

The Harbinger

the voice of Harper College

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Hemingway, Verbow light up the stage at Java Jams Coffehouse Series 2001

Kate Hoyer
STAFF WRITER

Family. Friends. Hugs? This was not your typical rock show.

The Student and Administration Center felt less like a soaring cavern and more like a cozy living room on March 9, when Program Board's annual Java Jams concert series opened with an appearance by Verbow with special guest Beki Hemingway.

Hemingway's strong, soulful voice and intimate yet accessible songwriting made for a great opening set. Harper audiences can't seem to get enough of Hemingway, who also opened for Michael McDermott and Melissa Ferrick at a previous Java Jams show, and made a triumphant opening for last semester's Aimee Mann concert.

"I found out hours before the show that we were playing," Hemingway recalls. "It's the kind of

thing I used to daydream about in school."

Verbow debuted at Java Jams in 2000 as an acoustic show featuring guitarist and singer/songwriter Jason Narducy and cellist Alison Chesley. This year, Chesley had to be in New York, so Narducy was joined by friends and collaborators Eddie Carlson on bass and Sunny Day Real Estate's Greg Suran on electric guitar.

Narducy was also joined by his wife, Emily Stedman on flute and nine-year-old daughter Alexa providing backing vocals on "Sweet Felicity," a track from Verbow's latest Epic/550 release, "White Out."

Verbow was founded in 1997, when Narducy and Chesley (originally billed as the duo of Jason & Alison) added bassist Lennie Deitsch and drummer Randy Morris. When asked about the origins of Verbow's name, Narducy smiles and says, "I don't



PHOTO BY TONY GRAZIOSO

Verbow (top) and Beki Hemingway (bottom) perform at Java Jams.

have a good story... I just made up a word."

They caught the attention of alternative rock pioneer Bob Mould, who took them on tour and produced their critically acclaimed Epic/550 debut, "Chronicles."

A key component of Verbow's unique sound as heard on their debut, "Chronicles," and the follow-up, "White Out" is Chesley's cello. At once elegant and searing, amplified with a pickup and effects pedals, it makes a perfect partner to Narducy's emphatic voice and plaintive songs.

The interplay between Narducy and his special guests brought a new perspective to Verbow's repertoire. Carlson worked with him in the early '90s Chicago band known as On, and helped arrange material written for Carlson and Narducy's 1994 collaboration, "Woodshed."

The combination of Narducy's acoustic guitar and Suran's electric guitar filled out the sonic space nicely, particularly on "Dying Sun", another track from "White Out."

The band really let loose on the encore set, which included "Band on the Run," the Who's "Substitute", and surprisingly, NSync's 1999 hit "I Want It That Way."

The latter was meant to be a joke, but Narducy and company managed to give the song an extra something that made it transcend previous perceptions of such "mainstream" pop fare.

Narducy got his start in the music business at age ten by playing at Cubby Bear with a punk ensemble, coincidentally named Verboten.

Later, while attending college in Taos, N.M. and Baltimore, Md. he started writing songs and joined the emerging acoustic

music scene.

Soon, he was playing several solo acoustic gigs per week.

Eventually, he moved to Evanston and befriended Chesley while he was working as a dishwasher at the Bean Counter Cafe.

Chesley, who had been working on a master's degree at Northwestern University's School of Music, started sitting in on Narducy's acoustic gigs, and the duo Jason & Alison was born. Narducy says, "I feel good when I write music, and I don't feel good at a day job."

Watching Narducy and his guests on March 9, you might guess that performing feels pretty good too. The ensemble was elastic and humorous, warm and familiar.

It was as if this group of friends and family was jamming in their living room—in this case, a very large living room.



PHOTO BY TONY GRAZIOSO

Math club: a winning equation

Justin Clack
STAFF WRITER

The Mathematics Club was founded by Professor Dominic Magno, and has for the past year, flourished under the capable hands of Krish Revuluri.

Since its inception, the club has performed admirably in competitions and events.

This semester, the Mathematics club came in eighth place at the Regional and National Competitions of the "American Mathematical Association of Two Year Colleges." Keven Hardt came in 25th place with a score of 24.5, and Keith Schreer came in 32nd place with a score of 24.

These gentlemen

deserve special applause for their performance, which has increased the prestige of Harper College. It is also significant to mention the important role that the other devoted members played.

Without them, the average scores would not have been high enough to place Harper in eighth place. The organization, its leaders, and its members have made Harper proud.

However, there is more to this group than just math. They share a common interest in a very special pursuit.

These fine individuals have found perhaps one of the most refined forms of pleasure there is: where else can you find exact answers?

In this world where truth is considered opinion and legalistic pundits denounce anyone who claims to have found a universal, it is a supreme pleasure to find a place where the answer you work out is the correct one regardless of any opinion to the contrary.

You could argue that any cultural activity, like reading great literature, is of equal importance. Unfortunately, literature does not offer the exact and precise clarity that mathematics does. A mathematical formula, free from human error, is always correct.

In literature, the correct answer is interpreted. It is always influenced by the thought of the era, and in

today's PC environment the answer is often so relative that it can lack almost any substance.

It is self-evident that $1+1=2$, but is Chekhov's "The Darling" the ultimate in femininity or a blasphemous, emotionally leaching whore?

In order to enjoy mathematics, a person must stretch his ability to think around obstacles. Even the fastest and brightest thinkers have to grapple with their own inadequacy while doing mathematics.

Because every problem is only an obstacle if it is larger than your present ability, you have to find a way to overcome it.

This stretching expands your horizons. Suddenly

anything that opposes us can be viewed not as insurmountable but as conquerable.

This leads to the next reason math should not be viewed as merely a necessary time-saving tool to work out theoretically the practical problems that plague anything worthwhile constructing.

Math is the ultimate arena of war. It is the place where you can put yourself in battle against your own ignorance and conquer it.

At the end of the day, if you agree or at least partially identify with this position, the Math Club is the place for you.

Speech Team committed to excellence

Debbie Schreiner
SPECIAL TO THE HARBINGER

As usual, the school year is going by quickly. For me, the time seems to be going by even faster due to my participation on the Harper Speech Team.

My teammates and I have devoted many weekends and hours outside of classes to Speech Team. On top of this, many people also have jobs.

Even though it's a big commitment, there are many benefits to being a part of the team. I have met so many wonderful people through Speech Team. This includes not only the Harper team, but also students from other community colleges.

Additionally, we have been very successful at tournaments. At our first tournament, Moraine Valley, we received first place. We also received first place at the Illinois Central and Kishwaukee College

tournaments.

At the College of Lake County and at North Central College we placed second. We took third place at Highland and first place at the College of DuPage.

On March 3, we won first place for community colleges at State. This was quite an honor and we were (and still are) very proud.

One highlight of the win was that both of our Reader's Theatre groups broke into the open final. The open final includes both 2-year and 4-year schools, so it is difficult for 2-year competitors to break.

However, our groups, "Scarecrow," including members: Dipal Trivedi, Maria Torres, Jason Blinstrup and Steve Scalabrino, and "Ex-files," including members Amy Landsberger, Francesca Pellerano and Mark Weiland, broke into the open final and took first and second place, a tremen-



PHOTO COURTESY JEFF PRZYBYLO

The Harper Speech Team poses before going to the state competition.

dous accomplishment.

Many team members also placed well in individual events: George Meleith took first in Persuasion and Informative. Waleed Ismail took first in Speech to Entertain, Charlie Mulvey took second in Speech to Entertain, and Joel Hengstler took third place

in Speech to Entertain. Megan Fincher took second place in poetry. Bobby Mancilla broke into the

open final with his Dramatic Interpretation, and I took fourth place in Prose. Gus Gustafson also did a good job performing.

In April, we will be traveling to Jacksonville, Fla. to compete in the National Competition. We feel confident in our team and we hope to do our best.

Anyone interested in seeing some speech performances can come to the Night Before Nationals on

April 3 at 7p.m. at Harper.

Speech Team has truly been an unforgettable experience for me, and I'm so glad that I was able to be a part of it this year.

I encourage anyone who is interested for next year to speak to Jeff Przybylo or Marcia Litrenta.

Believe me, Speech Team is only making my time fly by because I'm having so much fun.

Ask Your Wellness Advisor

Spring Break is just around the corner. Many students will head to far away vacation spots-some with sunny, tropical climates. Instead of answering a submitted question, the health providers from Health and Psychological Services would like to discuss a possible side effect of going south for Break, namely sunburn.

Sunburn can be dangerous and needs to be treated promptly. There are different types of sunburns, but the two most common are first and second degree sunburn. Symptoms of first-degree sunburn are redness of the skin, mild swelling, pain and unbroken skin. Treatment of this

type of sunburn includes taking cool baths or putting cool compresses on the affected area(s). Adding 1 cup of vinegar, colloidal oatmeal or 1 cup of baking soda to your bath water may help reduce pain. A bland, unscented moisturizing lotion or aloe vera gel can also soothe the discomfort. Anti-inflammatory pain relievers such as ibuprofen (Motrin, Advil) or aspirin should help reduce some of the pain and inflammation. If you cannot take these products, you can use Tylenol-but it will only relieve the pain not the inflammation.

Symptoms of second-degree burns are redness, swelling, pain and blisters.

Treatment is initially the same as first degree burns, but this type of burn is serious and also requires medical attention. Be sure NOT to break the blisters!

In either case, if you do get sunburned, drink plenty of water to prevent dehydration. Of course, the best way to treat sunburn is to prevent it in the first place. That means wearing sunscreen, limiting the amount of time spent in the sun, and even wearing shirts and hats to decrease the amount of sun exposure. Remember, getting even one bad case of sunburn can result in skin cancer or melanoma further down the road.

Health Watch

• Great American Pig Out

Thurs., March 15 is the American Cancer Society's Great American Lowfat Pig Out. Stop by the education table in the Business and Social Science Center Lobby from 11 am-1 pm and pick up information on how to "pig out" on cancer fighting fruits and vegetables. Try some snacks and get nutrition advice from Dietetic Technician Program students.

• Safe Spring Break

Spring Break is just around the corner. Are you ready to relax, party, travel or spend time with friends? While the goal of Spring Break is to have a good time, you don't want it ruined with a sunburn, illness or an injury. The Harper Wellness

Advisors Club and Health and Psychological Services is sponsoring a Safe Spring Break table on March 20 to help you have safe sun, safe sex and safe partying. Stop by the table located in the lobby of Business and Social Science Center from 11 a.m.-1 p.m. and pick up materials, sun screen and other give aways.

• Massage

Therapeutic chair massage services will be offered on campus, March 23 and April 11. The cost is \$15.00 for a 15 minute massage. To schedule a massage, call Health and Psychological Services at xt. 6268.

General Information

The Harbinger is the student publication for the Harper College campus community. *The Harbinger* is distributed free to all students, faculty, and administration. First copy is free, additional copies are \$0.25.

Letters Policy

The Harbinger welcomes letters to the editor as well as any feedback regarding both items

of content and presentation. Letters should be submitted via US Mail or e-mail to the address listed below. *The Harbinger* reserves the right to edit any letters that are submitted in the interest of space availability. Every effort will be made to preserve the sentiment of the submission.

Advertising

For information on advertising in *The Harbinger*, please call Marie Regan, Business

Manager, at the telephone number listed below for a listing of ad sizes, prices, and publication dates.

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Disabilities overlooked at Harper

Barrett Francescatti

STAFF WRITER

Harper College is considered one of the best community colleges in the nation, not only in regards to solid educational performance, but also in programs and accommodations for its disabled student population. Harper has an entire department known as Access and Disability services for the purpose of insuring that all legal accommodations are made for every disabled student on campus. Some of these accommodations include recorded text, note takers, scribes, assertive technologies, as well as many others. These accommodations are important because they insure that every disabled student has the accommodations necessary so that he or she can benefit fully from his or her educational experience.

Access and Disability Services, also is responsible for bringing issues to the attention of Harper's administration for the purpose of addressing concerns and suggesting changes or improvements on the provisions made for its disabled student population. These improvements may require administrative approval depending on the nature of the improvements being proposed. Every segment of the population at Harper follows the same procedure. This procedure is in place so that Harper can grow and evolve into a stronger and more beautiful educational institution for the people it serves.

The Americans with Disabilities Act was passed in the early to mid-1970s, then modified and passed again in the late 1980s. This law requires that all new public build-

ings must be accessible to the handicapped. Each year, the disabled student is becoming more prevalent on college campuses across America, and Harper is no different. This change in demographics has necessitated improvements in campus policy and the physical layout of the campus.

Perhaps some of the most frustrating things to deal with on Harper's campus as disabled student are difficulties concerning its layout and physical accommodations. Some educational institutions invest more than others on accommodations for the disabled. For this reason, a disabled person must overlook certain minor details relating to the issue of accessibility and look at the whole picture. A disabled person must expect the fact that world in terms of accessibility will never be perfect and, to a degree, it is something that one must simply deal with.

On the other hand, there are those details regarding accessibility that cannot be overlooked. One of those details concerns the accessibility of bathroom facilities at Harper. It is not a luxury, rather a necessity, that any student regardless of their disability or circumstance, should have accommodations at their disposal to take care of the basic need of using the washroom on a college campus with a relative degree of ease and comfort. Furthermore, one would expect that a college campus like Harper that prides itself on accessibility and accommodations for the disabled, would address the important issue of washroom accessibility.

A few of the rest-

rooms at Harper are barely accessible to the disabled student and most of the restrooms are not accessible at all. This is especially true for students who are confined to a wheelchair. The restrooms that are accessible barely accommodate a small wheelchair in the bathroom stalls. The importance of a bathroom stall accommodating the entire wheelchair is important because it would insure privacy and mobility for the disabled student. In addition, the nature of many disabilities and other medical conditions necessitate that certain medical instruments be used when using the restroom, this necessitates that the medical instruments be clean and relatively free of germs. For this reason, each individual stall designated "Handicapped Accessible", should not only, in the interest of privacy, be large enough to accommodate a

wheelchair inside of it, but also have space for a counter or small surface area with which the disabled student can have a place to set a bag or a book down, or if needed, work with sterile instruments.

Finally, many disabled students would like to keep as many of their personal medical needs private for obvious reasons. As a result, all refuse, including wrappers and other disposables that accumulate during the course of using the restroom, should be disposed of in a manner that is discrete enough to avoid any embarrassment to the student. Furthermore, throwing away these disposables should be easy and convenient for disabled students to insure the safety and health interests of all students. This can be accomplished by simply placing a refuse container in all disabled bathroom stalls, so that the

disabled student can clean up after his or herself safely and discreetly.

These minor improvements to the disabled washrooms on Harper's campus should have been done long ago. After all, if Harper can put footbaths in some of its restrooms to accommodate religious practices, there should be no problem in providing better washroom accommodations for the disabled.

In closing, the disabled student's comfort and health should not be placed in jeopardy because Harper's administration has not addressed these needs sooner. In the interest of accommodating the disabled student population, those with legitimate medical circumstances should be granted the right to use the washroom accommodations in the Health Services department.

The Harbinger returns

Do not adjust your set; there is nothing wrong with your paper.

Yes, the Harper student publication has once again become *The Harbinger*.

We're glad that you took the time to bear with us during the experiment that was the paper. We felt that *The Harbinger* had become dated, and that the time had come to try moving forward into uncharted territory. And although much of what the paper did set new standards and raised the bar for our publication, it lacked a sense of history and tradition.

What you now hold in your hands is a marriage of past and future. As with all weddings, it brings with it something old, something new, something borrowed and something blue.

The something old: the name. *The Harbinger* has been our name since 1967, and that carries a lot of weight with us. We hope this will make our long-time readers comfortable with who we are.

The something new: Our mission statement which encompasses producing a high quality, professional and objectively written publication produced on a timely basis which informs, enlightens, and entertains the entire Harper College community.

The something borrowed: We decided to borrow the fresh new style and layout of the paper. We feel that the new layout is clearer, more attractive to the eye and easier to read. We hope you think so, too.

The something blue: Our color scheme. We recognize that maroon and gold are the school colors, and we respect that, but we wanted something that brought *The Harbinger* into the 21st century.

We hope you like what you see in the new, improved *Harbinger*. As always, we encourage your feedback and comments.

Welcome to the future of Harper's student publication. Welcome to the voice of Harper College.

Welcome to *The Harbinger*.

Celebrating women in history

Carol Brown
STAFF WRITER

Before the early 1970s, women's history was an unknown topic in the K-12 curriculum. Local elementary school officials have said that they really don't do an agenda on it, maybe talking about it for a day or two.

On March 8, 1978, Women's History Week started and international Women's Day was first observed.

So why is this month so important if so many people aren't even aware it exists? Because it is not being recognized.

National Women's History Month invites us to celebrate those who got us where we are today. Not only does history provide education, but it allows us an opportunity to look at where we were compared to where we are now, and head for the tomorrows to come.

Since the beginning of time, women have proven they are not afraid of making history by standing strong and taking risks.

Because of their strengths, they have opened endless doors for us all today. From Betsy Ross to Hilary Rodham Clinton, and decades of women in

between, women have been making their marks in the history books.

Research shows as early as 1607 women have been proactive in education, politics, and human rights, social reform, family structure, and even the first lady in 1977 who refused to make coffee for her boss.

We fought in every war, flying thousands of missions as pilots during World War II. In 1818, Emma Willard asked for Taxpayer Support to educate females. In 1819, Willard made an appeal to the New York State Legislature asking that taxes be allocated for women. She believed

women were entitled to the same value of education that men were. At the age of 17 she taught herself geometry, a subject that was considered too difficult for women and was thought to be a man's subject.

After several attempts to seek the necessary funding and no support from New York or Connecticut, Willard moved her school to Waterford, N.Y. But it wasn't until 1821 Willard was able to open her school in Troy, N.Y. after receiving \$4,000. She named her school The Troy Female Seminary. It opened in September of 1821.

And there's Francis "Fanny" Wright, the first female public speaker, who lectured on Public Affairs.

She toured in 1829 attracting thousands of women and men who valued her thoughts on issues from equal education to birth control. Because she was so outspoken, she became a target of criticism and gossip. Fanny liked to carry with her while lecturing a copy of the Declaration of Independence, reminding them of her 1st Amendment rights.

Let's not forget Harriet Tubman who was consid-

ered "The Moses of her People". She believed there was one of two things she had a right to, liberty or death. She was the great conductor of the Underground Railroad. She is credited with rescuing 300 slaves, making 19 trips.

In the 1920s women were given the right to vote, and that was just the beginning. Today they are active in politics, the medical field, law enforcement and the entertainment business, yet still maintain being a wife, a mother, a lover and a friend.

It is important to educate everyone about women's roles in history. It allows us to open our minds, as well as lines of communication.

Through education, the young women of today prepare for their tomorrows. It also lets women know that no matter the age or the struggle, they can continue to dream, and those dreams are only stoppable by the limitations they put up for themselves.

So reach for the sky, and when someone says you can't accomplish something, that's all the more reason to do it.

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Rhonda Britten headlines Wellness Week

Rhonda Britten, author of the new released book *Fearless Living: Live Without Excuses and Love Without Regret*, will headline Harper College's annual Wellness Week 7 p.m. Tuesday, April 17 in the Theatre, Room J143, of the Business and Social Science Center.

Britten, who has overcome personal tragedy herself, guides people to help identify, and break through, their everyday fears. The California-based guru leads seminars, tutors corporate clients how to improve their lives and has appeared on "Oprah" and "Sally Jessy Raphael" to dish out her advice.

Mentored by Marianne Williamson and "master life coach" Breck Costin, Britten has used her own experi-

ences combined with the feedback from her workshops and speaking engagements to fine tune her program to help people cope better with both debilitating and everyday anxieties.

Britten, who will explain some of her techniques and tools in her presentation April 17, is but one of the 36 health and lifestyle programs scheduled during the Wellness Week.

Among the programs for Tuesday, April 17: "Laughter" First Thing in the Morning! with Ed Dunkelblau, PhD.; What Are You Doing the Rest of Their Lives? (Aging Parents) with Cheryl Kuba, M.S.; Acupressure Point Workshop with Karl S. Forgeron, D.C.; Your Skin: Hear the Truth or Suffer the

Consequences with Joan Shelk, R.N. and others.

Programs for Wednesday, April 18 include a Health Fair from 9:00 a.m. to 1:00 p.m. in the Student Center Lounge of the Student and Administration Center. Other programs will include: Fair Fighting; Managing Difficult Conversations with Marilyn Smith, J.D.; Power Yoga with Chad Satlow, B.S.; Self Management Program for Coping with Arthritis and Fibromyalgia with Carey Dachman, M.D.; Choosing Your Vitamins, Supplements and Herbs with Paul Board, M.D. and others.

Programs for Thursday, April 19 include: Wheezes and Sneezes—Asthma and Allergies with

M.T.K. Ghani, M.D.; Recovery from Panic Attacks with David Carbonell, Ph.D.; Vegging Out with Christina Samycia, M.S. and Cancer, Complementary/Alternative Medicine and You with Patrick Massey, M.D., Ph.D.

A comprehensive brochure with descriptions of all the programs for Wellness Week is free and may be obtained by calling the college's Health and Psychological Services at 847.925.6268.

All of the programs, including Britten's, are free and open to the public. For more information, call the number above.

The history behind Women In History Month at Harper0

Women's History Month began at Harper College in 1979 when Kris Howard, currently serving as a Harper College Trustee, attended a conference on women's history held at Sarah Lawrence College. Upon her return she worked with Sharon Alter, professor of History and Political Science, and Rena Trevor, then the coordinator of The Woman's Program, to develop Women's History Month at Harper. In fact, so many attendees contacted their congressmen on the merits of the conference that Congress enacted legislation to officially sanction Women's History Month in 1980.

When asked why it is important to recognize women's history, Kris Howard responded by explaining that "it's important for women to learn from experiences of women of the past and to appreciate the contributions they have made."

She then pointed out a quote by Matthew Arnold: "He who knows not his own history is doomed forever to repeat the mistakes of the past."

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Student Elections

Applications are now available for Harper's Student Trustee position for the 2001-02 term.

The Student Trustee, a student-elected position, represents the student body in the Harper Board of Trustees. Students elect the Trustee as someone who will promote student welfare, as well as serve as a liaison between the students and the faculty and administration.

Students can cast their vote for Trustee on April 9-10. The elected Trustee will serve a term from April 15, 2001-April 14, 2002.

Also being voted on in this election will be the Student Senate positions of President, Vice President, Treasurer and three Senate Officers for the Fall '01-Spring '02 term.

Interested students can pick up applications in the Student Activities Office, A336. Questions can be directed to the Activities Office in person or by phone at 847.925.6242. Application deadline is Tuesday, April 3, 2001 at 2 p.m.

Buddhism Revealed

Erin Zoellick

STAFF WRITER

Do you know what Buddhism is all about? I don't either, but I've got a strong grasp on some of the basic ideas behind this way of thought.

One is that nothing in the world is real – nothing besides God. This is where people tend to get lost in their understanding of this religion.

Basically, the Buddhist belief is saying that you are not really here. The Coke you drank today was fake. The dog next door didn't actually pee on the fire hydrant in front of your house, you didn't fail that Astronomy test, and money – despite popular belief – is not everything, but really nothing at all. I think you

get the point.

Buddhism is a collection of ideas that are extremely challenging to understand – especially for the western mind.

It is not only a religious belief system, but also a philosophical concept that makes seemingly outrageous assertions on the way the world is.

Just as Simone de Beauvoir suggested that men and women must transcend their gender roles in order for women to gain true equality, Buddhists believe that the human body and mind must realize that everything in the universe is illusory (except God).

Upon this realization, one achieves enlightenment, or nirvana. This real-

ization is the heightened point of perfection.

There are many types of Buddhism and there are many intricate components of each one. These will be discussed in further detail at the Tibetan Buddhism symposium that is scheduled at Harper for Friday, April 6. As a precursor to that, this article should help to understand some of the basic concepts of this ancient way of thought.

First off, it is very important to know that God in Buddhist reference is far different than God in Christian or Jewish reference.

The Buddhist God is in everything – and everything is in God. This means that God is not static. In other words, God changes

as other parts of the world change. This connects to all those ideas about how we are not actually here, in that even though we are not truly here, God is here within us.

So how is it that people, who supposedly do not exist, are able to think that nothing besides God is real? Well I don't claim to be a Buddhist, or even someone who completely understands this complex way of thinking, but that's a great reason for me to be writing about it. I don't understand a lot of it, just as you probably don't. That is because I am egocentric. I mean, come on – we all know by now that the world revolves around me! T

hose Buddhists have got to be crazy telling me I'm not here. You know what I have to say to that? You're not here either – SO THERE!

It's a pretty immature response, and it would probably be sadly amusing to a Buddhist.

You see, Buddhism holds the belief that it doesn't matter to us personally that we are not truly here. What does matter is that we understand that we are not truly here. Coming to the full comprehension and acceptance of this concept is something that Buddhist monks spend entire lifetimes trying to grasp. They dedicate their lives to the denial of worldly items physical pleasure, and monetary success. To put it bluntly, they are certainly not Americans.

Look around our school for instance. When trying to spot a materialistic or self-centered person at school, Harper is nothing like the Where's Waldo books in which it is sometimes very difficult to find that striped shirt and walking stick. Here are a few examples of lifestyles plain-

ly seen at Harper that contrast the lifestyle of Buddhists. Girls with compact mirrors implanted in their palms, guys who absolutely must take that urgent cell phone call while sitting in class (yes, I've seen it happen too), and the smokers who find non-smoking indoor stairwells a convenient place to pollute perfectly good, clean air.

These show a few aspects of the self-centeredness that we are raised to think are normal and perfectly acceptable.

But Buddhism is the exact opposite of these egocentric ways of living. Prayer, meditation, scripture reading, and contemplation in solitude are some typical daily activities of Buddhists. This stuff is going on today – it's not just a story out of history books.

This way of life is focusing on the insignificance of the human, as well as independence from anything worldly.

I am making this connection between Buddhists and Harper students to show that there are so many ways of life out there that we usually don't think about. But it is so very important to do just that – to think about people who aren't the same as us, and to accept them and try to understand where they're coming from. Through that understanding, it becomes easier and easier to be open-minded and to consider others, instead of acting on selfish impulses.

I'm not suggesting that you become a solitary recluse, but only that it just might be okay to adopt some of these ways of thinking (in moderation), and see the other side. But if you don't buy into this Buddhism bull, it won't bother me much – you're not really here anyway.

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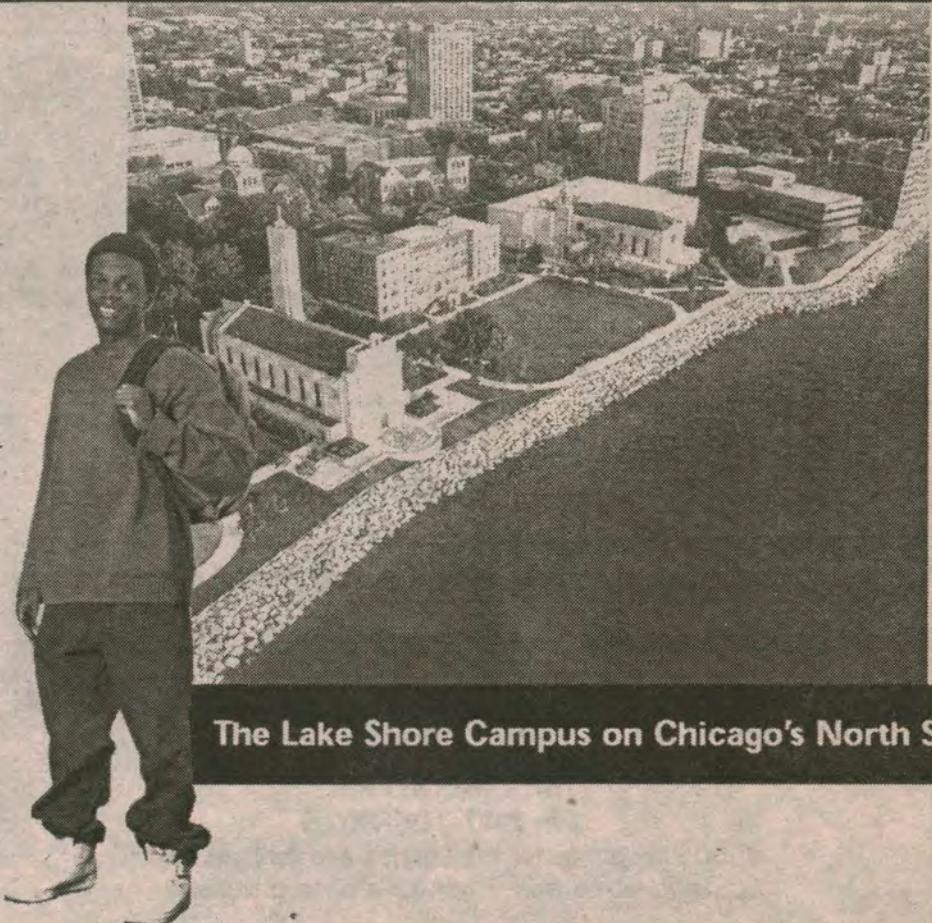
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Irish writers to duel at Harper

Two writers with Irish roots, author Thomas E. Kennedy and poet G. E. Murray, will read fiction and poetry 12 p.m. Noon Monday, April 2, in the Drama Lab, Room L109, of the Liberal Arts Center, Harper College.

10. The following table gives the number of hours worked by each of the 100 workers.

Kennedy, who was born in Queens but resides in Copenhagen, Denmark, will read stories he has published in literary journals AGNI and Story Quarterly. His books include: Drive, Dive, Dance & Fight, The Book of Angels, Unreal City, and A Weather Of The Eye.

Murray, a former poetry critic for The Chicago Tribune and Chicago Magazine, will read from his poetry

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collections, which include:
Oils of Evening; Walking
the Blind Dog; Repairs;
Gasoline Dreams; Holding
Fast and A Mile called
Timothy,

Kennedy became interested in writing when, as a youth, he read a short story about an old woman that made him so angry he tossed the book across his room, vowing to write the author and tell her how mad her story made him. He found out that the author was long dead, and was amazed: "...I got to thinking how amazing that she could reach out beyond the grave like that to touch me so deeply."

In his book-length poem, *Oils of Evening: Journeys in the Art Trade*, Murray centers on nine

characters, including art dealers, appraisers, collectors, thieves and forgers, who share a common link: art fraud. Murray concentrates on their emotional character without dwelling on setting or plot. A Chicago native who winters in Florida,

his works appear in many periodicals and anthologies, including Poetry, Chicago Review, Antioch Review, and many others.

The dual reading by Kennedy and Murray is free, and the public is welcome.

For more information, call 847.925.6295.

For adults only

Adult students who may have different academic goals and needs from those of younger college students can register for a special campus tour and advising sessions which will be held Wednesday, April 11; 10 a.m. Tuesday, April 17; 2 p.m. Friday, April 20 and 6 p.m. Wednesday, May 2 in Room C104, Center for New Students and Orientation.

"These sessions last about one and one-half hours and include one-on-one advising," according to Karen Johnstone, who is a new student specialist here at Harper college.

"We feel these small groups will give adults a more comfortable

and less intimidating setting in which to find out more about enrolling in college."

Special campus tours for adult students will begin one hour before the advising sessions start.

Call the Center for
New Students and
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register for the advising
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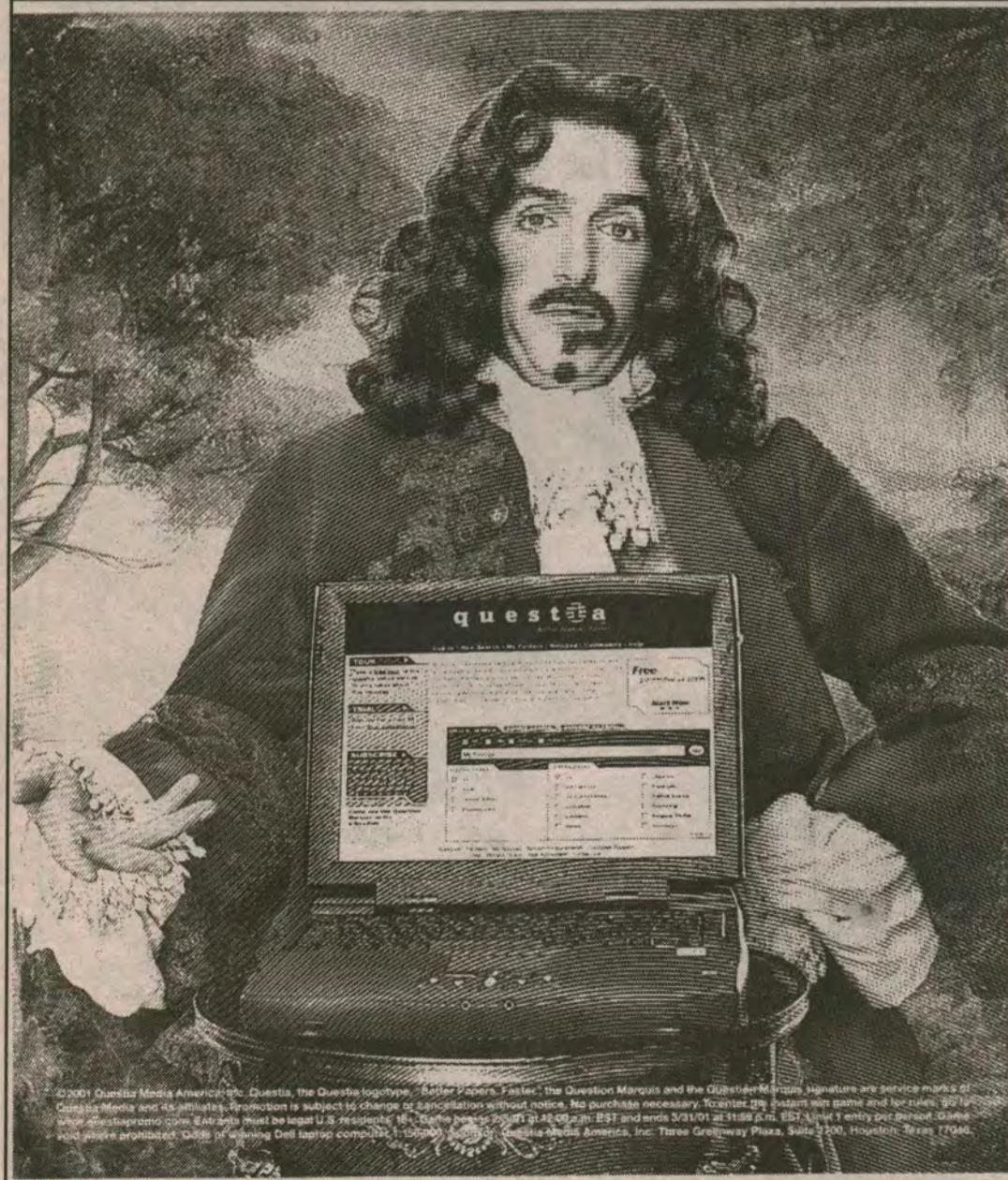
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Harper Student Featured on ABC

Rebecca Torres, known as Becky to her friends, a second year Harper College fashion design student with disabilities, was featured on ABC-TV, Channel 7 on March 22, 2001. Torres recently won a "Super Achiever" Award for "overcoming barriers and maintaining excellent grades," according to Tom Thompson, Director of Access and Disability Services at the college.

Torres, who is wheelchair bound and has been interested in fashion design since 3rd or 4th grade, uses a specially adapted design station in the Fashion Design Department with a lower table and an accompanying mannequin whose height is adjusted so Torres can reach it with ease. Torres also was able to do research to find a special embroidery sewing machine with a touch screen that can be used by persons with disabilities that the college purchased for her. The 1999 graduate of Palatine High School also uses a specially adapted ironing board and scissors mounted on a platform that spring open for use by Torres.

Last year, Torres, accompanied by her sister Veronica, were able to go to Paris, France to study fashion at a design competition. "Access for someone in a

wheelchair is a problem there," says Torres, who had to use taxis instead of the subway. "It was great, though," she says. "I was really inspired by the trip."

Torres, one of 14 students honored March 9 during the 3rd annual Super Achiever's Recognition Party at the college, is currently designing and sewing a "historic" dress from the 19th century complete with bustle, corset, and 15 yards of fabric. She recently held a fashion show with her own designs, using friends as models in the Fashion Design classroom cleared as a fashion runway for the television interview.

Students like Torres and others in the "Achieve" program are evaluated by the college counselors to see if they demonstrate both a desire and the academic potential to complete a two or four year degree; have a documented disability; and need academic support.

Participants are supported with tutoring, counseling, academic advising, special courses and seminars, and educational and cultural enrichment. For more information on the program, call Access and Disability Services at 847.925.6266 voice; 847.397.7600 TTY..

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Corrine Wood speaks about Women's History

Mike Bauer
NEWS EDITOR

Lt. Governor Corrine Wood, mother of three and a graduate of University of Illinois and Loyola University, has been making a name for herself since being elected on January 11, 1999, becoming the first woman to take the Lt. Governor position.

On March 12, Lt. Gov. Wood addressed a crowd in the Theatre of the Business and Social Science Center. She talked briefly about Women's History Month, mentioning that she helped provide resources to teach women's history in schools.

"We could probably take an entire year [to celebrate], at

least I could," Wood said. Later in the presentation, Wood said, "[Women] should not discount the importance of being a role-model."

Wood mostly talked about the progress that she made in her time as Lt. Governor, and the progress of women in general.

Lt. Gov. Wood mentioned that all 336 women-owned businesses in Illinois have become the fastest growing economic factors for the state, and 25 percent of the General Assembly are women.

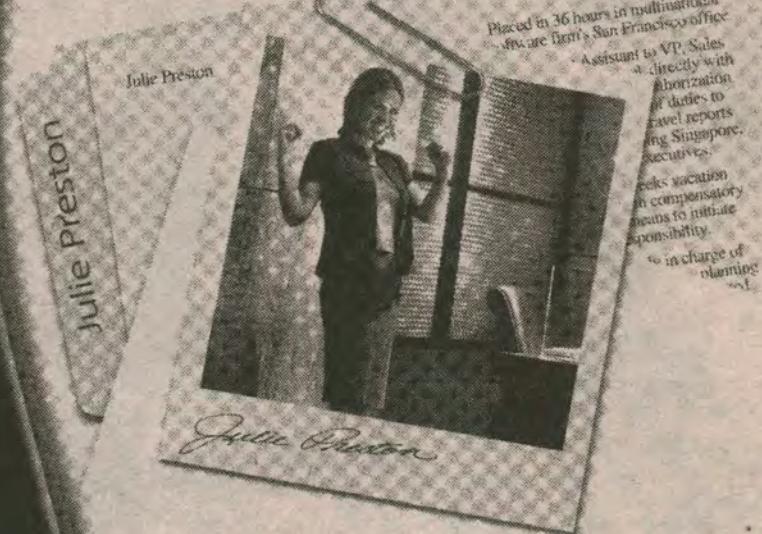
However, Wood feels that more progress needs to be made. Wood said that "women still earn 74 percent of a man's pay," some-

thing that she hopes will change in the future.

Wood proceeded to mention many organizations and funds for women's health. A breast cancer survivor, Wood helped create a statewide program for free mammograms and pap tests, as well as obtaining treatment dollars for breast and cervical cancer victims.

Wood expressed great pride in Women's Health Illinois, which coordinates 60 programs, for tripling its funding over the past two years. Despite the excellent progress of programs aimed towards women, Wood feels we have a long way to go, and she intends to make it happen.

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11

Pulio-Colbert directing "Boy's Life" at Harper College

Tracey Fuller
STAFF WRITER

Big money, big hair, and big shoulder pads epitomize the 1980s. But, the play "Boy's Life", directed by Laura Pulio-Colbert, will display a more emotional approach to what it had been like in the '80s to be young, out of college, and desperately seeking meaning in life.

"Boy's Life" is about 3 young men constantly trying to achieve manhood," says Pulio-Colbert.

The play take

place in the late '80s, where social and gender roles did a flip-flop, making the transition from traditional era to modern. Women had been raised to be educated, and became more career oriented instead of family oriented, which made the young men of the 80s very confused to where they fit in society.

"Men didn't know how to be men, and women didn't know how to be women anymore," says Pulio-Colbert.

Along with gender issues, "Boy's Life" also deals with homosexuality,

its awareness, and why homophobia grew in a result of the transition.

"Boy's Life" follows the lives of Jack, Phil, and Don, who all deal with the consequences of being naive and adulterous.

Told in a series of sketches, the play goes through each of the men's misadventures, which contain adult themes, language, and situations.

Although the theme of the play is adult, "Boy's Life" will be performed by students.

Pulio-Colbert explained that she wanted to use stu-

dents because they can relate to the play more, since they are in the 'coming of age' stage. She opened audition for students only because she wanted this play to be a great opportunity for the students.

"These are nine wonderful students with a fantastic work ethic," Pulio-Colbert says, "They take their work very seriously, and are an absolute delight, which doesn't happen all the time."

Pulio-Colbert compares "Boy's Life" to the 80's coming of age movie "St. Elmo's Fire," which

was about young adults straight out of college, searching for the meaning in life, but with humor.

"Boy's Life" will be performed April 25-29, with Wednesday through Saturday performances at 8p.m. and a Sunday matinee at 2p.m.

Tickets are still available, and the play is open to the community. If you're a big fan of '80s movies like "St. Elmo's Fire", you wouldn't want to miss "Boy's Life." It's shaping up to be the next high quality production produced at Harper College.

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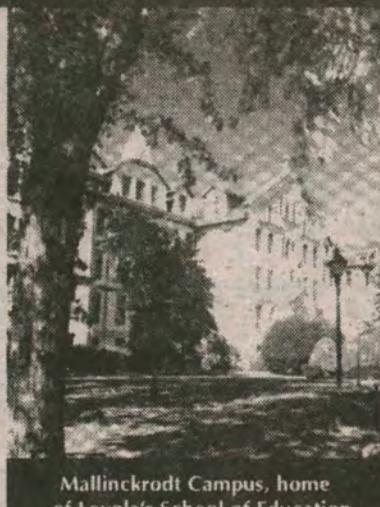
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Wearing specially designed, patented protective body armor, instructors from IMPACT Self Defense, will literally kick off Harper College's 16th annual Wellness Week 7:00 p.m. Monday April 16, in the Student Center Lounge, Student and Administration Center, Roselle and Algonquin Roads, Palatine.

"Sampling just a few of the Wellness Week offerings will help increase an individual's sense of empowerment as far as health and wellness issues go," says Char Padovani, Harper College Wellness Coordinator, who chairs a college committee that selected over 30 programs

for the event.

"To feel empowered is to feel in control of one's destiny," says Padovani. "Empowered people have increased self-confidence, are more willing to take risks and are better able to eliminate self-defeating behaviors. Wellness Week can help participants take charge of their lives by providing the latest medical information, teaching concrete skills and expanding their horizons," she says.

For example, the session entitled "Someday 'No' Will be Enough...Until Then, IMPACT Self Defense" will demonstrate the techniques martial artists developed for women after researching

police records and interviewing both victims (called "survivors" by IMPACT Self Defense) and attackers. They discovered that since most women are attacked when they are in a prone position, hips and legs should be used to defend themselves.

All of IMPACT Self Defense courses use "full-contact, full-force interactive fights" with a thoroughly padded male instructor playing 'assailant' to recreate common assault scenarios ranging from subtle harassment to actual physical violence.

According to the national organization whose Chicago center is presenting the demonstra-

tion, women learn through a series or "layering" of classes that begin with almost motionless encounter and progress to instructors 'fighting' realistically. IMPACT Self Defense claims that "By graduation, nearly everyone is prepared and capable of defending her life."

The organization says that the number one reason women take the 24-hour course is "to increase their empowerment." Other Wellness Week sessions include Rhonda Britten presenting "Fearless Living" 7 p.m. Tuesday, April 17; Sonia Choquette presenting "True Balance: Creating Heaven on Earth" 7 p.m. Wednesday, April 18;

and Patrick Massey presenting "Cancer, Complementary/Alternative Medicine and You" 7:00 p.m. Thursday, April 19.

All of the programs are free and the public is welcome. For more information call 847.925.6268.

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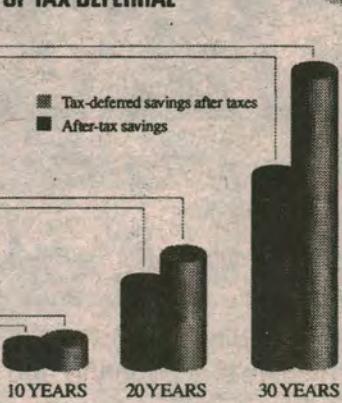
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Dr. Love's special health report:

Prostates, Tiger Balm and other guy stuff

"Prostate."

Did reading that line make you giggle out loud? If so then please do not read on. The following article features realistic issues looked at from a realistic point of view. For that reason this article is for mature audiences only.

Every culture has a ritual to turn children into adults. The Australian Aborigines send the males of their people on a three month long hike through the desert that they refer to as a "walk-about." Jewish people have Bar Mitzvah, where a boy becomes an adult by praying in a religious service, followed by

bagels and discussions about money. Even Def Jams Records has Boyz II Men. But in my culture, things are slightly different. You see, I am a white suburban male and I originally experienced manhood when I had my first prostate exam.

Of course, I didn't initially plan to become a man that cold February morning. I headed in to my family physician for my routine check up.

Every man should have himself checked out by a good doctor at least once every six-months for tumors, venereal diseases and the black plague. Even a doctor like me sees another

doctor from time to time. I like doing this because I can also use the opportunity to ask my physician questions that are important to me; for example, I can ask the doctor about a weird rash I have, an odor my body makes or possibly why he's sleeping with my wife.

So after I asked my doctor about his love life and what he thought about the Bears last season, I wanted to know if we had reached the end of our little visit.

"No," my doctor said. "We have not." He used the same tone of voice that I might use to tell someone that I just killed his or her mother. "Have you ever

had a prostate exam before?"

Those words did not spark any comfortable feelings for me. So, I quietly replied, "No, I never have." After all, I have never had a prostate exam because I am only 18 years old. Don't hold it against me that I'm such a young doctor, because even my editors do some times.

But seriously, I am a young doctor. Back in the eighties I graduated from the same medical school as Doogie Howser. The most interesting fact about our graduation is that I was three years younger than Doogie at the time, although these days he lies about his age so he can land roles in teenage horror films.

But as far as prostate exams go, I am as naive about them as a virgin to alternative uses for whipped cream and handcuffs. So the doctor politely explained to me that my prostate gland is a nerve in my rectal cavity that helps stimulate my sexual prowess. Then he told me that if I didn't check for prostate cancer at an early age I might develop a serious condition that could jeopardize my sex drive. The only way to kill this disease would be to let a physician shove radioactive steal balls up my ass that would eventually destroy my sexual organs in order to save my life. I know that may sound like something out of a bad science fiction film, but I quickly ran to the library to do some research and it turns out he was telling the truth after all.

When I returned to the doctor's office the doctor instructed me to bend over his desk and "cough." Then he removed something from his cabinet that

looked like a tube of Tiger Balm and he poured some kind of oil from the tube onto his gloved index finger. He proceeded to walk behind me and begin the process of the prostate exam.

A few things passed through my mind as my doctor began to explore the only orifice on my body that had never been explored. First I thought about how relieved I was

that the oil on his finger didn't turn out to be Tiger Balm because that would have really hurt. Then I thought about how the exam wasn't as painful as I originally thought it was going to be. "Does that mean I'm gay?" I asked myself. "Should I ask my doctor?" And did I properly wipe my ass earlier that day? Finally it occurred to me that by having this exam done I was taking a smart step towards a healthy life and that is a good thing.

And that is how I became a man. After the process ended I was glad I had the check up, but I have to admit that after all those years of homophobia it's kind of ironic I finally achieved my adulthood when some guy shoved his finger up my ass.

To send a question to Dr. Love e-mail him in care of harpernews@yahoo.com or drop off your question in the Harbinger Press mail box on campus. Questions will be answered in article form.

Please be advised that Dr. Love is not a real medical doctor and any health concerns should be directed to your officially licensed physician.



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Ask the Question Marquis

Q: Dear Question Marquis: My sister's boyfriend broke up with her over a year ago. But his voice is still on her answering machine. Should I tell her how pathetic this is? — Stephen in Annapolis

A: My advice here is going like this: It is not a problem, it is an opportunity. There is no truer friend of passion than the vulnerable rejected lover. You must simply play your cards correctly. I recommend a subtle approach to win her trust. Perhaps you can tell her about Questia. About how much more free time she will have when she's writing research papers if she does the research online. Free time that the two of you could use to, je ne sais pas, get to know each other better? If you know what I...wait...you said your sister's boyfriend? This is a terrible misunderstanding. I have got to stop skimming these questions.

Q: Dear Question Marquis: I am very interested in Questia. Could you please give me some more information about its exciting features? — TW in Houston

A: Zut alors! I think my employer has slipped this one in. But just by chance this is not how the case is, I will answer it briefly. Questia will have an extensive scholarly collection, and the full text of each book and journal article is all online. You just enter your topic and then you can instantly search through any book. And many of the author's own sources are, how you say, "hyperlinked." So you can follow the writer's train of thought, if you like. Also, quotes, footnotes and bibliographies are all done automatically. And, in a few months, Questia can be used to more efficiently groom racehorses. Or such is my understanding. That may be confidential information, so don't go gossiping it about like a bunch of Montesquieu's concubines. Now I wish I hadn't told you.

*"There is no truer friend of passion than the vulnerable rejected lover.
You simply must play your cards correctly."*

Q: Dear Question Marquis: Well...why did you tell us? In both of your answers, you could have corrected your mistakes by using the delete key.

A: In life, there is no such thing as a delete key. Q.E.D., there is no delete key for writing my column. What's done is done, what's said is said. Vive moi! (Long live me!)

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Sports

The Harbinger

March 26, 2001

15

Hawks' Wrestling Team brings home national title

Mathew Lindsay

STAFF WRITER

"Our goal every year is to get to this level," explains coach Dan Loprieno, "If you don't set your goals high enough you won't reach the top. Our goal every year is to win the title."

This year coach Dan Loprieno accomplished just that, he brought Harper the national wrestling title. As an assistant coach, Loprieno brought home Harper's first national championship in 1994. Taking over as head coach three years ago, coach Loprieno came in 5th place, then 3rd, and this year, he brings Harper its second title.

Winning a national championship is never an

easy achievement. This is true especially in wrestling. Coach Loprieno explains, "Wrestling is one of the most grueling sports, and these guys take a beating for five months. It's pretty rough. We started running back in August. A lot of guys were cutting weight, and missing a lot of meals. This year is the ultimate payback because these guys were making the ultimate sacrifice."

Five Harper wrestlers won All-American honors with top-seven finishes: Adam Sesso (Schaumburg), a 184 pounder, was second, as was Nathan Martinez (Aurora West) at 157 pounds. Taking a fourth place was Bobby Howard at 125 pounds. Jared Karlen

(Johnsburg) finished sixth at 133, and Kyle Rainey (Joliet Central) was fifth at 197 pounds.

Winning a national championship however, is also a bitter-sweet experience. Coach Loprieno explains, "Wrestling is not really a team sport. We had five All-Americans, but we also had five guys who didn't place, so they came short of their goals."

The five wrestlers who didn't place, but were still vital components of the National NJCAA Championship are: Mike Kruk at 141, Thomas Wiles at 149, Brandon Harwell at 165, Emerson Rushing at 174, and Mike Saucedo at heavyweight. "One thing with the tournament is that it is a roller

coaster ride. I'll have a guy who gets into the finals and the very next match a kid who'll lose being an All American. It's a pretty draining tournament. Out of the ten guys wrestling, all ten aren't going to be All American and it's tough going out there knowing that."

Coach Dan Loprieno also received "Coach of the Year" honors at the Region IV Tournament, after each of his ten wrestlers qualified for the National tournament. Harper's wrestling program is successful because of the dedication and endless sacrifice made by the coaching staff and its athletes. Joe Jackson and Aaron Cohen were both red-shirted and plan to

compete for Harper next season. Even though Aaron Cohen didn't compete as a Hawk this season doesn't mean he wasn't hard at work. Aaron competed this year as a National Olympian this year in Judo! Both young men plan on wrestling for the team next year.

Also returning next year are four of the top five All-Americans. "That gives us a great start for next year. It will also help in our recruiting. We've always been near the top and this will really put us on the map in our area."

The Hawks will have their eyes setting on another successful season soon, with August only six month away.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Student Senate Mtg. 1:30 p - 5:30 p A 243	Free legal advice for students 1p-7p for appt.
				1	2	3
4	March 5-10 Women's Basketball Regionals, TBA Art Exhibit Risesborough C200 and New Student Svce.	Free Movie-U571 12:15p A336 Concert Harper Guitar Solos 7:30p L109	Free Legal Adv. 1p-7p for appt. Free movie U571 A 336 Club Round Table 1p	Free Concer-Jerry Ruthrauff, Sax 12:15p P205	Coffeehouse Series Java Jams: showcase 7:30p Stud. Center Lounge Student senate Mtg. 1:30-5:30p	Midterm
5	Comine Wood, IL LT. Governor 1p J143	Free Movie-Gone in 60 seconds- 12:15 A336 MJCAA Nationals, TBA	Free Movie-Gone in 60 Seconds 1p A 336 Free legal advice for stud. 1p-7p 925-6242 for appt.	American Cancer Society Low Fat Pig out. Theatre-elephant man J143 \$8-\$10	Coffeehouse Series Java Jams 7:30p Stud. Center Lounge Excel Leadership Series 1p-4p A238 Elephant Man	Theatre-Elephant Man J143 \$8-10 HIVCO comm. Action Day; Doug Gier 925-6264 for information
11	12	13	14	15	16	17
18	19	Lecture-Ann Simonton, Sex, Power and the Media 7:30p J143 \$5- \$7 Safe Spring Break Inform. able 11a -1p	Free Legal Advice stud. 1p-7p 925-6242 for appt.		Theatre- Elephant Man J143 \$8-\$10	Theatre- Elephant Man J143 \$8-\$10
20	21	22	23	24		
25	SPRING BREAK	26	27	28	29	30
31						

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club is conducting a research project to
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toward abortion and
capital punishment. If
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of the Psychology

Club advisors: Prof.
Elayne Thompson,
Room J162 xt. 6463
or Prof. Linda
Campbell, Room
J158, xt. 6496 for
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Meeting notices will
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