival Illinois Central College to finally beating ICC the Last two years. When asked why his program had not always been able to compete with the big programs in the past (Unlike now) Wulf said "A lot of role payers don't know there job." Which is true because as with any team you need everyone to be on the same page and going out there on the court to give it there all for the good of the team. Guessing from the last two years Role Players not knowing there role is no longer a Problem for the Lady Cobras who are currently 22-3 overall and a outstanding 10-0 in conference play in the tough CCCI. As the season proceeds it looks like coach wulf , will go out with a bang not only on the court but off the court as well, Parklands Womans Basketball team has the highest Collective GPA of all the Sports teams at Parkland- 3.51 (5 Players

where
 Head of there Graduating class in High School), showing, that not only does Wulf care about his players on the court but he cares off the court as well, Sophomore Sabrina Taylor is just one of many outstanding young Woman on the team when asked about how she feels about Wulf she replied "He's Very dedicated he has personally made calls to schools for all of us sophomores to get into next year." Sounds like that's all in a Coaches Job right? No just the Good ones. Producing quality Ball players on and off the Court. So what's Coach wulf going to do now that he's retiring? " Me and My Wife have a Jimmy Johns in Reno Nevada" what every he does you get the feeling that he's going to be successful off the court just like he teaches on the Court.

Hot shooting Lake Land stuns Parkland in overtime

Press Release

The Parkland Men's basketball teams chances of winning the CCCI title took a severe blow as the Cobras fell to last place Lake Land 120-113 in overtime in Champaign on Monday night. The Lakers came out hot, hitting their first seven 3-points shots of the contest but the Cobras held their own taking a 52-47 lead to the locker room.
 It was more of the same in the second half as Lake Land shot 58% from the field and finished (15-32) from three-point

range. Parkland, who trailed by eight with six minutes to go in regulation, went on a 17-4 run to take a 105-100 lead with 3:47 remaining. From there the Cobras failed to score for the remainder of the game and Lake Land tied it with 32.1 seconds to go to force overtime. In the extra period, Parkland trailed just 111-110 with 1:21 remaining following two free throws by Chris Bunch, but Lake Land closed out the game with a 9-3 run to seal the upset victory.

Lake Land (8-19 4-9) was led by David Tolefree who had 38 points (27 in the second half and overtime) and Shawn Nevill (31 points on 9-15 shooting from 3-point range).
 Parkland (19-7 8-4) received double-doubles from Maurice Mobley (23 points 11 rebounds) and Teran Lee (22 points 11 rebounds) while Chris Bunch added 23 points and 6 steals. Parkland will try to get back in the CCCI race when they travel to Lincoln on Wednesday night for a 7:30 contest.

Sports

PROSPECTUS

Page 4

Wednesday, February 18, 2004

Men knock off #6 ICC on road for key CCCI win

Press Release

Chris Bunch hit a key three-pointer and two big free throws in the final 40 seconds as #23 Parkland rallied to knock off #6 Illinois Central College 65-62 in East Peoria on Wednesday night. The victory moves Parkland back into first place at (8-2 19-5) one half game ahead of Lewis and Clark in the CCCI race. ICC (7-4 18-7) falls into a third place tie with John Wood with the loss.
 Maurice Mobley led the Cobras with 15 points and 5

rebounds while Pookie Taylor added 10 points off the bench. Parkland shot 54% from the field for the game while holding ICC to 41%. Parkland also came up big at the free throw line making 75% of their shots while the Cougars made just 13-24. PC will return to action on Saturday night when they travel to Quincy to play at John Wood and will return home on Monday night for a battle with rival Lake Land College beginning at 7:00.

Parkland men's basketball team will try to rebound

Press Release

The #23 ranked Parkland Men's Basketball team will try to rebound from a loss on the road over the weekend as they host Lake Land at 7:00 tonight in a key CCCI contest. Just one game separates the top four teams with Lewis and Clark leading at 9-3 and Parkland just a half-game

back at 8-3. ICC and John Wood are just a game back of the lead at 8-4. On Saturday, Chris Bunch had 17 points and Teran Lee added 15 but Parkland fell to John Wood 96-81.
 In the women's game, #1 Parkland edged out the Trail Blazers 59-52 behind Sabrina Brandon's 18 points

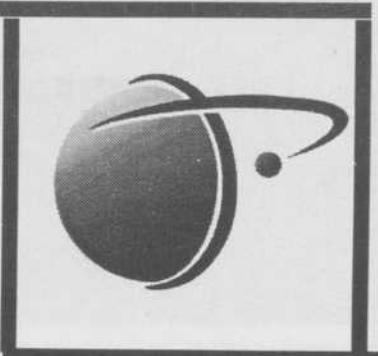
and 7 rebounds. Sarah Vaughn added 11 and Alicia Ordner had 10 points and nine rebounds in the victory. The women will return to action on Wednesday night when they travel to Lincoln College. Both teams are back home this Saturday when they play host to Lewis and Clark begin-

Armory House

WHY COMMUTE?
 space for men and women on U of I campus
 ready for immediate occupancy

217-384-4499

1010 S Second St • Champaign • Illinois • 61820
www.armoryhouse.com



fp 808 W. Church
Available Now

Now Available:
Economical 2-Bedroom
 near shopping and transportation
\$450/mo.
352-8540 or 355-4608 p.m.
www.faronproperties.com

S.A.M.E.

~Student Alliance For Multicultural Education~

These are some possible questions we will be basing our future discussions on:

- Are all Whites Racist?
- Is America an arrogant Nation?
- Is American society sexist or are women only complaining?
- Do blacks self-segregate themselves?
- Should gay marriage be Legal?
- Is the Middle East Americas problem?

The Student Alliance for Multicultural Education is dedicated to increasing cultural sensitivity and understanding of the student body, faculty, and staff of Parkland College. If interested in learning more or assuming a leadership role in helping others learn more about these topics, please contact us.

s_a_m_e@juno.com