

Four contemporary African-American artists are exhibiting their work in the Parkland College Art Gallery show "Interpreting Surroundings" through Feb. 13.

Debra Edgerton and Franklin Willis, of Flagstaff, Ariz., Dean Mitchell, of Overland Park, Kan., and Tracey Moore, of Chicago, are displaying paintings reflecting their interests and surroundings.

The four were honored during a reception in the Gallery Lounge. At the event, Moore talked about art pieces in the show.

Football fans will have an opportunity to watch the biggest game of the year on the city's largest T.V. screen during a fundraiser for the William M. Staerkel Planetarium at Parkland on Sunday.

For a donation to the planetarium of \$15 per seat, fans will view the Super Bowl game on the planetarium's 400-inch diagonal screen and enjoy pizza and beverages provided by Domino's and Pepsi-Cola before the game and at half-time.

Doors will open at 4 p.m. This event is co-sponsored by WDWS AM-1400

For tickets, visit the Staerkel Planetarium between 8 a.m. and 5 p.m. Monday through Friday or call 217/351-2567

Tracy Nadene Dowd, of Urbana, is this year's recipient of the Catherine and Leo Huff memorial Scholarship at Parkland College.

Dowd is a sophomore studying nursing at Parkland. The Catherine and Leo Huff memorial Scholarship is awarded in honor of the parents of Joanne Huff, a professor of nursing at Parkland.

Parents and teachers of middle-school-aged girls -- or those who will be dealing with middle school girls in the future -- are invited to a free conference on Saturday, January 31, at Parkland.

The conference, "Go Girl! -- Empowering Girls to Women: Building Confidence, Diversifying Skills, Sustaining Vision," will begin with registration and coffee from 8:30 to 9 a.m. Irene Beck of the American Association of University Women, a writer and member of the Board of Directors of the Gender Equity Fund, will give the keynote presentation on "Power Surge."

Box lunches will be provided. While the conference is free, space is limited and registration is required before January 28. For more information or to register call ext 2541 or e-mail pkayes@parkland.cc.il.us.

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Take a Look Inside...

Prospectus

Volunteers encouraged to join 8th Citizen's Police Academy starting

By TOBIAS SIMPSON
PROSPECTUS STAFF WRITER

The Police Training Institute (P.T.I.) will soon begin its eighth Champaign County Citizen Police Academy.

The concept of the Citizen Police Academy (C.P.A.) was originally developed during 1977 in Devon, England. Its early success motivated other English constabularies to adopt the program.

Orlando, Fla., in 1985, was the first police department to initiate this program in the United States. Since that time, many other police agencies nationwide have begun similar programs.

Champaign County started its C.P.A. in 1994. It originally consisted of six department sponsors: Urbana, Rantoul, Champaign, University of Illinois, Champaign County, and the Illinois State Police Post 10. The Mahomet Police Department soon joined, with Parkland College being the most recent sponsor.

These programs have received widespread acceptance because they have offered a variety of benefits.

Citizens get to walk for a mile in the police officer's shoes. This makes for more empathetic citizens. Officers, some of whom at first thought these programs a waste of time, also have benefited.

They get to meet the public in a nonconfrontational setting. They also get to hear community concerns directly.

The C.P.A. will be held from March 5 to May 7. It meets on Thursday from 6:30 to 9:30 p.m. There will also be a fall course.

Officers from all the sponsors' departments as well as some P.T.I. officers teach the courses.

The course philosophy is to encourage communication. It is not supposed to be a forum by which police departments try to win the public over to "their" way of thinking.

The ideal atmosphere is one of understanding, listening, and problem solving.

tionships, enhance lines of communication, and reduce crime in the community.

"The goal of the school is not to create quasi-cops," said Lois Welling, Administrative Aide, of the Police Training Institute. However, the instruction provided by the academy is very close to that of normal police training.

Some of the topics include: crime-prevention and community-based policing, drugs, D.A.R.E., domestic violence, D.U.I. enforcement and driving simulators, crime problems specific to Champaign County, METCID (911), firearms safety and the law, and how not to be a victim.

The curriculum also includes several demonstrations such as bomb disposal and K-9. Opportunities are provided to do ride-alongs, which are considered by most students to be the highlight of the academy experience.

Graduating students become part of the Citizen Police Academy Alumni Association which offers several benefits and responsibilities. The alumni may be called on by the police for various tasks.

The goals of the course are to provide stronger police/citizen rela-

cont. on Page 2

Twin Cities will honor Dr. Martin Luther King

The cities of Champaign and Urbana will honor the life and works of Dr. Martin Luther King, Jr., this week. The public is invited to attend both events.

On Thursday, the Urbana Human Relations Commission will host a program whose theme is "The Dream Lives On." Dr. Stephanie Tatum will be the keynote speaker for the program with Renee Drane, from WCIA-TV, moderating the activities.

The public free event

will be from noon to 1:30 p.m. in the Urbana Civic Center.

The City of Champaign will honor Dr. King at its Ninth Annual Birthday Celebration on Friday at noon in the Council Chambers, 102 N. Neil St.

Theme of the celebration will be "How to Make a Dream Come True."

The Rev. Charles Nash and Fisher Mayor Milt Kelly will speak. Music will be provided by Todd Taylor and Karla Young.

WPCD now being heard on channels 9 and 50

Fans of WPCD-FM, Parkland's radio station, can hear their favorite music and programs on Time Warner channel 9 and Heartland Wireless channel 50.

The college radio station, normally heard on 88.7 FM, is temporarily cable casting its signal while its antenna is out of commission.

WPCD will cable cast live on PCETV (Parkland College Educational Television) from 6 to 9 a.m. and 4 to 6 p.m. Monday through Thursday and from 6 a.m. to midnight on Friday.

WPCD also will be heard from 11 p.m. to 6 a.m. Monday through Thursday on a tape-delayed basis.



PARKLAND COLLEGE POLICE REPORTS



Tuesday December 3, 1997

• A custodian reported that person(s) unknown opened the soap dispensers and spread the contents around the men's restroom in the B wing. The mess was cleaned up by the physical plant.

Friday December 5, 1997

• An officer took a deceptive business practices report from the library staff. A company in California representing itself as an affiliate of a local business attempted to sell the College toner cartridges. The case is under investigation.

• A student reported the theft of her wallet from the second floor of the Library. She had left her wallet unattended while searching for some material, when she returned she found her wallet was missing. A credit card was used at the College's Bookstore and a local business. These fraudulent transactions are also under investigation.

Monday December 8, 1997

• A traffic accident that occurred on 12/5/97 was reported to the Department of Public Safety. The accident occurred on Parkland Way Road and Perimeter Road. No citations were issued and a report was filed.

• A student reported that her vehicle was parked in M-6 and had been vandalized. Person(s) broke off both outside mirrors from her vehicle. The reporting party did not notice the damage until later in the day. The mirrors were not located in the parking lot.

• A faculty member called the Department for a disruptive person in a classroom. When officers arrived to the first floor of the C-wing they could hear a person yelling in C-140. Officers interviewed all involved parties and it was determined that the person who was refusing to leave was not a student at Parkland. This individual was arrested for Peace Disturbance. After further questioning of the arrested party it was provided that she had provided false information to the police officers. She was also charged with Obstruction. She was then transported to the Champaign County Jail for processing.

• Officers took a report of a student threatening another student at the Welcome Desk. This case is under investigation.

Tuesday December 9, 1997

• Officers responded to Gulliver's to take a theft of services report. An officer contacted a suspect and in the process of verifying the stories the suspect fled the area. The case is under investigation.

Wednesday December 10, 1997

• A student reported that at approximately 2:30 p.m. she was followed from the building into the B-2 parking lot. The reporting person stated that when she got to her vehicle she noticed a white male standing close behind her. Another vehicle entered the area and the suspect walked back into

the building. Officers identified two suspects and the victim viewed a photo line-up. The victim was unable to positively identify the person who had followed her. This case is still under investigation.

Friday December 12, 1997

• An officer observed a traffic accident in the M-6 parking lot. A vehicle backing up struck a parked car. A state report was generated and the driver if the backing vehicle was cited for improper backing.

The Department of Public Safety responded to 9 emergency calls for medical services and 271 general calls for service during December 2-December 15.

Tuesday January 16, 1997

• A two car motor vehicle accident occurred in the Circle Drive. There were no injuries and both vehicles had to be towed due to damage. One driver was issued a citation for failure to yield.

• A faculty member reported the theft of a minor piece of office equipment. The report stated that a tape dispenser had been taken from a desk in the "R" wing.

Wednesday December 17, 1997

• A two car motor vehicle accident occurred in the C4 parking lot. There were no injuries and

no citations issued. The Physical Plant was contacted to remove some broken glass.

Friday January 2, 1998

• An employee of the college reported damage to a stop sign and the turf at the Duncan Avenue exit. It appeared that a vehicle had backed over the sign.

The Department of Public Safety responded to four emergency medical calls and 155 calls for service during the week of December 13-January 1, 1998.

Tuesday January 6, 1998

• A student was issued a traffic citation for reckless driving in the M-6 parking lot.

Thursday January 8, 1998

• A staff member reported that some computer equipment had been stolen from C-140. Missing are two Gateway computer systems. The items have been entered into the state wide database for stolen property. There were no signs of forced entry into the room. The case is still under investigation.

Saturday January 10, 1998

• Vandalism to a sign at the L-1 doorway was reported. Person(s) unknown had drawn graffiti on a sign holder at the doorway.

The Department of Public Safety responded to four medical calls for service and 115 calls for routine service.

Prospectus

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<http://www.parkland.cc.il.us/prospectus/>

Next Publication Date:
Wednesday, January 21, 1998

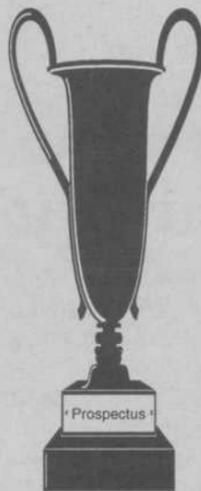
Ad Deadlines:
Noon, Monday, January 19, 1998

The *Prospectus* is published weekly during the fall and spring semesters, and monthly during the summer session by students of Parkland College, located at:
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PROSPECTUS

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ROOM X 155

Police Academy cont. from Page 1

conduct public response surveys. A further example would be the upcoming Rantoul Balloon Festival. Police will need volunteers to maintain security for such a large event.

Another big way alumni are used is to sit on the panel for the Adult Diversion Program. This program is for first time, non-violent offenders. If the panel decides offenders have met all the requirements, they can have their records cleared.

All that is needed to qualify for the free training is a nomination from one of the eight police

chiefs in the departments sponsoring the program. However, they can only sponsor five participants each.

If you are interested in applying, contact:

Paul Sarantakos
Dir. of Public Safety
X202; 351-2369

For more information, contact:

Lois Welling
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- ✓ For more information contact Amy Pearson, Student Government President, X 159.

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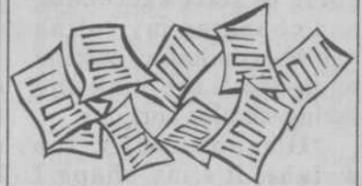
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Losing weight tops New Year's resolution lists

By CHRISTINE TATUM
COLLEGE PRESS SERVICE

Kim Tillema, a sophomore at Grand Valley State University in Michigan, smiles when she says she successfully avoided the infamous "Freshman 15."

"I gained more like 10 pounds," she said.

A desk job that limited her exercise, bags of peanut M&Ms stashed around her dorm room and late-night runs for ice-cream and pizza added inches to her waistline. The extra pounds were no big deal until this last round of holidays, she said.

"Whenever I tried on dresses for parties, I noticed they weren't fitting so well," she said. "I'm going to start exercising and changing my eating habits--you know, cutting back on all the junk and taking smaller portions."

"It's not really the weight; it's my shape I care about," she said.

She's far from alone. Losing weight tops most Americans' list of New Year's resolutions, according to a recent study conducted by the Marist College Institute for Public Opinion in Poughkeepsie, New York. At 19 percent,

shedding extra pounds ranks above spending less money (12 percent) and last year's top pledge to stop smoking (11 percent).

Such promises are easy to make, but tough to keep--especially the one about losing weight, many colleges fitness instructors say. Curb your spending, and watch your bank account grow overnight. Cut out smoking, and feel better right away.

"But losing weight is different," said John Poitras, a strength and conditioning coach at Marist College's fitness center. "It takes weeks, even months, to notice a difference. That's probably the biggest stumbling block that keeps people from accomplishing their goals."

There's nothing magical about losing weight; it takes discipline and willingness to change your lifestyle, many fitness instructors say.

"You can't do this for a couple of weeks and then go back to your old ways--just like you can't exercise during the day and eat whatever fatty foods you want to at night," said Jim Johnston, head athletic trainer and coordinator of

exercise/sports science at Hiram College in Ohio.

Among many steps people can take to lose weight this year:

- Establish realistic goals, and vow to stick them. The average person should not lose more than one or two pounds a week, or eight to 10 in a month, Johnston said.

- Consume fewer calories. Avoid cheeses (white cheeses are generally more healthful than yellow ones), cream-based sauces, oil and standard salad dressings, and choose spices instead. Count fat grams. "Order pizzas loaded with vegetables because they will fill you up faster," Johnston said. "Or order pizza with your favorite meat topping, then pick it off. You'll still get the flavor and not have to eat five pepperonis on every slice."

Another of Johnston's favorite calorie reduction tricks is the "dip and stab method." "Dip your fork into a salad dressing or gravy, and then stab your food," he said. "Once again, you get the flavor and a lot fewer calories."

- Lay off the alcohol and soft drinks. "I can't think of one healthy thing

either of them does for you," Poitras said. "They're filled with empty calories your body will not use. They make your kidneys and liver work harder than they should. If you don't want water, drink juice or sport drinks instead."

- Eat less at night. "Pizza at midnight is not a good idea at all," Poitras said. "If you're eating when you're less active, you're consuming more calories you're not going to burn. "It's common sense."

- Exercise more often and at your "target heart rate." "When (you exercise) isn't as important--as long as it's at least an hour after you last ate," Johnston said. "You'll see results if you exercise four to six times a week and keep your (target) heart rate up for 20 minutes per session." To find your target heart rate, subtract your age from 220, and calculate 60 percent and 80 percent of that number. The high and low numbers provide a healthy range for the number of times your heart should beat per minute, Johnston said.

- Vary your exercise. "People have their fa-

vorites, but they should choose exercises that work different parts of their bodies," Poitras said. "It helps then tone and condition, and it keeps them from getting bored." Aerobic exercises, such as jogging and walking, typically keep heart rates up, Johnston added.

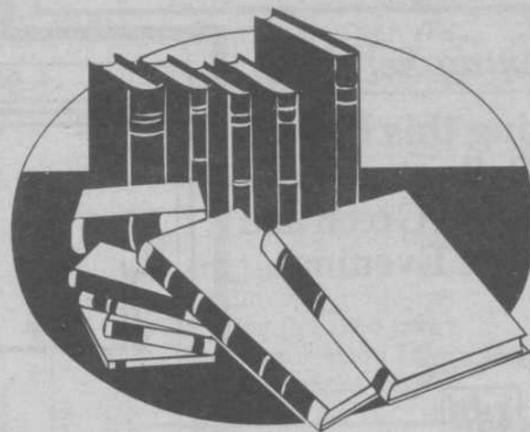
- Make a note of it. "When people write down what they do, they can look back and see the improvements they've made," Poitras said.

- Avoid weighing yourself everyday. "People get so discouraged when they don't see change," Johnston said. "The best factors to determine if you're gaining or losing are the clothes you put on every day. If they're fitting more snugly or loosely you'll know."

- Reward yourself. "I tell people they can have one meal (made up of) whatever they want to eat--fettuccine Alfredo, french-fries and ice cream--every four days," Johnston said. "As long as you're exercising and eating those good foods in moderation and not every single day, you'll still see a difference."

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Student Support Services opens Edwin Ramon named first director

Edwin T. Ramos has been named director of Student Support Services at Parkland.

Ramos has worked in various positions in higher education since 1982 and served as a consultant in multicultural/urban education for the Chicago Public Schools for more than nine years. From 1974 to 1983, he

served as a military medical administrative officer. He has a Bachelor of Science degree in psychology from Loyola University of Chicago and a Master of Education in human development education from the University of Maryland.

The student Support Services program, funded by a U.S. Department of

Education TRIO grant, will provide low-income, first-generation college attenders and/or disabled individuals with the tutoring, study skills support, and personal, academic, financial, and career counseling/mentoring support they need to complete a college degree.

When in doubt, leave it out

What not to put on a resume

By BEN HARDIN
PROSPECTUS STAFF WRITER
FROM MATERIAL PROVIDED BY
COLLEGE PRESS SERVICE

Meredith Preuss, a Stetson University senior gives this advice to students with low G.P.A.'s who are searching for jobs: just leave them off your resume.

"I know grades count, but employers are interested in 'well-rounded' people," she said. "Someone who can't handle the stress or failure is a little scary."

Rebecca Emory, career service director at Salisbury State University, said that students should emphasize the positive. She suggested that grade-point

averages well below the 3.0 mark should just be left off resumes.

Instead, if the G.P.A. of the student's academic major was significantly higher, it should be used instead.

Michelle Ohayon, director of Career Resource Center at Nova Southeastern University warns that this strategy would not work if students were trying to get top-end jobs. She said that employers of such jobs look closely at overall G.P.A.'s.

For students with low G.P.A.'s, Ursula Hibbert, career counselor at Champlain College, suggested getting experience through

internships, cooperative education, or volunteer work.

According to Hibbert, "Employers look at these as a true indication of ability. A good employment history, even when it's not career-related, can show determination and a willingness to work hard in pursuit of goals."

"The bottom line," said Frank J. Kollar, director of career development and placement services at Mansfield University, "is that if your grades are lacking, you better have something else of significance to offer an employer."

HOPE offers tax credit

By BEN HARDIN
PROSPECTUS STAFF WRITER

Students who payed their spring tuition and fee bills after Jan. 2 can take advantage of the new Federal HOPE Scholarship Tax Credit which was signed into effect by President Clinton in August last year.

The HOPE Scholarship Tax Credit provides a 100 percent tax credit on the first \$1000 students pay in tuition and required fees, and 50 percent on the second \$1000, for as much as \$1500. At the end of the year, eligible parents and students will be able to deduct this tax credit from their 1998 federal tax liability.

"This tax credit is geared toward middle income families who aren't eligible for federal or state grant assistance," said Jack Lyons, Director of Financial Aid, for students who are in the first two years of college, vocational school, or other eligible post-secondary training.

It is available on a per-student basis for net tuition

and fees less grant aid. It is also available for the taxpayer's spouse or dependent children. The credit is phased out for joint filers between \$80,000 and \$100,000 and for single filers between \$40,000 and \$50,000.

Additional information is available on the Parkland College Financial Aid Homepage at <http://www.parkland.cc.il.us/ss/financial/mainmen1.htm>. Lyons also suggested that families speak to a professional tax advisor for more information about the HOPE Scholarship Tax Credit.

Other internet web sites that tell about the HOPE scholarship as well as Lifetime Learning Tax Credit, student loan interest tax deduction, educational IRAs, state prepaid tuition plans, and community service loan forgiveness are: <http://www.ed.gov/OPE/PPI/hopehome.html> (HOPE homepage) and <http://www.ed.gov/offices/OPE/PPI/97918tax.html> (Families' guide to the 1997 tax cuts for education).

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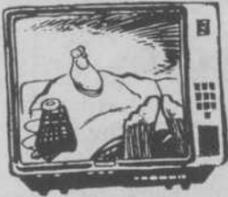
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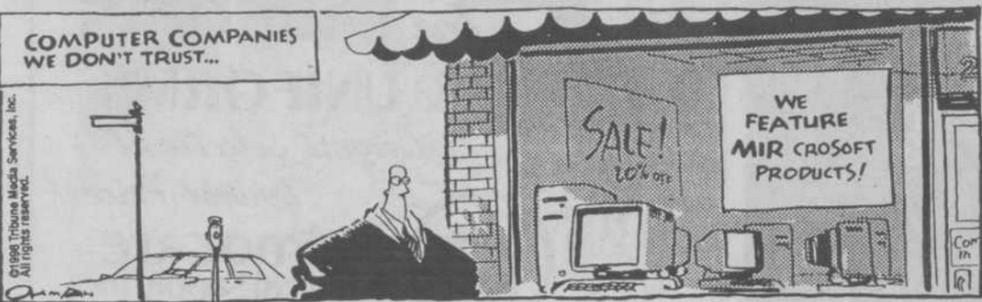
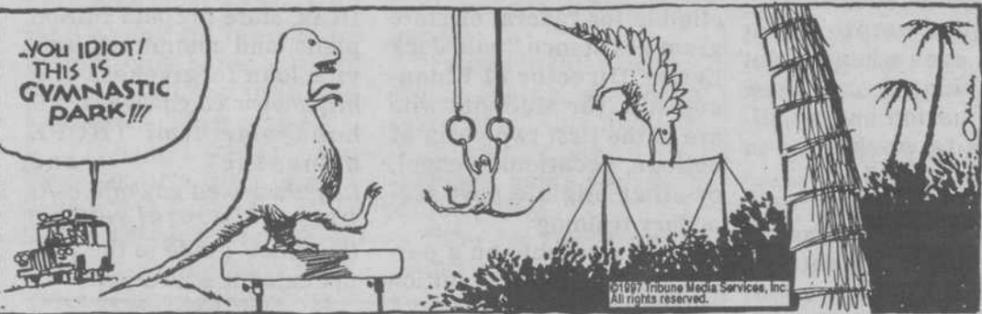
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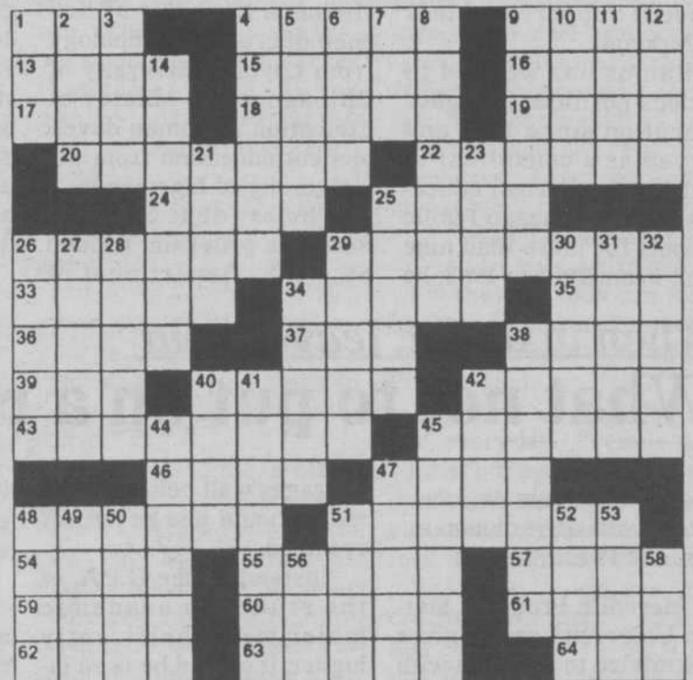


MIXED MEDIA

by Jack Ohman



XWORD



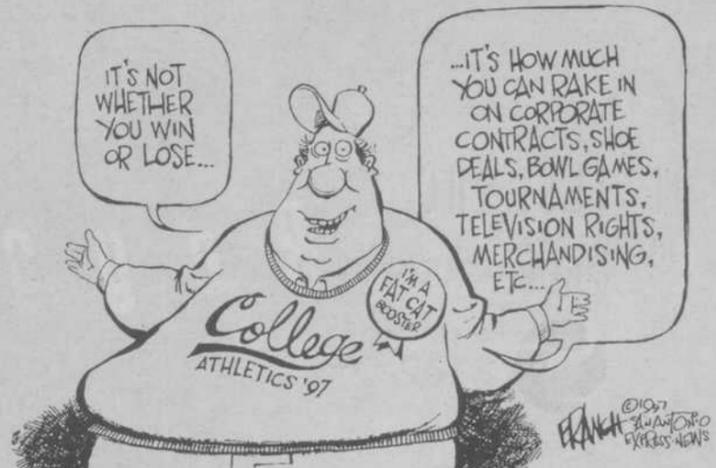
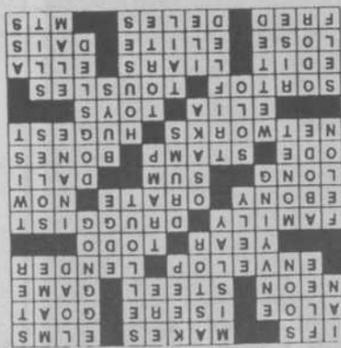
ACROSS

- 1. No —, ands or buts
- 4. Creates
- 9. Shade trees
- 13. Succulent plant
- 15. River in France
- 16. Horned animal
- 17. Sign gas
- 18. Harden
- 19. Sport
- 20. Surround
- 22. Bank, at times
- 24. Time period
- 25. Fuss
- 26. "All in the —" (TV show)
- 29. Pharmacist
- 33. Hard heavy wood
- 34. Deliver a speech
- 35. Right away
- 36. Yearn
- 37. Addition result
- 38. Painter Salvador
- 39. Work in verse
- 40. Impression
- 42. Clavicles, e.g.
- 43. Complex systems
- 45. More enormous
- 46. Essayist's pen name
- 47. Playthings
- 48. Somewhat
- 51. Musses
- 54. Use a blue pencil
- 55. Fibbers
- 57. Singer Fitzgerald
- 59. Forfeit
- 60. The upper crust
- 61. Speaker's platform
- 62. A Flintstone
- 63. Removes
- 64. Shasta and McKinley: abbr.

DOWN

- 1. Writer Fleming
- 2. Skedaddle
- 3. Before long
- 4. Lose
- 5. John Jacob —
- 6. Hold on to
- 7. Before, poetically
- 8. Betray one's cause
- 9. Holiday drink
- 10. Burden
- 11. "Auntie —"
- 12. Ending for pun or gang
- 14. Desiring, in a way
- 21. Like a moray
- 23. Brink
- 25. Trend
- 26. Criminal
- 27. Place of residence
- 28. French painter
- 29. Bongos
- 30. Silly
- 31. Parts of a shoe
- 32. Contort
- 34. Japanese port city
- 38. Arctic vehicle
- 40. Fly unaccompanied
- 41. Played
- 42. Purchases
- 44. Made moist
- 45. Mansions
- 47. Rich cake
- 48. The "I"
- 49. Fragrance
- 50. Small hill
- 51. Plane part
- 52. Ancient Biblical kingdom
- 53. Narrow opening
- 56. — -de-France
- 58. Donkey

ANSWERS



Classifieds

**Too Much Spare Time?
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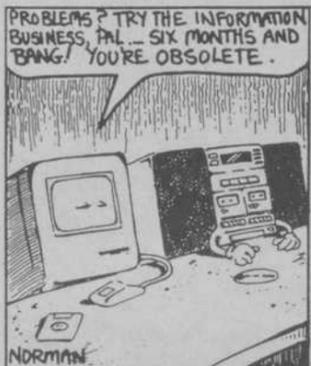
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Wednesday, November 12, 1997

Sports



Fitness Center is the missing piece

By JOEL OSINGA
PROSPECTUS SPORTS WRITER

What's that you say? Need a class to fill in the gap to make your schedule complete? If this is the case, the Parkland Fitness Center is the missing piece of the puzzle.

The Fitness Center offers both credit and non-credit classes to make you both look and feel good

this coming semester. This is not only for Parkland students exclusively, but for students and non-students alike.

Non-credit classes are \$18.00 per semester, and credit classes run at \$63.00 per semester. This offers full access to the Fitness Center, and, for those who take it for credit, a 1-hour, transferable course. Only 24 visits are required for an A, but,

more importantly, you may use the center during open hours as many times as you'd like to improve your health and fitness levels. Not only does the Fitness Center provide a way to achieve the fitness goals you've always desired, but it stays with you when you transfer.

The Fitness Center staff offers everyone assistance in strength training and conditioning,

with a special personal training regimen exclusively available for credit students (by appointment only). Fitness Center director Tim Cochrane's goal is "to have people develop an appreciation for what exercise can do for them in physical fitness, state of mind, and overall well-being."

Enrollment for all credit classes will run up to mid-term, while enroll-

ment for the non-credit class will go on all semester. For further information or Fitness Center hours, contact the athletic department in P107 at 351-2226 or Tim Wulf located in P110 at 351-2426.

Don't leave your next semester's schedule in pieces; enroll now and bring it all together for the health of it with a class at the Fitness Center!

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