

THE HARBINGER

THE VOICE OF HARPER COLLEGE

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THE WINDOW TO SUCCESS

MAR 27 2002

Patrice Ekins
Staff Writer

How do you raise \$10,000,000? (yes, that is 8 figures). Ask Jason Yelowitz. And don't take no for an answer, because he never does.

When I asked how he raised \$10 million in venture capital investment, and brought the value of a privately-held company to nearly \$30 million, Yelowitz demurred, "I'm just very persistent."

Yelowitz knows how to make money, and he's willing to show you how to do it. Interested? Attend his upcoming classes in the sale and marketing of windows and home improvements and learn his secrets. But, more about that later in our story.

You may be wondering why Yelowitz is interested in helping students to become successful businesspeople. So was I. That's why I met Yelowitz and other Harper students for dinner recently and listened in on what he had to say.

It turns out that the reason Yelowitz wants to help students is because that's exactly how he got his start. While a student at the University of California at Santa Barbara, Yelowitz signed up for a job selling housepainting. The owners of the

company offered sales and marketing training to students as part of the job.

Apparently it was good. Yelowitz is living proof that their theories work. He took that training and used it to develop himself into a first-rate businessman.

Today, the very businessmen who showed him the ropes are his partners in business.

And Jason Yelowitz, like them, wants to give back to students by offering them the same opportunities afforded him. "I see this as a stepping stone to a greater good," says Yelowitz of his altruistic ways.

The "high quality" training will take place Saturday and Sunday, April 13 and 14, in Chicago. Although students are not paid for the time it takes to train them, they do receive approximately \$400 worth of supplies and samples. And, of course, the actual training, something on which you really can't place a price.

"You'll learn everything from A-Z about the home improvement industry," says Yelowitz. "There are no sales gimmicks, because

we want our employees to have ethics and integrity. It's all about work ethic and internal drive."

Prior to the training, interested parties will receive informational material in the mail. They then will have to take a "pre-test"

to see how much info they've absorbed. Later, in class, there will be role playing in preparation for those future sales calls.

So, how does the average student generally pan out after training, I ask? "About 15% don't make it through the summer," admits Yelowitz. "Sometimes it takes 10 or 12 appointments before you can turn the money around." "However, I'm always surprised. There's always the quiet person in the back of the room that winds up being the best in sales."



Jason Yelowitz and a few of his employees enjoy a company dinner

Yelowitz says he is quite impressed with Harper students in particular. "For the most part, they have been very professional; they take the job seriously and understand interviewing."

After listening to this consummate salesman speak, I asked for comments from others at dinner. Dustin Chaviano: "It's a challenge to see what I can do. If I do make money, it will be because of me. I'm very ambitious, I don't want to be a man in a cubicle." And from Justin Summers: "The experience of kind of running the whole show pretty much by yourself sounds good. The sales and marketing you can carry over wherever you go."

Speaking of taking that knowledge with you, what are the expectations once you've mastered the program? Yelowitz asks that you commit to at least the season. But you may never want to leave. "Our business has expanded 30% each year for the last four years, despite the recession," he says.

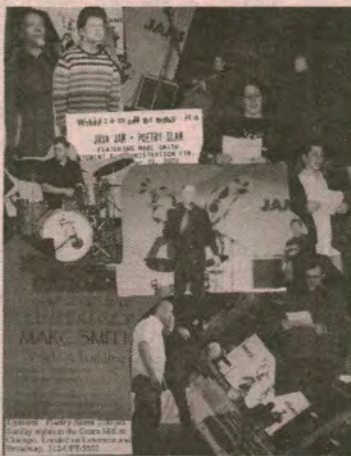
Yelowitz is looking to hire nine good men – or women. If you think you're up to the challenge, please call his cell phone at: (773) 296-6056 to get your sales and marketing career rolling.

POETRY IN PENCIL

Patrick Andrews
Staff Writer

I arrived 2 hours prior to the start of Marc Smith's Poetry Slam on March 15 in order to get a good idea of where the ideal pictures would come from. I decided that the best shots would come from above on the balcony, where I could get a full view of the entire stage, band, and poets. I took great care in writing down a game plan for tackling my first real assignment as a writer-slash-photographer in order to allow me to retrieve as much information as possible. Once the lights went out, I found out quickly that game plans mean absolutely nothing when dealing with a live performance.

This Poetry Slam was the second installment in the Java Jams series, and, though some might say that there are better things to do on a Friday night than listen to poetry, anyone in attendance would assure you otherwise. From the very beginning Smith kept the audience hooked. Backing his relentless verbal assault was "the Pong Unit", for no slammer is complete without a band to back his vocals.



After several poems, Smith gave way to let two other poets from the Chicago slam club, The Green Mill, steal the show. Joel Chamura was the first, and his self-deprecating yet incredibly insightful humor had the entire audience (including Smith) fighting unsuccessfully to stifle an uproar of laughter. There was an aura of childlike simplicity that gave his pokes and prods a bit more depth and strength.

Following Joel with was Maria McCray, who picked up right where he left off,

combining tongue-in-cheek humor with brutal honesty. Her poems brought a more intellectual, thoughtful presence to the show. It appeared that she was actually feeling the words she spoke, which helped greatly to convey her thoughts and message to the audience, who, like children with their mother at a candy store, sat awaiting her every move. After reciting a poem on her version of the world's perfect man, Joel came back on stage to "retaliate", expressing grievance over many a failed relationship.

After showcasing two of his fellow Green Mill poets, Smith gave the audience a chance to participate.

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PRESIDENT'S PLACE

Dr. Breuder
College President

As we head into the last two months of this semester, I would like to take a moment to share how proud I am of the students, faculty and staff at Harper College. Through hard work and dedication, you have achieved many honors and awards of distinction. I am so pleased to receive these notices of accomplishments and look forward to the many more you will send me so that I can continue to acknowledge them.

Harper's outstanding Speech Team, led by Jeff Przybylo and Marcia Litrenta, has just taken the Gold at Regionals with 165 total points! Their total score was 70 points above College of DuPage's silver, and 66.5 points above Southeastern Illinois College, who took the Gold for four-year institutions. Please be sure to support our team as they prepare for the National Competition next month.

Nicole Keating won the grand prize of a \$1,000 scholarship to Harper for the "Write Your Future" essay contest, which encouraged people in the community to share their personal and professional dreams for the future. Nicole is pursuing an education in public relations and French. She is an Honors Program student, a member of Phi Theta Kappa, International Honors Society, and president of the fashion students' club, Harper Bizzare.

Harper College graduate, Natalie Anderson, was honored at a February 11 meeting of the Northern Illinois Foodservice Executives Association (IFSEA). The cash award given by the IFSEA will help Anderson with her tuition and fees while she obtains her Bachelor's Degree. Harper College's Hospitality Department hosted the meeting.



A six-member culinary team of area high school students dual-enrolled in Harper College's Career Partnership program, led by Ardis Bradley will leave for Colorado in May to compete at the national level in the Prostart Hospitality Cup Competition, after winning the Illinois title last October.

Harper Nursing Program graduates recently received high scores on the National Council Licensure Examination. Recent graduates of Harper's two-year Registered Nursing Program showed a 94 percent pass rate, compared to the national rate of 86% and the 84 percent state rate.

The Harper women's basketball team enjoyed an exciting 49-48 win over College of DuPage to give the Hawks the 2002 N4C conference championship, the third in school history and the first one since 1981.

Wendy Mertes, Child Learning Center Coordinator and Co-coordinator for the Early Childhood Education Program at Harper, has earned the distinction of a Level II Credential from the Illinois Director Credential Commission (IDC)

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ROLLINS' RAMBLINGS

How Much Is A Life Worth?

Paul Rollins
Columnist

In a "Harbinger" column in early October I commented upon the loss of a young family friend at the World Trade Center in New York City. Michael Lundon left a widow, Michelle, and a one-year-old son, Martin. Our son, John, has acted as an advisor to Michelle since.

Thus it was that on March 11 – six months to the day of Michael's death – we had the chance to spend several hours with the now resigned, but still grieving, young widow. As we chatted and giggled about happier times, a question kept running through my mind. It was a question that I could imagine Andrew Wilson addressing to one of his literature courses or one that might arise in a religion course taught by David Williams or Michael Larkin. It is a question without an answer. It is, "How much is a life worth?"

Up until the "Events of September 11" there had not been an attempt by the Federal government to answer that question. But when it quickly became clear to Congress that potential liabilities could financially ground the U.S. airlines industry – an industry Congress had just attempted to rescue through a \$15 billion bail out bill – it also became clear that some limits had to be put on maximum death benefits for which survivors could sue.

To do that, Congress set up a Commission to answer that question, "How much is a life worth?" Some guidelines already existed based on previous awards and settlements in individual tort cases arising in other Federal courts. But Congress wanted to avoid the possibility of individual survivors bringing suit, so the intent was to make any award substantial enough and fair enough that it would be acceptable to the surviving family without resort to litigation.

If you accepted the Federal settlement, you would be blocked from suing the airlines for damages later.

When the Commission first outlined its intended procedure, it set off an unpleasant round of debate. The average payout would have been about \$1.5 million for each surviving family, with insurance and social security benefits to be deducted. The survivors, as a group, thought the figure too low; critics dubbed the dissatisfied survivors "money grubbers." The procedures have now been revised and a note of fairness seems to have been struck.

When Michelle left I asked son John about her financial arrangements. Michael, at 38, had improvidently little life insurance. In this case that worked to the family's advantage since there would be no life insurance offset to the award. Michael's salary for the past three years was used as an average to be calculated in assessing how much he would be expected to earn to age sixty-two when social security would have kicked in. That became the basic award figure. Separately, a group of Michael's friends had set up an educational fund for Martin sufficient to see him through graduate school if he so chooses.

What has been described here is the formula that has been used to decide each individual case. It doesn't address the situation where a person profits more in death because he did not provide sufficient insurance in life. Nor does it answer why one life is worth more than another. It is simply a pragmatic device to allow families to move on.

So, "How much is a life worth?" Michelle will not want for material things. She has accepted the award and will not pursue other litigation that would be time consuming and uncertain in the end.

As our group dispersed that day, I couldn't shake the thought. "How much is a life worth?"

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CONTACT INFORMATION

Mailing Address:
The Harbinger
A367
William Rainey Harper College
1200 West Algonquin Road
Palatine, IL 60067-7098

Phone Numbers:
Business Office: 847.925.6000 ext.2461
News Office: 847.925.6460
Fax: 847.925.6033

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GENERAL INFORMATION

The Harbinger is the Harper College student publication published bi-weekly throughout the school year, except during holidays and final exams. It is distributed free to all students, faculty and administration. The Harbinger's sole purpose is to provide the Harper community with information pertaining to the campus and surrounding communities.

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STAFF WRITERS AND ASSISTANTS

Charles Cann	Anthony McGinn	Lynn Mutch	Patrick Andrews
Paul Rollins	Kenny Webster	Nancy Huggins	
Patrice Ekins	Deborah Abbott	Nicole Bennett	

SOAP SUMMARIES

ALL MY CHILDREN

Greenlee and Jake showed a shocked Leo the needle marks where Vanessa injected them. Ryan rejected Chris' assertion about being his father. But as Mateo warned Ryan about the sniper, Chris rushed to take the bullet. At the hospital, Ryan handed the Proteus disk to Mateo, and then donated blood for Chris before finding comfort in Kendall's arms. Anna suspected Vanessa was Proteus after learning the syringe held the "heart attack" drug. Chris blamed David for botching the operation and leaving him unable to move his legs, and vowed to bring him down as the man behind Proteus. Wait to See: Vanessa's reign of terror continues.

AS THE WORLD TURNS

Julia resolved to do whatever was required to fulfill her dreams. Katie checked on her suspicions about Simon. Barbara once again landed herself in hot water. Isaac's heart was broken by a royal gift. Abigail's flashback provided some important clues. Wait to See: Katie and Simon find themselves in a new situation.

THE BOLD AND THE BEAUTIFUL

Whip deduced that Deacon is the real father of Brooke's baby and contemplated how to use this information to his advantage. Later, at the board meeting, when Eric didn't challenge Brooke's decision to put Amber's new design into production, Ridge went ballistic and insisted he be

reinstalled as CEO or he would resign. To Ridge's shock, the board accepted his resignation. Rick and Ridge then got into a scuffle and as Deacon rushed to help Rick, Ridge accidentally broke a glass vase causing a severe laceration of his left hand. Wait to See: A moment of truth arrives.

DAYS OF OUR LIVES

Jan's mother demanded Abe arrest Shawn and charge him with statutory rape. Hope had another flash in which she saw a gloved hand. Meanwhile, as Lexie wondered why Stefano didn't know that neither he nor John fathered Hope's baby, Rolf told Bart that he had dropped the DNA samples when he first switched them at the hospital. Sami was stunned to learn that Kate had put Lucas across the hall from her. Wait to See: Nicole gives Victor an ultimatum.

GENERAL HOSPITAL

Luke and Laura fled into a mine shaft to escape from a furious Jennifer. Melissa refused help from Bobbie and Scott and was taken away by Mac. Jax overheard part of Edward's comment to Skye about her feelings for him (Jax). Nikolas assured Gia that he'll take care of the blood tests that Sarah insisted on. Jax surprised Sonny with the news that AJ had Courtney. Wait to



See: Sonny visits Elizabeth. Kristina has a warning for Alexis.

GUIDING LIGHT

Blake and Ross came home to a shocking scene. Danny confided in Michelle about his newest deal with Carmen. Cassie and Richard were finally able to turn their backs on San Cristobel. Beth began to long to be her old self again. Catalina was in for a surprise where Tony was concerned. Wait to See: Marina has another "shocker" for Frank.

ONE LIFE TO LIVE

Starr resented the attention Jack was getting at his christening, and pretended someone had tried to kidnap her. Lindsay returned to the chained-up Troy, who was hallucinating after being bitten by a spider, and allowed him to believe she was Nora so that he would reveal the tape's whereabouts. Meanwhile, Starr managed to sneak out and wound up at the Funhouse where she saw Troy, and rushed back to tell everyone about seeing "a man on a wheel." Max wondered why Al refused to see a specialist about his "paralyzed" legs. Wait to See: Cristian comes to Jen's rescue.

PASSIONS

In the cave, a groggy Charity called out Miguel's name, as Tabitha and Timmy hid close by. David felt guilty as his son, John, raved about finding his "mother" (Grace). Despondent over losing Ethan, Theresa jumped into the icy water and as she

slipped into darkness, was dragged down into Hell where she came face to face with Julian. Wait to See: Tabitha and Timmy fear the results of Zombie Charity's evil plan. Theresa considers Julian's "offer."

PORT CHARLES

Ed entered the dreams of Paige, who dreamed of a life with Kevin and Christina; and Casey, who dreamed about a romantic wedding with Ricky; and Rafe who dreamed about staying on earth and marrying Alison; and Amy, who dreamed about regaining her sight and seeing Ian in the flesh. Later, unaware of a gas leak in the fireplace, Rafe left Alison in the house as he went off with Casey. Wait to See: Lucy is puzzled by Christina's illness. Rafe asks for help.

THE YOUNG AND THE RESTLESS

Jack told Phyllis he's the father of Diane's son, Kyle, and planned to get custody of the boy. Colleen was about to take a hit of marijuana when she found Abby choking and called the paramedics. Nikki told Victor she read that his first wife, Julia (Meg Bennett reprising the role) was having business troubles. Later, after selecting an engagement ring for Nikki, Victor impulsively went to Lake Forrest to tell Julia he might be able to help her avoid a hostile takeover. Wait to See: Phyllis faces a decision about Diane.

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SEX AND THE STUDENT

A FRIEND IS A FRIEND UNTIL A MAN COMES ALONG

Patrice Ekins

Staff Writer

Why do girlfriends forget about you as soon as they hook up with a guy? This is a universal mystery. Sure, she found a member of the opposite sex that can fulfill all sorts of needs that girlfriends can't. But does that mean girlfriends suddenly have no value?

This is something I have experienced in the spades through the years. I've had a lot of close friends. A lot of "best" friends. Everything was going great. Sometimes they have a boyfriend, sometimes I do. But once "The One" comes along, that's it. I've lost more "best friends" that way! Haven't these girls heard of multi-tasking?

I honestly don't think I've ever been guilty of this crime. Whenever I've had a boyfriend, I think I've managed to balance my relationship with spending quality time with my friends.

Sometimes I've even brought my boyfriend along just so I get to see my friends.

*You'll know it's happened
to you when the phone
calls fade from once a day
to once a week...*

But time and time again, I've had women do a quick about-face on our friendship once they seriously "hook up". What's really disappointing is that this

behavior seems to be accepted and even understood among females. While men will often razz and embarrass each other about the amount of time spent with a special member of the opposite sex, women seem to expect a man's needs to take precedence over theirs. If a man calls, even at the last minute, women are often excited for their friends, rather than being ticked off that their own plans have been set aside and considered secondary in preference to being without a man.

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FENCING US OUT

Deborah Abbott
Staff Writer

Outside of, "How many midterm exams do you have?," the most often asked question by students recently has been, "Why the &*\$# is Lot 12 closed?"

To answer that question, you are best served to know the following history.

The November 2000 referendum received enough "YES" votes by the community Harper serves to authorize approximately \$88 million for new construction. A Steering Committee was formed with faculty and staff to drive requirements for "the best learning environment for each type of laboratory, support, and classroom space."

chairs or with other assistance. It is not yet April—and any Cubs fan knows that it snows during the first two weeks of Home games. This leads one to suspect that these students might have a few Winter Olympics feats of their own in navigating around the construction.

So this raises a couple of questions. Why were no notices put up around campus to forewarn students, particularly those with special transportation needs? Why has there not been more education of physical distance from the north lots to buildings (to encourage parking in Lots 4 through 7



A man and his young daughter look on as students are forced to take the long way to class

At Harper's Board of Trustees meeting on September 25, 2001, representatives from Legat Architects Hellmuth, Obata, & Kassabaum presented their visions for the new \$95 million Science, Emerging Technology and Health Careers Center. (Design Development drawings are in the window of Harper's Bookstore.) A main concourse of glass will connect older buildings to newly constructed buildings, mechanical systems and a single loading dock. The goal is to move in equipment and furniture by May of 2004.

Now to the present. Without warning, fencing has been put up around all of Lot 12 and going over the grassy knolls of campus...to protect Harper students from harm during this construction phase. The fences block walkways from J and I Buildings to the LRC.

This causes some of us to spend an (endurable) additional five minutes in the cold, circling all the way to H building to enter on the lower level of the Library. However, there are over 48 students at Harper College who get around in wheel

when students have D and E classes?) Why does the fence encompass the entire lot when none of the three buildings are mapped out to encroach on where the lot currently is? (Do construction trailers take up that much space?) Which phase of construction for Buildings X, Y, and Z will allow Lot 12 to open up again?

It wouldn't be so difficult for so many students to understand the creation of nice new buildings—to replace aged buildings, such as D—if the student population was considered part of the equation at Harper. However, the lack of communication between those who would build and those who the buildings are expected to serve makes for a disconnect.

Perhaps students are not to become too educated?

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The Harbinger is currently accepting applications for next fall! Positions open are:

Editors
Writers
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Layout and Design

If you are interested in joining, pick up an application in A367 or call 925.6460 for more information

KEVIN HERS
THE CHARLOTTE OBSERVER
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HARPER OPINION POLL

Patrick Andrews
Photographer

"What is the greatest freedom of living in America?"



Melinda Knoke,
Administrative Secretary, AE/LS
"Definitely the Freedom of Speech."



Winter Gerhardt,
Early Childhood Special Education, Graduate Program
"The biggest Freedom is the right to vote, because our vote controls all the other rights."



Hozefa Qutbuddin,
Computer Science, Freshman
"In America we are safe, and it's great to live in a more civilized country."



Kate Elkin,
Freshman, Undecided
"Women's rights."



Patty Gonzalez,
Fine Arts Major, Freshman
"In America there is equal opportunity for women to find employment."



Professor Kurt Hemmer,
English Literature-Composition
"The Freedom of free thought."

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ASK YOUR WELLNESS ADVISOR

Pam McVoy
Harper Staff

I'm going away for spring break to Florida. I want to get a tan but I don't want to get sunburned and ruin my vacation. I'm also concerned about skin cancer because my aunt had skin cancer and said it was from being in the sun too much. Will a sun screen with SPF 15 protect me from sunburn but allow me to tan?

When choosing a sunscreen it's important to choose one that offers protection from UVA and UVB rays. A sunscreen with SPF 15 offers a good level of protection. Using a sunscreen with SPF 15 or higher should not lull you into a false sense of security, encouraging you to stay out longer. No one should stay out in the sun for long periods of time. This doesn't mean you can't enjoy the outdoors, but consider limiting your time in the sun between 10 a.m. and 4 p.m. This is when the sun's rays are the strongest. If you are out in the sun during that time be sure to wear sun screen or sun block. Also consider wearing a hat, sunglasses and clothing to cover exposed areas. Find shade whenever possible. Reapply sun screen or sun block every two to three hours and immediately after swimming. Don't forget to use lip balm with SPF 15 to protect your lips.

Repetitive sun exposure puts you at risk for developing skin cancer in the United States. One million cases of skin cancer occur in the country every year. Not everyone has the same risk of developing skin cancer. People who tend to burn more easily, people with red or blond hair, individuals with blue, green, or gray eyes are at a greater risk. Other factors that play a role in the development of skin cancer include a history of blistering sunburns in childhood, a family history of skin cancer and having a lot of moles. Though some people are at greater risk, anyone can develop skin cancer.

Melanoma is the most serious form of skin cancer. It will be diagnosed in about 40,000 Americans this year. Malignant melanoma needs to be detected early and treated. Left untreated, it can spread to other parts of the body quickly and is often fatal. It is responsible for 75% of deaths from skin cancer deaths.

Malignant melanoma may occur in moles or other areas of skin. Most people are born with or develop moles during their lifetime. Most moles are normal and remain normal. Any unusual mole, change in a mole, or change of any spot on the skin may be the first warning of malignant melanoma or other skin cancer. Early diagnosis and treatment is crucial.

Learn the **ABCD's** of moles or other spots on the skin to determine if you need to see your health care provider. **A** stands for **Asymmetry**. This means that one half of the mole looks different than the other half. **B** stands for **Border irregularity**. The outer edge of the mole appears uneven, ragged or notched. **C** is for **color variation**. Different shades within the mole, i.e. brown, tan, black or sometimes red, blue or gray. **D** stands for **diameter**. Most normal moles are small than 6 mm in diameter (9/16 inch or the size of a pencil eraser). Moles larger than 6 mm should be considered abnormal.

Two other primary types of skin cancer are Basal Cell Carcinomas and Squamous Cell Carcinomas.

Basal Cell is the most common of all skin cancers. It is slow growing and does not usually spread to other parts of the body. However, if not treated, it can invade other tissue beneath the skin. Basal Cell skin cancer often affects sun exposed areas such as the head, neck and back. The nose is the most common site.

Squamous Cell skin cancer is the second most common type of skin cancer. Lesions appear mostly on sun exposed areas of the body. Squamous Cell skin cancer is more aggressive than Basal Cell and can invade other parts of the body. 95% of Basal Cell and Squamous Cell skin cancers can be cured.

Remember, there is no such thing as a safe tan. A tan is proof that skin damage has occurred. Prevention is the key to preventing skin cancer. The incidence of skin cancer continues to rise each year. Early recognition and treatment of skin cancer will provide better prognosis for those people diagnosed with skin cancer.

If you would like further information on skin cancer, please contact Health and Psychological Services in A362 or call (847) 925-6340.

REMEMBER
IF IT WEREN'T FOR THEM,
THERE'D BE NO YOU.

YOU KNOW ALL THE COOL STUFF GRANDPARENTS DO — LIKE BAKING COOKIES AND TEACHING YOU HOW TO CHEAT AT BRIDGE AND STUFFING CASH INTO YOUR BIRTHDAY CARD?

SURE YOU DO. SO SHOW A LITTLE APPRECIATION.

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SORE	ROD	LANE
TETRA	PEP	ROC
	WINE	PRETTY
BEHEST	LOB	
ODE	WHEEL	BASE
AGE	ENATE	DOW
TEL	ROTES	AXE

LARAMIE PROJECT - MORE THAN JUST A MOVIE

Nellie Huggins
Editor

When 21-year-old college student Matthew Shepard was brutally beaten to death because he was gay, the nation was left aghast. Four years later, someone finally found a way to express what no one has been able to put into words.

"The Laramie Project" is based on the actual interviews that a New York theatre company conducted with hundreds of Laramie residents for a play they wrote based on the murder.

Brilliant ensembles of actors portray the Laramie residents and the members of the theatre company. Janeane Garofalo, Steve Buscemi, Camryn Manheim, Christina Ricci, Summer Phoenix and Peter Fonda are just a few. Don't be confused, actors are indeed portraying other actors. While this could have caused confusion, HBO pulled it off beautifully.

Although the film has gained much publicity and the cast and crew have gained very high acclaim for their performances and hard work, there is not much that is uplifting or jovial about the content of the movie.

It is understandably difficult to turn what happened to Matthew Shepard into a cable movie, but HBO did it with grace and dignity. HBO did not, for a second, sugarcoat any of the details for the sake of prime time, and that is always respectable.

The movie is a refreshing change of pace from the run of the mill made for tv movie. Unlike any other film based on the events, "The Laramie Project" gives an entirely new perspective on the events. The movie followed the actors as the events unfolded, as opposed to the retrospective view that is offered in most movies.

When "The Laramie Project" screened at the Berlin Film Festival earlier this month, it was a hit. The only place to go from there was HBO. "The Laramie Project" had its first showing on March 9, and will run into April.

POETRY SLAM

continued from page 1

Anyone that wanted to participate was welcomed, including but not limited to students, walk-ins, and Harper College English Guru Kris Piepenburg. Once the audience had participated, teams were chosen, with McCray and Chamura as the captains, and the audience poets split up between them. The poems in this ranged from homosexuality to a longing of rock stardom, at times ranging from 30 seconds to just over 15 minutes, and as a bonus incentive, the winning team took home the grand prize of \$15.00! All bets were off in this poetic free for all, and in the end, it all came down to the overturning of a judge's decision.....how utterly American.

In the end it is really a moot point to tell who won what. Art is not a concrete thing, so it is literally impossible to attempt to measure it. You can count words, track repetitions, and recognize stresses, but these are just ingredients mixed into a large

er system. Trying to describe poetry is like trying to draw a circle using only straight lines. You can take as much time as you want but there are always corners to get around.

Marc Smith put it best when saying this about poetry, "If you read one, you've read them all. But if you read a whole bunch of them, you get a better understanding of what they are really saying."

The Pong Unit accompanied Marc one last time for his rendition of Carl Sandberg's "Skyscraper", which put a proper cap on an amazing night of poetry, coffee, and laughter. Marc Smith is just one of many poets from the local scene that perform and read at the Green Mill every Sunday. Anyone interested in an unconventionally good time should check it out at:

The Green Mill
4802 North Broadway (Lawrence & Broadway)
Chicago, IL. 60640 (773) UPT-5552

ICE AGE: SURPRISINGLY FUNNY

Anthony McGinn
Staff Writer

Ice Age, 20th Century Fox's new computer animated comedy, is stuffed with all the necessities for a highly entertaining film. Spectacular action sequences combined with relentless laughter proved to be the right mix for audiences of all ages.

Enthusiastic moviegoers flocked to see Ice Age, which grossed nearly \$48 million during its opening weekend. The \$47.9 million shattered the previous March opening weekend record previously held by Jim Carrey's "Liar Liar" which made \$31.4 million in 1997.

Ice Age has the highest grossing opening weekend of any film this year and rightfully so.

Ice Age is filled with highly lovable characters such as Sid the sloth, voiced by John Leguizamo. Abandoned by his family on numerous occasions and desperately seeking the compassion of another individual, Sid creates an instant bond with the audience.

Sid meets a woolly mammoth, voiced by Ray Romano, named Manny. Reminiscent of Shrek, Manny seems to enjoy being isolated from society and has no desire for kinship from anybody, epically Sid.

Stumbling upon a small child, Manny and Sid are forced to work together to return the

baby to its rightful owners. Forced to receive guidance from the devious saber tooth tiger Diego, voiced by Dennis Leary, Manny and Sid must look out for their own lives as well as the baby.

Another lovable character is simply known as Scrut. The Scrut is a non-speaking combination of a squirrel and a rat whose only task throughout the film is to bury an

acorn for the winter. The struggles Scrut encounters have hilarious results.



Although Ice Age is geared toward children, there are plenty of adult themes evident throughout the film to keep older audiences entertained. Ranging from homosexually suggestive dinosaurs to the satirization of the evolutionary scale, these adult jokes are funnier than jokes found in any other comedy this year.

The only problem in Ice Age is when compared to other recent animated films such as Shrek and Monsters Inc. the artistic detail seems dismal.

Bland backgrounds and undetailed characters are the only pitfalls Ice Age suffers from. However, while Ice Age lacks in artistic detail compared to Shrek and Monsters Inc. it gains in pure hilarity. If you thought Shrek and Monster's Inc. were good, you'll be blown away by Ice Age.

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SOUNDS OF CHICAGO: SHOWS, FESTIVALS AND FETISH PARTIES

Ken Webster
Staff Writer

Listen kid, it's been a while since you've left the house. Thank god you read Chicago Sounds because you're about to get the four-one-one on all the local hot spots. Go alone or bring a date. Let's talk music. There's a lot cooking in the city over the next month so let me break down all the gold and all the dirt.

OK, let's shuffle through the punk rock shows first. A lot of people have been talking about the all ages NOFX show at the House of Blues on the 23rd, which is probably why the show sold out. Didn't get tickets in time? Don't stress, it's an all ages show anyway, which means you'd be rocking out with some of Chicago's finest 14-year-olds if you went. (Sarcasm so thick you can cut it with a stick.) But don't sweat it because The Briefs are going to be in town on the sixth of April at the Fireside Bowl and if you were really punk rock you'd be at the Fireside 10 years before you'd be at the House of Blues. The Briefs are a post-punk rock group on Interscope with a huge underground following. The Fireside Bowl can be found at 2646 w. Fullerton in Chicago and The House of Blues is 329 n. Dearborn if you want to try to scalp tickets to NOFX on the 23rd outside the door.

Electronic music is more your forte? Well, the Disco Biscuits will be at the House of Blues on March 30th with Miss Biobooster, Paul Norman and MC Phase as the opening acts. The Disco Biscuit's style is comparable to electronica for hippies. They tour around the country and do a lot of psychedelic trance jam rock. It's interesting. The opening acts are jungle deejays and emcees. If any of what I just said makes sense to you, then you should check this show out.

WHO'S WHO SPOTLIGHT ON EMI FUJIWARA

Nancy Huggins
Staff Writer

Meet Emiko Fujiwara. While many students focus on more conventional courses like History, Astronomy and Journalism, and show up for class in jeans and a sweater, "Emi" dons full costume Monday nights at Harper for her Flamenco Dancing



Class.

Emi also takes castanet lessons and takes private guitar lessons. Her course load isn't strictly musical and performance though. Emi has also studied more traditional fields such as Geology, Algebra, Psychology, English and Speed.

The multi-dimensional student has an Associates Degree in Art, and has been taking Ceramics for several years.

Emi will continue to indulge her talent for dancing with Flamenco III.

All right, spring break is touching down the first week of April and there's nothing more fun than a road trip. And where would be a better place to drive to on a road trip than a music festival? If you feel what I'm saying then you might want to check out 'The Green Valley Groove in the Grove Festival' in Ironton, Ohio. The venue is Stewart's farm, which is a...farm, I guess. Artists include Poor Man's Pie, Genuine Junk Band and a list of others. The festival also boasts drum workshops; drum circles, camping, fire dancing and vendors. Would you believe this event is \$10? A great place for an ugly date! For more info hit up 740-533-0720 or contact <http://www.poormanspie.com>.

Not everyone can afford to drive across the country to go to a hippy convention. And some of us don't like hippies, so why not stay at home and play with toys? Rock star toys! But not some cheap Kiss knock off action figure. No sir, I'm talking about the debut of The Gorillaz 10-inch Vinyl Roto dolls. You can't mess with that. And if you like Dan the Automator's work (Dan is the producer of Gorillaz), then watch out for his latest project, producing and co-writing Zack De La Rocha's solo album. Zack left Rage Against the Machine last year to be replaced by Sound Garden's Chris Cornell.

Well, I probably only scratched the surface for April, but there's always the next issue to cover everything else. Much love to all the crew.

-kenny techstepper

Are you in a hot local band that needs a plug? Do you know about something crazy that's going on in the Chicago land area and you'd like to get the word out about it? Well, get up off your ass and e-mail me at jedi_junglist@yahoo.com.

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SEX AND THE STUDENT

continued from page 3

So it's sad, but it's true; often when a friend finds the man of her dreams, you are looking at the end of a beautiful relationship-yours with her.

who once found you fascinating and fun now finds you...less than interesting.

Whether it's your friend or your lover, it hurts.

You'll know it's happened to you when the phone calls fade from once a day to once a week, and all conversation centers around what she and her man have been doing. Nary an inquiry of how you're doing or what you've been doing. It's as though you're talking to an acquaintance rather than someone whom you've shared some of your deepest secrets. And just like that, you've lost a friend.

Not unlike how it feels to lose a lover. That same empty, lost feeling when some one dumps you. That same special person

...Not unlike how it feels to lose a lover. That same empty, lost feeling when some one dumps you. That same special person who once found you fascinating and fun now finds you...less than interesting.

And while as everyone reminds you when your boyfriends drops you, there's always another man around the corner, always more

fish in the sea, it's not so easy to find a fun-smart-understanding-trustworthy-has-the-same-interests-as-you-same-sex-person you can call "friend".

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TIME MACHINE

Anthony McGinn
Staff Writer

Do not be fooled by the impressive numbers. Sure, The Time Machine finished number one at the box office during its opening weekend it made \$22.5 million during the first three days of its release. But that is no reason for any fortunate soul who has not been permanently scared from witnessing this atrocity to head to their local theatres.

Discovering a plot hole in the Time Machine is quite similar to searching for Waldo in the "Where's Waldo?" Children book series. There is one in almost every scene, it requires minimal concentration to notice them.

Some of the plot holes are overwhelmingly apparent: During a scene when the moon is falling on New York city, Alexander Hartegen (Guy Pearce) is handcuffed by police. In the next shot, Alexander is operating the time machine without handcuffs.

Other plot holes require critical thinking: The reason Alexander travels into the future is to find an answer to the question "why can't I change the past?" Alexander travels 800,000 miles into the future and discovers a new race, Morlocks, competing against humans to claim the "dominant race of the earth" title.

While intruding in Morlock territory, Alexander is apprehended by the Morlock master (Jeremy Irons). Instead of killing

Alexander, the Morlock master explains to him that no one can change the past.

Moments later Alexander jumps into his time machine and uses time travel to defeat the Morlock master.

This breaks the film's own principal which was set minutes before, "You can not change the past."

Plot holes aside, The Time Machine begins very slow and very extremely boring. The entire run of the film implies that a magnificent battle to end all battles will occur and save the film from flopping.

For one brief moment, all of the elements are present: anticipation, suspense, and action. The viewer sits back and prepares herself for what is sure to be a memorable battle. The camera shows Morlock running out of their

recently invaded underground caves. The camera cuts back to who the human race watching in fear. Then, the movie ends.

This abrupt ending causes the viewer frustration and aggravation. Throw in the plot holes, painful acting of Samantha Mumba and the cartoonish depiction of the Morlocks and The Time Machine has all the ingredients of an instant headache.

With the disappointment of recent films Collateral Damage, We Were Soldiers and The Time Machine, action film enthusiasts have had little to rave about. Do not give up hope just yet, Spider-Man and Stars Wars Episode II are less than two months away.



*The Harper College Student Body,
Staff and Faculty would like to
express it's sincere condolences to
the friends, family and loved ones
of Charlie Hearn*

*Plant services, along with the rest
of the Harper community will
miss him greatly.*

BLOOD, SWEAT AND FEAR

Kiel Cross
Staff Writer

Resident Evil, a classic video game, which pushed the envelope for plot, and suspense for the industry. And now with fan demand and lack of Hollywood originality, it was inevitable that it would be turned into a movie.

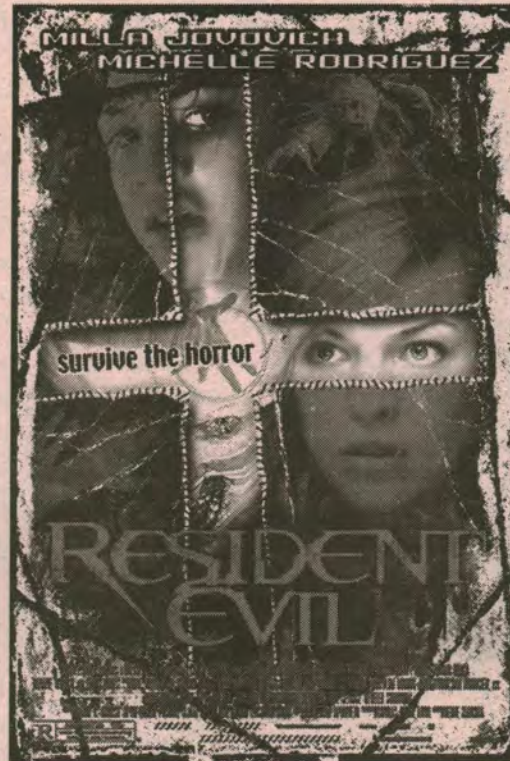
Biohazard, Resident Evil's original title was made in 1996 and was on the Sony Playstation console. The developer of the game, Capcom, took a giant gamble with this game. The storyline consisted of a special operations team to uncover information from a biomedical lab that's nestled in a mansion. This was the game that started the Survival/Horror genre. Resident Evil actually induced fear into the gamers. Instead of shoving cheesy monsters all over the screen, Capcom used Zombies sparingly, and based most of the terror on primary or childish fears. Such fears as darkness, eerie noises, insects, or as simple as anticipation getting the better of you. This may seem like it didn't work, but it did incredibly well. The game became an instant hit. Gamers, critics, and Hollywood all loved the game play and plot and knew it would make a spectacular movie.

Capcom first began talk about a movie

version of the game in 1997. In the beginning they decided George Romero (director of "Night of the Living Dead" and other classic movies) to write and direct the movie adaptation. But Romero's script didn't fly right with Capcom. Some directors later, they decided on the talent of Paul Anderson ("Event Horizon", "Mortal Kombat"). He already had experience converting a video game to a movie, and making the movie a success helped even more.

Five years and \$35 million later Resident Evil hit theaters. While the movie

is based on the video game series, playing the video games isn't a prerequisite, but it helps.



The story is set in an underground genetic research facility called the Hive. The Hive is funded by a conglomerate called Umbrella. A virus they were creating, called the T-virus, which has the ability to reanimate dead cells, was stolen and contaminates the Hive. The supercomputer that runs the Hive, called the Red Queen, seals off the Hive to quarantine the virus, and kills the workers inside. Hours later, a commando team is sent in to stop the virus from spreading outside and shut down

Alice, played by Milla Jovovich ("Fifth Element"), who is struck with temporary amnesia and gradually starts to remember the terrible events that went on. Alice leads the group throughout the facility, which is reminiscent of Sigourney Weaver as Ellen Ripley in "Alien". The team has 3 hours to get their objectives done and escape the hive before it self-destructs. To make matters worse the dead workers in the facility got infected with the T-virus and are now mindless bloodthirsty zombies.

Although some parts are predictable and the zombies look like they should be in the Thriller music video, Anderson does a good job converting game to movie. Also the score helped the movie go along, which was co-written by Marilyn Manson, which can be obviously heard with the dark industrial music.

"Resident Evil" is good for what it is; action and gore. Hardcore gamers and action fans alike will love this movie, but others might just be zombies for an hour and 40 minutes.

the Red Queen. On the way, they find employees that are still alive. One being

DIVERSITY IN EXCEL

Charles Cann
Staff Writer

The most recent sessions of the Excel Leadership Program had diversity under discussion in two intriguing parts – diversity one & two. Participants who make excel a small diverse community had exposure to the topic and why it is essential in everyday life.

In diversity one, participants had the chance to think of the world as place with unique and different individuals of different social and cultural grouping forming one big globe. With this idea, it was established that, the variety in population must help one to see things through different social and cultural perspective and not just from one viewpoint. To add to this, diversity as a tool, seeks to incorporate the head, hand and heart together as one unit to deal with issues and concerns. But gender, race, age, sexual orientation, location and other factors affecting this objective made participants form small group to discuss the best ways to solve this.


With diversity two, most participants were taken aback when the organizers pulled a fast trick and separated the entire group into two. One side of the group enjoyed the luxury of comfortable chairs, candy and full attention of the organizers at the

expense of the other side, which was faced with neglect and overcrowding. Complaints and grumbling from the neglected side brought the topic privilege. When everything reached normalcy, it was realized that privileges in society makes a few gain advantage over others. This advantage might not be enjoyed satisfactorily by all who have it because they see the real needs of majority of unprivileged people who really need a little bit of it. From this point, participants went into the usual small groups to discuss how true these privileges exist.

After the small group interaction, many issues arose that involved the participants to discover answer like privileges for all would help everyone live in peace and harmony with less worries for others. "Even though this issue seems delicate," said one participant who wishes to remain anonymous, "I am having a different view of things and would be bold to question certain prejudices in society." The discussion could have continued for hours but organizers had to stop it somewhere and advice participants to take a course like diversity 101 where it is discussed at length and into match more detail. In the end, many participants were happy of the little exposure to diversity.

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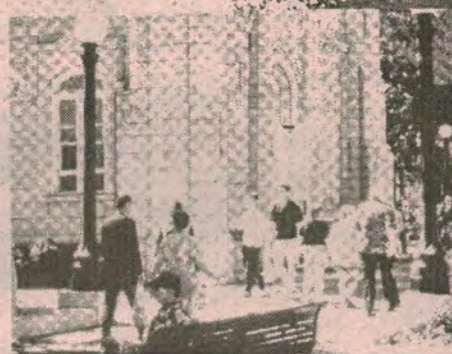
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The Lake Shore Campus on Chicago's North Side
Inset (above): Loyola's Water Tower Campus,
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PRESIDENTS PLACE

continued from page 1

through the Illinois Network of Child Care Resource and Referral Agencies (NCCAA). The credential is designed to recognize those who are operating at a high level of quality in all areas of knowledge and experience, while establishing a high standard of professionalism for the field.

Mercedes McGowen, Professor of Mathematics, has been re-appointed to the Committee of Undergraduate Programs in Mathematics (CUPM). Members of the committee put together recommendations for curriculum in undergraduate mathematical programs, which will then be distributed throughout the math community. McGowen, who has been teaching at Harper since 1990, is one of the only 2-community college professors on the 15-member committee.

Marjorie Brickley from Harper's Early Childhood Education Program, her partner Amy Gelnaw, and their two children received the "Genny Award" for typifying the new mainstream family. *My Generation*, a magazine published by AARP, celebrates their first anniversary with an "annual tribute to the individuals, things and ideas that helped shape the boomer generation..." Marjorie and her family share this award with Muhammad Ali, Andrew Weil, Billie Jean King, Max Cleland, John Lewis, Ken Kesey, Phil Donahue, and many more interesting people.

The Harper Symphony Orchestra was recognized recently through the extraordinary work of its conductor, Frank Winkler. The Illinois Council of Orchestras (ICO) awarded Winkler with a Certificate of Recognition for Meritorious Service in Orchestral Conducting. Winkler, who is in his 17th season as conductor of the Harper Symphony Orchestra, has also conducted the Grant Park Orchestra and the Orchestra of Illinois. He has toured extensively with the Symphonic Pops Orchestra of Chicago, which he founded, and has performed as a pianist with the Chicago Symphony Orchestra.

The Intensive English Program (IEP) at Harper College, which is part of the English as a Second language Department, recently received accredited status by the Commission on English Program Accreditation (CEA). Harper is only the second community college in the nation to receive this status. The program gives students who know very little English a rigorous approach to learning the language, so that they can assimilate to our community, and keep up with their coursework.

The Paralegal Studies Program at Harper has received a full seven-year re-approval from the American Bar Association (ABA). The program has maintained ABA approval since its establishment in 1972. Harper's Paralegal Studies Program was the first of its kind in Illinois and is one of the 30 oldest in the country.

Harper College made the March front cover of *Business Officer*, which published an article co-authored by Harper's Judy Thorson, Vice President of Administrative Services, where she detailed how we were able to achieve the Moody's Aaa rating. This very rare, top-honor assesses our credit worthiness on the merits of our tax base, and the Harper management team's approach to financial planning, policies and procedures.

As you may be aware, the requirements for education majors in Illinois are undergoing massive changes. The Illinois Community College Board and the Illinois Board of Higher Education are mandating new standards for curriculum. Last week, the ICCB selected Harper's model to be used across the State to guide the realignment of Early Childhood and Education courses to the Illinois Professional Teaching Standards, the Core Technology Standards, the Core Language Arts Standards and the Content Area Standards. Congratulations to the Business and Social Science Department for their work in this area, which clearly stands as some of the finest in the State.

There are so many more students, faculty and staff whom I wish to recognize, if only I had more space in this column. I am extremely proud of all members of the Harper College community. Each of you work every day to overcome obstacles and achieve goals that contribute to your personal growth, and to the standard of excellence we enjoy at this institution making Harper College an asset to the communities it serves.

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JESUS CHRIST SUPERSTAR

Lynn Mutch
Staff Writer

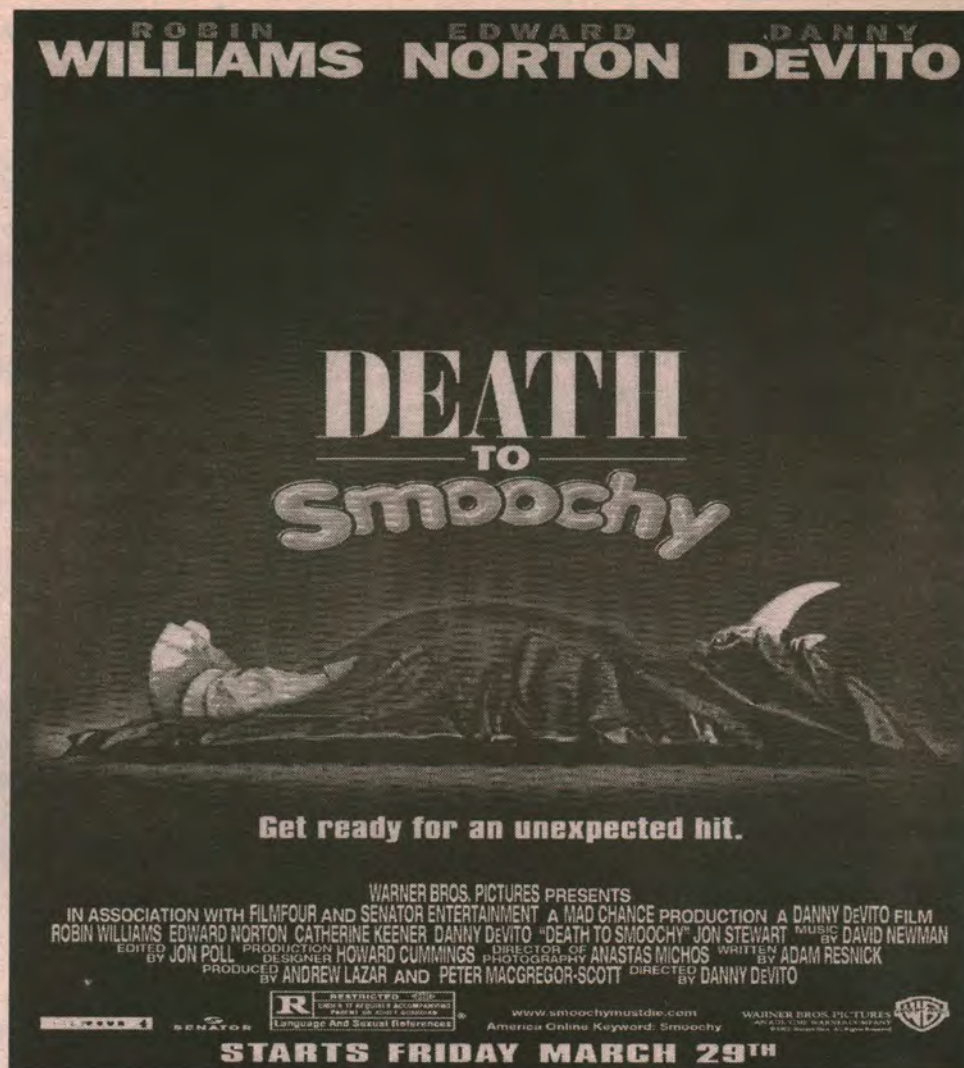
Everyone, or nearly everyone knows of Jesus Christ. So the storyline of Sunday's performance of "Jesus Christ Superstar" by the Harper Ensemble Theatre Company came as no surprise. The fact that the musical numbers, written 31 years ago by Time Rice and Andrew Lloyd Webber, have dated over the years did surprise me however.

That being said the cast did a great job with the material. It was a pity that the music drowned out the softer voices on occasions and they had feed back problems once or twice but hearing Mary Klein as Mary Magdalene made up for all of that. Her rendition of "I Don't Know How To Love Him" was outstanding.

The main characters were superbly acted. Jeremy Foster as Jesus and Jim Mahr as Judas played well off each other but I wasn't won over by the 70's rocker look they went for in costuming Judas. That and the village people look of a couple of the other characters left me underwhelmed but the other costumes just about

made up for it. I especially liked the gray veiling they used for the afflicted. I found it reassuring that Doctor Martins and Birkenstocks were ubiquitous in Biblical times too.

The set made good use of architectural detailing and every area of the theatre was used. I really enjoyed the fact that the actors got out into the audience. It was involving and made for a much more 3-D experience. It must have been exhausting for the cast members running up and down all those stairs though! If I ever tire of my aerobics class I'll know what to sign up for instead. Perhaps that's why they kept the theatre so cold that I had to wear my coat throughout the performance. The signers at the edge of the stage were reduced to blowing on their hands to keep them warm. On the whole even though the material itself wasn't my cup of tea I still enjoyed the performance thanks in large part to the voice of Mary Klein and the acting of Jeremy Foster. The final scene of the crucifixion was graphic but Foster handled it with aplomb. Well done once again to the Harper Ensemble Theatre Company on a job well done.



Harper Symphony Orchestra Conductor Achieves High Recognition

Special to the Harbinger

The Harper Symphony Orchestra was recognized recently through the extraordinary work of its conductor, Frank Winkler. The Illinois Council of Orchestras (ICO) awarded Winkler with a Certificate of Recognition for Meritorious Service in Orchestral Conducting.

Winkler, who is in his 17th season as conductor of the Harper Symphony Orchestra, has also conducted the Grant Park Orchestra and the Orchestra of Illinois. He has toured extensively with the Symphonic Pops Orchestra of Chicago, which he founded and has performed as a pianist with the Chicago Symphony Orchestra.

"This award is well overdue for Frank Winkler," said Gregory Clemons, Director of bands at Harper College. "Under his direction, the Harper Symphony Orchestra has become one of the best orchestras in the area."

Clemons helped coordinate the nomination of Winkler to the ICO. The effort involved a collaboration of supporters in the orchestra community who believe that Frank Winkler and the Harper Symphony Orchestra deserve to be recognized.

"I'm delighted to be directing for the Harper Orchestra," said Winkler, who has been performing and conducting in the Northwest Suburban area for the last 33 years. "The music faculty at Harper has

empowered me to have innovative programs, and I'm proud of the caliber of the Orchestral work we've created because of it."

The orchestra is comprised of professional players, students and members of the community. "The Harper Symphony Orchestra is a true hidden treasure in this community," said Winkler.

On Saturday, April 6, at 7:30 PM the Harper Symphony Orchestra will perform a "Spotlight Concert" as part of their 2001-2002 orchestral season. At this concert, Don Dadas, President of the Illinois Council of Orchestras, will present Winkler with the Certificate of Recognition for Meritorious Service in Orchestral Conducting in front of the audience and orchestra.

For more information on the Harper Symphony Orchestra, you may contact Frank Winkler at (847) 729-1893. For information and tickets for the April 6th performance, contact the Box Office at (847) 925-6100.

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4 HABITS OF EXTREMELY INEFFECTIVE WORKOUTS

Steve McHugh
Sports Editor

Students can easily become creatures of habit in the same form of a bodybuilder. Chowing on a box of Cinnamon Toast Crunch, having a few cigarettes, ordering pizza for dinner, and then closing the night off with your old friend Bud. Those typical college habits can paint a vivid picture in your mind when it comes to pondering on your daily routines.

A bodybuilders habits resemble things such as the daily 6 a.m. treadmill jogs, the Tuesday afternoons when they can hardly walk because of last night's leg extensions, or the same chicken-and-steamed-veggies fitness fanatics scarf down cause it's on their weekly schedule.

While dedication to being fit is admirable, chances are even bodybuilders can pick up bad habits along the way. Skipping meals, not logging your workouts, even hitting the gym too often and failing to give their bodies a growth period. Unfortunately, muscle-building is more of an exact science than we often realize. One bad habit has the power to negate all the good ones.

"A few bad habits can add up to giving body builders as much of a chance to add

muscle as Britney Spears "Crossroads" does of winning Best Picture Oscar this spring," said Chicago based kickboxing champion Jimmy Zittnan of Roselle, IL.

Jim's career in martial arts started from of the teaching of his mentor Steve Lilegdon. After training together for several years, Jim's technique and knowledge helped him leave behind all the bad habits he started since high school.

"Forming habits is strictly in the mental process, your mind gets bored of certain things quickly sometimes and shifts to certain things lodged in the back of your head," Zittnan said. "Students and body builders simply learn that if you keep doing what you're doing, you're going to keep getting what you've been getting."

Habit #1- Dreading your Workouts

Believe it or not, some guys actually enjoy going window shopping at the mall with their girlfriend or watching episodes of Blind Date with ten buddies, much more than hitting the dumb bells at the gym. Some women would rather watch a monster truck rally on TV. than be seen work

ing out at a fitness center.

While workouts should be hard, they shouldn't be so scary or brutal that you just don't want to do it. Exercise cannot be depicted as a chore you have to persevere through; it must be an activity you gain enjoyment from and somewhat look forward to. To change this attitude, you can choose various substitutes that offer similar benefits. Making yourself do one thing when you really want to do another unbalances your equilibrium.

Just because your workouts are no longer a chore, this doesn't exactly make everything fun and games. The relationship between training and fun is viewed as a very contradictory issue. Physical activity can be fun to a certain degree, but from there on it you will feel positive pain, due to muscle growth and burning.

A chore is something that you typically dread and consider meaningless, whereas your training should be regarded as an endeavor. Sure it may not be very enjoyable at all time, but it's nonetheless rewarding, and should be helpful enough to keep you coming back for more.

Habit #2- Not beginning with the end in mind

Are you one of those guys who won't stop the car and ask for directions no matter how long you've been driving in circles, despite the fact you tossed the roadmap out the window in disgust.

That failure to plan a route ahead of time is a bad habit shared by all ineffective body builders. Just working out and changing your diet will get you somewhere, but it certainly won't lead you to the promised land of fitness.

"When you think you've already made up your mind about the way you're going to do something, is when the problems arise, be prepared to except failure once in a while so it can build to goals you couldn't achieve before," said Zittnan.

Before beginning a training program or trying to pick up the one your involved in now, you must set goals for yourself. Be sure to be specific and choose goals that you can readily measure, like gaining 10 pounds of muscle or adding 50 pounds to your squat max. After your goals are set, you can decide how to attain them, dividing that overall goal into smaller attainable milestones to lead you along the way.

For example, if shedding excess body fat is your target, you know that you'll have to concentrate primarily on you diet while building your weight training program around medium repetitions instead of low reps. With a specific goal in mind, the correct route toward it becomes all the more clear.

Habit #3- Failing to prioritize

Should you play just one more game of SSX Tricky on the Playstation 2 or should you do some curls. Should you hit happy hour with your buds in a basement or hit the gym for a good run. Everything always comes down to priorities.

The number one killer of a successful program is inconsistency, and to stay on task you must make training a regular part of your daily schedule.

Visiting the gym shouldn't be something that you merely fit in, but rather a regular scheduled tasks, like walking the dog or brushing your teeth. The key to prioritizing is planning. As best you can, try to foresee you schedule a week in advance, selecting appropriate times to train and hold yourself accountable for the commitment you've made.

Resist the temptation to chill out in front of the tube all night building up your video snowboarding skills, and get into the workout mode.

Habit #4- Training with too much or not enough intensity

In every program lies a fine line where the bodybuilder must distinguish between hard core training and simply not enough training. A "happy medium" is exactly where you want to be.

Over-training syndrome (OTS) is a condition in which an individual trains excessively yet performance disappears over an extended period.

An over-trained athlete typically displays chronic fatigue and staleness and is more prone to injury and infraction, translating into counterproductive workouts and decreases in muscular strength and size due to insufficient recovery.

If you're an over-trainer, restructure your program to balance out the proportion of training to recovery time. If you train every body part twice a week, scale down to once, if your chest routine consists of 20 total sets, decrease it to 12-15. Reducing volume will add recovery time to your muscles and thus lead to a greater adaptive response.

On the opposite end is the trainee who doesn't work hard enough. We're talking about someone who does 10 reps when they easily could do 15. A simple concept called progressive overload will set in eventually and you will realize who you're really cheating!

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STUDENTS CAN COMBINE TRAINING AND MARTIAL ARTS

Intensity, determination, and focus; three main keys to look for in a solid human being. Put the right elements together and the result is explosive power, a trait shared by champion weight lifters and top ranked fighters.

These are the elements Steve Lilegdon is planning to teach students of all ages at LifeTime Fitness Centers in the Chicago area. Raised in Roselle, IL, Steve mastered the arts of Jeet Kune Do under the instruction of California based Larry Hartsall.

"JKD is the literal translation for the way of the intercepting fist, with it's object lesson being no art is superior to any other, we can be unbound, we can be free," Lilegdon said.

Jeet Kune Do, conceived by Bruce Lee in 1967, consisted of neither a series of rules nor classification of techniques which constitutes a very distinct method of fighting. The total picture Lee wanted to present to his pupils- freedom to act naturally and effectively in combat, and in life. In life we absorb what is useful and reject what is useless. And add to experience what is specifically our own!

According to Steve serious weight training plan, body building and martial arts deliver flexibility and endurance, so a combination of both disciplines gives you an edge in both areas.

"One of the weaknesses of body-builders is that their body movements away from the weight suffer, there is sometimes an awkwardness that develops in their motion," said Lilegdon, "on the other hand, martial artists who don't weight train consistently deprive themselves of the power edge in their martial arts techniques."

Adding a bit of martial arts training to a gym workout routine equals extreme impact on your body. Hitting the weights gives a fighter more power. Self defense training translates into a body awareness and grace the awkwardness to a more stable compound.

Conditioning for hostile sports differs from general conditioning in that it must be more functional rather than just appearance. Strength on its own cannot be our objective, it must be strength over long periods of time. The main goal should be to never stop moving during the workout. During your recovery time add something to keep your blood flowing.

If you're ready to go full-on into a combat discipline, or if you're already advancing through the ranks of a school and you'd like to use weight training to improve your abilities, you'll need to build a resistance routine that complements your arts practice without detracting from it.

First off, you'll want to limit your time in the gym dedicated to building muscle, three sessions per week should be enough. You will also want to tailor your workout, instead of focusing workouts around body parts like a bodybuilder would, you focus more on exercises that translate directly to strength in kicking, punching, and throws.

In martial arts, much attention is aimed toward the center of the body as the main

source of power. That makes abdominal exercises critical, as well as lower-back exercises, to maintain an equilibrium of strength. Functional, multi-joint moves that work the muscles of the upper body are also crucial, along with basic lower-body strengths such as squats.

"The Chinese theory or Yin and Yang, meaning balance in life, applies perfectly to physical conditioning. What do you need to have fantastic kicks? The obvious answer is full power of the leg muscles in addition to great flexibility," stated Lilegdon, after years of studies on Chinese and Japanese theories.

Even though the defensive arts often center around punches or kicks, all around power is the ultimate training weapon. The reality of being able to kick with optimum effect is that you have to train the entire body, not just one muscle group.

The fundamentals of kicking require you to kick from the ground up. The entire body must come into play to explode a kick that will simply devastate your target. Your upper-body must be in tune, in order to get a quicker reaction and complement your kicks.

Look at any world class sprinters body, naturally we know they must train their legs to their peak condition. But you will find them with incredible abdominal development and powerful shoulders, chest, back, and arms.

The countries best martial artists develop a lot of strength without adding size, allowing them to be more agile and quick while holding power. If however, your first passion is bodybuilding, you want to get big, so why would you want to jump into martial arts too? Do these two hobbies look they contradict each other to you?

If you want to take your chosen discipline to the highest levels of competition, you likely won't be able to continue making great bodybuilding progress at the same time unless your genetics are similar to Hercules. If you look at martial arts as simply a component of your quest for muscle, and limit your time and involvement, you can reap a number of positive bodybuilding tactics.

The mental benefits of martial arts transfer to any sport out there. Mind set is everything and you really do become what you think you are. To be elite in anything takes a strong will and sense of direction. Those are qualities serious bodybuilders and martial artists share. Willing to push themselves past their limits to reach the next level, there's always a next level, no matter how good you think you may be!

Choosing your Style

Aikido- A dynamic art practiced by screen star Steven Seagal, Aikido uses the energy and momentum of opponents to control or throw them. Although Seagal is lowly credited for his martial arts skills, he has supremely mastered this particular style of defensive fighting. "Sort of a you swing and kick first and then I'll already know what do style," Lilegdon said.

Improves balance, flexibility, and builds confidence while instilling discipline.

Capoeira- Brazilian martial art developed by African slaves. Maneuvers disguised as gymnastics moves, accompanies fighters by music and chant to solid beats. This style can best be viewed by the early 1990s film "Only the Strong." Capoeira, being the most entertaining style to watch, still lacks it's participants nation wide and is most popular among Brazil and Africa.

Jeet Kune Do- Martial arts system and philosophy developed by the powerful mind of Bruce Lee. One of the most popular among styles today, JKD takes steps out of many different styles of fighting and forms one. Celebrities like Kareem Abdoul Jabaar and Muhammad Ali even took lessons from the Michael Jordan of martial arts.

Judo- Japanese martial art which strongly emphasizes throws and tumbling. One of the best forms of physical conditioning and mental development. Teaches self defense and increases stamina through century old teachings. Judo became an Olympic sport in 1964 and combines throwing techniques, hold downs, strangle holds, and arms locks to help you overcome your opponent or attacker in any situation.

Kenpo- The "Americanized" version of karate. Other well-known related styles include Shotokan, Kyokushinaki, and Goju-Ryu, which are all linear, direct techniques emphasizing hand strikes.

Krav Maga- Israeli martial art developed by Israeli soldiers. This is commonly used for street fighting and close-quarters combat. No set forms can be seen, only defensive/offensive blocks and strikes.

Muay Thai- Kickboxing and one of Thailand's most popular spectator sports. Elbow and knee kicks are mainly used, and the fighters shins can usually be described as rock solid. Muay Thai can be related to actors such as Jean Claude Van Damme.

Savate- French style of kickboxing emphasizing on precision of kick strikes.

Tae Kwon Do- Korean martial arts and one of the most popular disciplines in all of America. High flying kicks can best describe this art which takes punches and kicks and excels them to the opponents advantage.

Wing Chun- Style used for close combat, developed by the only nun to survive the burning of the Shaolin temple. This sacred style is picked up after other styles are mastered.

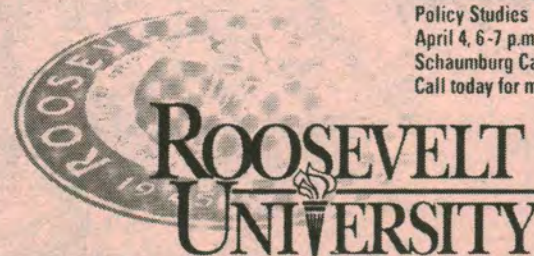
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CC All videos will be shown Tuesdays and Wednesdays at 1:00 pm in the TV Lounge, Student and Administration Center, A336.</p> <p>⚖ An attorney will be available to offer legal advice at no charge to Harper students with a current activity card. Call 847.925.6242 to schedule an appointment for Wednesday afternoons and evenings. Saturday mornings may be available as well.</p> <p>Movie tickets good for admission at any Loews/Cineplex, AMC, or General Cinema movie theatre are available for \$5.00 (AMC and Loews/Cineplex) or \$6.50 (General Cinema) to Harper students with an activity pass. Tickets are available through the Box Office, Business and Social Science Center, J135, with a limit of 10 (of each type) tickets per student.</p>						
3	4 March 4-March 10 Women Make History Celebration	5	6 ⚖ Free legal advice for Harper students 1:00-7:00 pm. Call 925.6242 for appointment.	7 Concert Kristian Kiefstad, piano 12:15 pm Music Instruction Center P205 FREE	8 1 eXcel: Appreciating Diversity Part I 1:00-4:00 pm Student and Administration Center, A 238 Java Jams-Alejandro Escovedo With very special guest Robbie Fuks , 7:30 pm Student and Administration Center, J7-S10 Women's Basketball, Regionals-Semifinal, TBA	9 2 ⚖ Free legal advice for Harper students 9:00 am-2:00 pm. Call 925.6242 for appointment. Women's Basketball, Regionals-Finals, TBA
10	11	12	13 American Cancer Society Low-Fat Pigout Education Table Business and Social Science Center ⚖ Free legal advice for Harper students 1:00-7:00 pm. Call 925.6242 for appointment.	14 Women's Basketball, NJCAA Nationals, TBA	15 1 eXcel: Appreciating Diversity Part II 1:00-4:00 pm Student and Administration Center, A 238 Java Jams - Poetry Slam featuring Marc Smith 7:30 pm Student and Administration Center, J7-S10 Harper Theatre Jesus Christ Superstar 8:00 pm Business and Social Science Center Theatre, J 143, \$8-\$10	16 Midterm Harper Theatre Jesus Christ Superstar 8:00 pm Business and Social Science Center, Theatre, J 143 \$8-\$10 Baseball, at home, 12:00 noon
17 Harper Theatre Jesus Christ Superstar 2:00 pm Business and Social Science Center Theatre, J 143 \$8-\$10 Baseball, at Lake County 12:00 noon	18	19 Live! Lecture "Animal Planet's" Jeff Corwin 7:30 pm Wellness and Sports Center \$5-\$7 Softball, at South Suburban 3:00 pm	20 ⚖ Free legal advice for Harper students 1:00-7:00 pm. Call 925.6242 for appointment. Baseball, at Waubesa 2:30 pm	21 Concert: Matthew Hagle, piano 12:15 pm Music Instruction Center P 205 FREE	22 Java Jams-Frank Caliendo (Mad-TV), 7:30 pm Student and Administration Center, J7-S10 Harper Theatre Jesus Christ Superstar 8:00 pm Business and Social Science Center Theatre, J 143, \$8-\$10	23 Harper Theatre Jesus Christ Superstar 8:00 pm Business and Social Science Center Theatre, J 143, \$8-\$10 Baseball, Spring Trip, TBA
24 Harper Theatre Jesus Christ Superstar 2:00 pm Business and Social Science Center Theatre, J 143, \$8-\$10	25	26 Safe Spring Break Workshop Baseball, at home, 2:30 pm Softball, at home, 3:00 pm	27	28 Student Performances 12:15 pm Music Instruction Center P 205 FREE Baseball, at Oakton 2:30 pm Softball, at Moraine Valley 2:30 pm	29 Reading Day (Classes Not in Session) Baseball, at home 12:00 noon	30 Baseball, at Rock Valley 12:00 noon Softball, at Lake County 12:00 noon
31 Non-Instructional Day (Classes Not in Session)						

King Crossword

Answers on pg.6

ACROSS

- 1 Society newcomer
4 Baffle
9 Regis' employer
12 Kayaker's prop
13 Soft-boiling aid
14 Chum
15 Tart fruit used in preserves
17 Expert
18 Early hrs.
19 Brunch entree
21 Seal of approval
24 Actress Campbell
25 So as to emulate
26 Bottom line
28 Sleuths, slangily
31 Angry
33 Staff
35 Highway division
36 Aquarium favorite
38 Energy
40 "Arabian Nights" flier
41 Somme-lier's offering
43 Attractive
45 Command
47 Arcing shot
48 Pindaric piece
49 Axle-to-axle measure
54 Candle tally
55 On Mom's side
56 DuPont rival
57 Either of AT&T's Ts
58 Memori-zation methods
59 Dump from the payroll

DOWN

- 1 Billy Ray Cyrus series
2 Listening device
3 Monokini lack
4 Pollen-bearing organ
5 Tout
6 King of diamonds?
7 Honeydew, for one
8 Intern-to-be's study
9 Upset the - (mess up)
10 Naked
11 Coagulate
16 "Humbug!"
20 Satan's specialty
21 Throw
22 Lotion additive
23 Sideways somersault
27 Outdo
29 Gordius' puzzler
30 Cabinet member (Abbr.)
32 Pennsylv-ania port
34 Use up
37 "Jeop-ardy!" clue
39 Working stiff
42 Race (Pref.)
44 Period of decline
45 Gravy vessel
46 Move cautiously
50 Pack away
51 Oklahoma city
52 Fenway squad, for short
53 Merino mama

