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The Courier, College of DuPage

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November 18,1994 Volume 28 Issue 7

COURTER

College of DuPage

INSIDE

SPECIAL EDITION

Volunteerism and those who give all year. See page 10.

SPORTS Mens' basketball team is previewed. Page 20.



FEATURES There's hope for 'Smokeout Dropouts'. See page 9

A RTS A living family brings 'A Christmas Carol' to life. See page 14.



Plus and minus for student

grades?

By Jon Krenek Managing News Editor

Little did Religious Studies Professor John Modschiedler know at the beginning of the quarter that explaining his grading policy to his students would spark a review of CD's entire grading policy.

Now whether or not CD should add a plus and minus to student grades is being reviewed by the faculty Instruction Committee and Faculty Senate. "I've always thought since

"I've always thought since I've taught that it would be a good idea," Modschiedler said. "It allows you to make a distinction that I think is important."

important." The policy hasn't been reviewed for four or five years according to Instruction Committee Chair Bob Seaton, but resurfaced when an SGA

see Grades, pg. 2



Photo by Mathew Kaarlela Alpha Schwa Omega members, Joe and Nick, kick the foot bag around in the Athletic Center on Tuesday.

Trustees ending terms in 1995 won't seek reelection to board

By Jon Krenek Managing News Editor

rustees Peggy Connolly and Nolan Baird both have several things in common. Both are up for reelection in November 1995, neither will be running for reelection and both will have served as board chairpersons. The Board of Trustees elected Connolly chairperson at a regular Board meeting last Wednesday. Connolly will serve a one year term and replaces Baird, who served as chairperson since 1992. "The board has set goals and we have the responsibility to see that they are met," Connolly said. "I feel my responsibility is to facilitate board meeting to be sure all perspectives are heard.' The board's goals for the

next year include completing the evaluation of CD's mission statements, monitoring educational quality and the quick and successful completion of contract settlements with all college constituencies according to Connolly. Neither Baird nor

Connolly, who were elected to six year terms in 1989, will

"I feel I've become

experiences I've ever had," Connolly said. "I have a hard time calling myself a public servant because I've taken so much back in return."

much back in return." Connolly said her personal reason for not seeking reelection is so that she can spend more time with her children Erica, 13, and Cailin, 11.

When first elected to the board Connolly said she had

Student Publication

Student trustee elected SGA senator

By Jon Krenek Managing News Editor

SGA has nine new senators following last week's senatorial election and one of them is Student Trustee Patrick Kelly.

The election recorded a one-half percent voter turnout and seated all of the candidates who ran. Kelly received 37 votes,



Patrick Kelly

the lowest vote total of all the candidates, after running a low profile writein campaign. He said he decided to run as a write-in after hearing the senatorial candidate debate prior to the election.

'I realized how underinformed student representatives are, and I don't want people who are representing me to be underinformed," Kelly said. "I talk to a lot of people, and I've become sort of a resource for everyone. He says he hopes serve in his dual role as a senator and student trustee by serving as a catalyst in SGA and a representative on the Board of Trustees. SGA President Mike Fandel said he considers Kelly's dual role as a conflict of interest, though no SGA policy restricts the student trustee from being a member of SGA. "The issue has been raised in SGA because now he's a member of two constituency groups," Fandel said. "We see Kelly, pg. 2

apart from the community and I don't want to lose the other perspective."

> —Trustee Peggy Connolly

seek reelection when their terms expire next year. Connolly said her reasons are both personal and professional, and Baird could not be reached for comment. "Being a trustee at CD has been one of the greatest strong feelings about some CD issues, and having served almost a full term has started "slipping" into a position that she is always right.

"When I was elected to the board I felt that I was part of the community," Connolly said. "By virtue of being a part of the board, I feel I've become apart from the community and I don't want to lose the other perspective." Connolly said she has asked other community members she knows if they would be interested in running, but did not say who.

COURIER)



Edited By Tina M. Beelel

Nov. 2

James Saldana of Wheaton reported missing banners from the SRC Cafeteria. Saldana stated in the report that the posters were hung on Oct. 27 and were missing by Nov. 2.

Nov. 6

Shannon R. Rapp of Brookfield was charged with library theft. The report states that Rapp alleges accidentally took the reference book "The Journal of Criminal Law and Criminology" out of the LRC. Rapp stated the book was in between notebooks when the alarm was set off while trying to

leave. A court date of Dec. 6 has been set at the Glendale Heights Field Court.

Nov. 9

Mary Buckley of Glen Ellyn reported damage to a projector located in IC 3038. The AV lamp and holder had been removed. Estimated value of the damage was determined to be \$50.

Anik Dharia of Hanover Park reported a stolen textbook from IC 3001. Estimated value of the text is unknown.

Rocco Pentino of Carol Stream reported theft from a locker in PE 107. Clothing and a wallet were missing from the locker. The estimated value of the loss was estimated at \$145.

Nov. 12

Debbie Derrik of Geneva reported damage to a motor vehicle located in Lot 7. The right side of the car had a 15" x 1" wide gauge along the right side which extended from the front fender to the rear of the car. No estimated value of the damage.

Please report all lost and stolen items to the Department of **Public Safety**



You're together for the first time in ages-all ages from all oversharing the warmth of the holidays. It's the perfect time for a professionally taken family portrait. And with the Promise of Excellence, your portrait is guaranteed for a lifetime. So, long after the last plane leaves and the kids go back to school, you can look back and remember being together that last time-for ages. Call for an appointment today.

Kelly, from pg. 1

can find another way to maintain a relationship with him as the student trustee.'

Kelly will receive a monetary stipend for serving as an SGA senator according to Fandel that could serve to bias his decisions. Board Chairperson Peggy Connolly said that if there is not a policy against Kelly serving a dual role, he would not be in a conflict of interest.

"He has the same representative role as any other trustee except for the limitations put on him by the law," Connolly said. "He represents all college constituencies, and not any single one."

Trustees contribute to board decisions through their own individual expertise according to Connolly, the

Grades, from pg. 1

senator in his Modscheidler's class

proposed the idea to SGA officials. "It wasn't something that was brought to us directly," said Senator Mike Murphy. "I don't think he thought anyone would pay attention to him, or that it would come back to him."

The proposal eventually found the way to the Instruction Committee, and a questionairre on the issue will be distributed to faculty by the end of the quarter according to Seaton. "If we get into this we'll have to ask

how accurate we want to get," Seaton said. "We also have to ask how accurate the grading system is to begin with."

kind of expertise Kelly said he's trying to gain by serving in SGA. Kelly also said he doesn't believe his

dual role represents a conflict of interest.

The more things I'm involved in at the college, the more able I am to represent student views to the board," Kelly said. "I don't see it as being a conflict of interest if I'm working in the interest of students."

Persuading SGA to cancel its membership with the United States Student Association and joining the American Student Association for Community Colleges is one area Kelly said he'll work towards in SGA.

The other candidates elected to office include Mike Pampinella (91 votes), Jen Kasky (90), John Prusko (86), Fran Cermak (85), Kathleen Murray (82), Ed Filec (77), Anna Garbers (75), and Hope Lumpkins (73).

A change in the policy could have an effect on student GPAs according to Modschiedler because the plus and minus would add or subtract grade

points to the grades students receive. A grade of "B" worth 3 grade points under the current policy would be worth 3.25 if it became a "B -" or a 3.75 if it became a "B +", for example.

Many teachers add plus or minus to test and paper grades according to Modscheidler, and can report a student's grade with a plus or minus that isn't recorded on the student's record.

Seaton said the last review of the policy several years ago didn't result in any changes.

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NEWS

November 18, 1994

Courier redefines Editor in Chief position, divides responsibilities

The Editor in Chief position is undergoing an organizational change that includes the division of management responsibilities. Current Editor in Chief Tina Marie Beelel will become Managing Editorial Editor and News Editor Jon Krenek will become Managing News Editor.

"I felt the work load of Editor in Chief was to much for one person to handle," said Courier Advisor Catherine Stablein. "The responsibilities will be divided up."

Stablein said staff member are working at different times of the day and having two managing editors will make them more available to staff members. Both Beelel and Krenek

will share the responsibility

"I felt the work load of Editor in Chief was to much for one person to handle."

—Advisor Catherine Stablein

for direction of the staff. Beelel's responsibilities will include artistic direction and management of the editorial pages, layouts and copyediting. She has served as editor of the *Chaparral* student magazine last Spring Quarter and had prior experience working on the Glenbard North High School student newspaper and yearbook staffs. She is a sophomore who has maintained a 3.6 GPA.

Krenek's responsibilities will include journalistic direction and management of the news section, deadlines and copyediting.

He has served as the *Courier* News Editor during the 1992-93 and 1993-94 academic years and has worked as a reporter for the Suburban *Life* and Wheaton *Leader* newspapers. He is a sophomore who currently holds a 2.8 GPA.

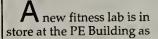
IN BREIF

rustees are seeking an estimated \$39,617,549 tax levy for Fiscal Year 1994 at a 6.6 percent increase over last year.

A public hearing on the proposed levy will be held for the second time at 6:45 p.m. on Dec. 14 in SRC 2085.

The Board of Trustees approved the second hearing after a local newspaper failed to print a required public notice on the hearing held in September.

The second hearing in December will correspond with a new public notice to be published prior to the regular December board meeting.



the Board of Trustees approved a \$318, 100 bid for remodeling.

The bid was awarded to G.C.S, Inc of Naperville at a regular board meeting last Wednesday.

The project will include remodeling the existing fitness lab and who adjacent racquetball courts into a new weight lifting area, and adding a 1,500 square foot addition to the existing weight room for the new lab.

he Board of Trustees approved a \$116,517 non-bid expenditure for 12 copiers from Xerox Corporation.

The copiers will serve as replacements for old copiers at offices at both Central and Open Campus locations.

CD not participating in student money-back guarantee program

By Jon Krenek Managing News Editor

he Board of Trustees expressed support for a recommendation by the administration not to participate in the Educational Guarantees program offered through the Illinois Community College Board.

Trustees reviewed the recommendation as an informational item at the regular board meeting last Wednesday.

The Educational Guarantees program offers students a money back guarantee that courses at Illinois community colleges will adequately prepare them for future jobs or studies.

President Mike Murphy told trustees that the program is a more a public relations tool than a way of improving educational quality. "This sounds like crass commercialism of breakfast cereal," said Trustee Bill Bunge. "You get a coupon and you can get your money back."

Trustees expressed concerns about the liability the program could expose CD to, and the additional bureaucracy it could create.

"If students were to take a math course for transfer and then get fuzzy or have a problem doing higher math they might qualify for a refund," said Trustee Robert McCray. "It may not be our fault." Murphy said the administration is looking at other options that would impact a greater number of students and improve educational quality before a problem may occur.

"We recognize the need for quality, but we don't think this is the way to do it," Murphy said. "It would have an impact on too few students at to late a time."

McCray said the program appears to be more a response to legislators concerned about educational quality than a real guarantee of quality.

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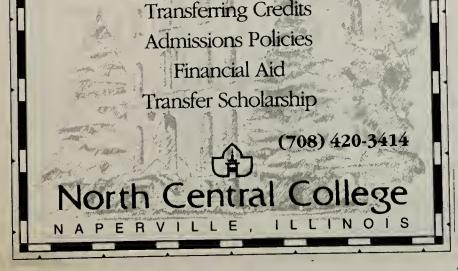
DAN PAL Transfer Coordinator will be on your campus Wednesday, Nov. 30th

9:00 A.M. - 1:00 P.M. 2ND LEVEL FOYER - SRC BLDG.

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46 Baccalaureate Programs

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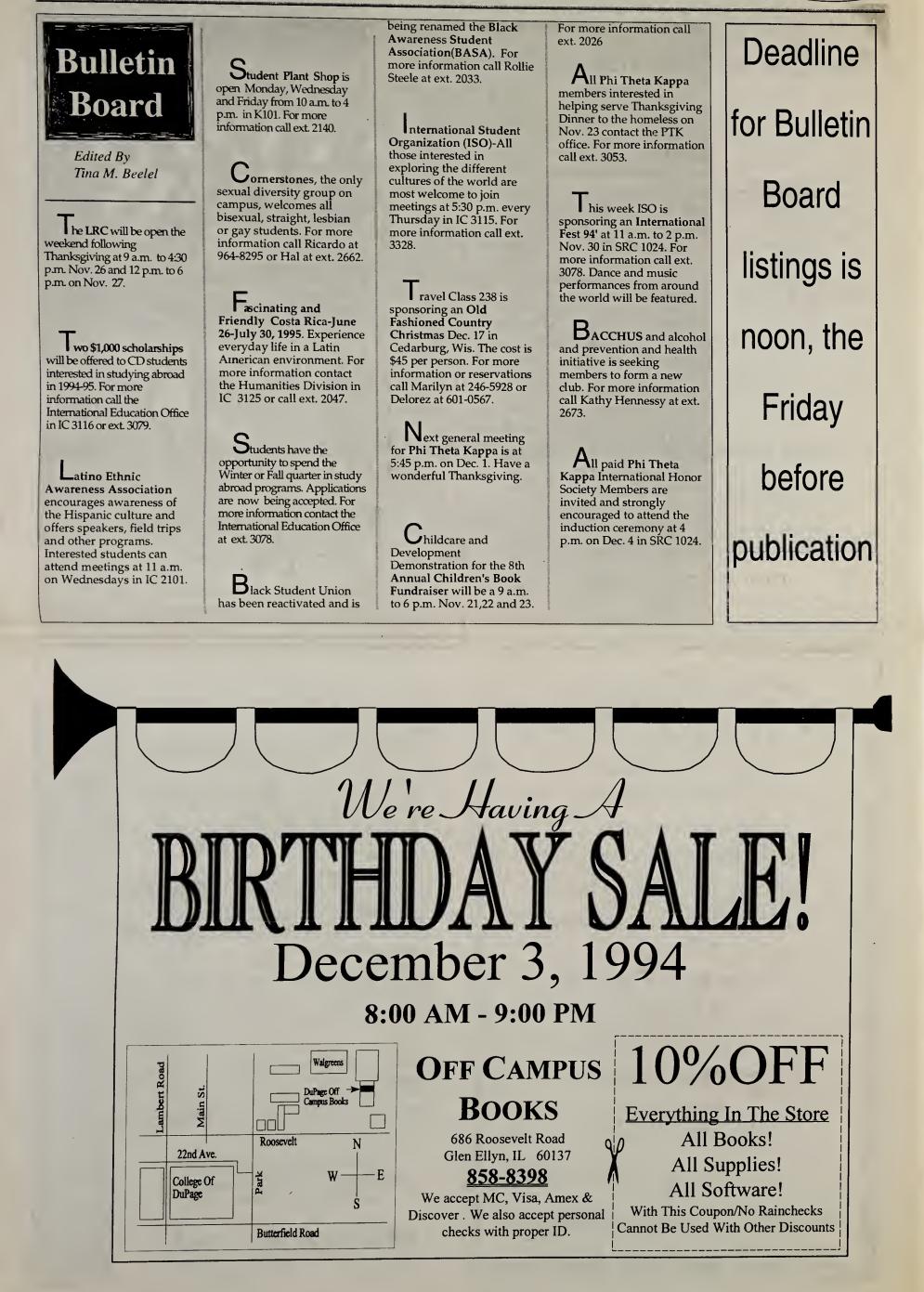
Tuesday, November 29 9:00 a.m. - 12:00 p.m. and 5:30 p.m. - 7:00 p.m.

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NEWS

COURIER



November 18, 1994

• FAMILY FEST •

What happened to the decorations?

"Little Reindeer's

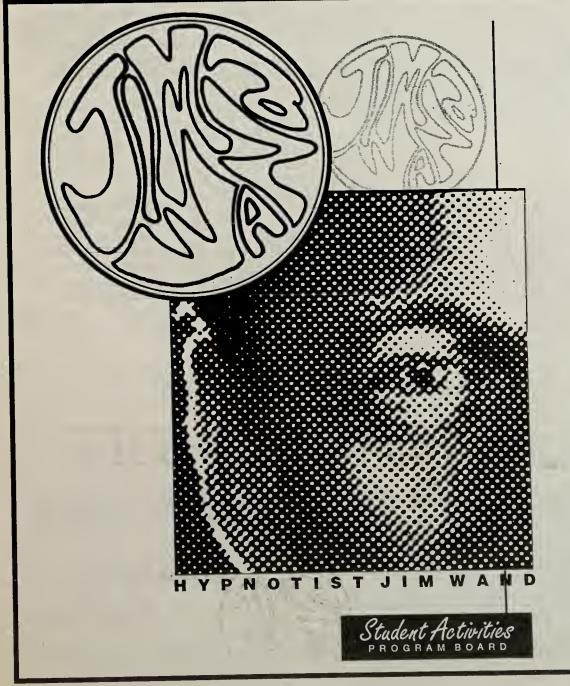
Caper

Sunday, DECEMBER 11

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PERSPECTIVE

Student

says yes

As a student here at CD, I

voice my concern over Public

through out our training, the

Police officers go into their

service and the helping of

protection of life was stressed.

career not for the "glamour" or

the "power," but for the public

Our campus is a microcosm

of the population of DuPage

represent all of the elements

poor, the law abiding and the

think just because the campus

The evidence is becoming

of our society, the rich the

criminals. It is ludicrous to

is located in affluent Glen

Ellyn; crime is not a threat.

County. The students

am compelled to write to

Safety carrying firearms

I was a sworn law

enforcement officer in a

nearby village, and all

debate.

people.

COURIER

Editorials Call for arms

For the sake of campus security in and around the college campus now is the time to arm the sworn police officers in Public Safety.

It is of upmost importance to insure the safety of everyone who attends, uses and works at the college. We must rise above our fears and concerns by realizing it is only in our best impossible interest of why we would want to arm our officers.

When the department makes a recommendation that arming themselves is another type of tool to keep the campus secure and safe in a forever growing criminal world we should support them. Because, after all, we all are beneficiaries of their service in protecting the college.

The recommendation is made only to improve their striving efforts in serving and protecting CD.

We as the college public must realize current inadequate security methods are the result of archaic illusions that CD is an "island" which is completely unaffected by the outside world.

The thousands of us in this community cannot and will not live with such arrogance and ignorance whether or not we arm our police officers.

It not only jeopardizes our own safety but also of those who insure ours. We need to act on this issue now, before this "island" is blindly lead into dangerous situation.

We must realize these people protecting us are not "rent-a-cops" and are trained professionals. Furthermore, it is even foolish of critics to think that someone may be seriously or fatally injured by a officer's service revolver accidentally.

The mere thought of lack of training should be dispelled. Total hours of training of officers are in the hundreds. We must look at the fact any prudent person would not go around "shooting up the place" with or without training.

Since the college is business other worries are insurance costs. The price? About an extra \$7000 per year in liability insurance. But, if we arm our officers insurance rates would go down in other areas than liability. It pretty much balances out the accounting sheet. Even if we have to pay for a higher premium is the college so worried about the money it places a value on that rather than human life and security?

Other concerns range into the fear of which education and guns just do not mix. Do we truly think this "arming" is the creation of a police state destroying the fabric of our liberal college atmosphere? Far from it. The response to that irrationality deserves only a ridiculous answer. Of course officers will not be interfering with classes by reverting to bothersome Gestapo like tactics and lurking over students to pick for target practice.

We must start to distinguish between the reality and unreality. It is time for CD to stop sitting on the fence with this issue and consider the recommendation with rational concerns of community safety. We at the *Courier* hope that the decision is in favor for arming Public Safety.



Letter to the Editor

more clear each day as to why our Public Safety Officers need to be armed with firearms.

The recent parking lot incident is a prime example. If a person would pull a gun over a parking space, what prevents that person from pulling out that same gun if he were pulled over by Public Safety for a traffic offense?

Traffic stops are a police officer's worst nightmare. They never know what the driver's mental state or criminal history maybe. It is truly a dangerous situation. More than once has an officer been shot while they have approached a car stopped for a minor traffic offense.

It scares me to death to see our officer do a traffic stop at night out on Park Boulevard after the offender has sped through campus on college drive. These officers do not know if the offender is a student or a fleeing felon who just robbed the 7-Eleven.

The officers of our department must be armed. What would happen to our nice cozy school if a disgruntled employee, student or other crazed lunatic were to begin firing shots at people in the college?

Our first responders to the scene would only be able to subdue them with a baton or pepper spray. Police officers are sworn to protect life and property. Sometimes it means taking the life of an assailant One cannot combat a gun with a can of pepper spray.

As a student, I want to feel safe on campus. I believe I speak for all students, faculty and staff when I make that statement. I truly believe the only way to effectively deter violent crime is to have the ability to respond to all situations in a rapid and forceful manner. Weapons on campus are not the exception, they are the rule. Our police force needs to have equal ability to deal with this potentially life threatening situation.

Ed Tworek Student

Exercise you rights! Write us with your views, perspectives and opinions about college issues. Forum-500 words or less Letters to the Editor-250 words or less Return to SRC 1022.

PERSPECITIVE

November 18, 1994

7

Student Q&A



Now that the Republicans control the Congress will things change?



Kate Heidelbach, 18,

Western Springs

"I think that the change will be for the worse. The Republicans are pro life and pro a lot of things that Î am against. I

think that it would be better to have a balanced House and

Senate."



"Thing will AS probably stay the same."

"I don't think that

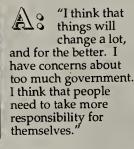
things

are going to change. I think it is up to the

people, then things will get better."

A3

Shawn Finnan, 18, Lemont



"I think

will change a little bit, I hope for the better."

that things

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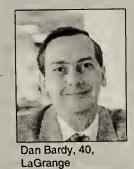
Rich Gardner, 51, Naperville



Lisa, 19, Elmwood Park



Peter Osei, 19, Lisle



"I think that things will AS: stay about the same. As long as we define Republican vs. Democrat we will still be divided. The fighting does not allow us time to focus on the problems.

By Sharon Fabsik

COURIER

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The Courier is published every Friday when classes are in session during the Fall, Winter, and Spring Quarters, except for the first Friday of each Quarter and finals week.

Views expressed in editorials represent the opinions of the majority of the Editorial Board, which is made up of all of the *Courier* editors.

The Courier encourages all students, faculty, staff, administrators, and community members to voice their opinions on all the topics concerning them both in abd out of school. Writers can express their veiws in a letter to the Editor or a forum. Letters should not exceed 250 words in length, and forums should be limited to 500 words. All correspondence should be typed, double spaced and signed, though names will be withheld from publication if requested. All letters and forums are subject to editing for grammar, style, language, libel and length. Letters and Forums represent the

veiws of thier author. Deliver all correspondence to SRC 1022, between regular office hours, or mail to the Courier, College of DuPage, 22nd Street and Lambert Road, Glen Ellyn, IL 60137.

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017	

Forum

Advisory board for gallery

Rumors are in the air that there is a thought of creating a student run art gallery in the SRC Building.

There is truth in the fact a new art gallery is a way to promote the arts and creativity in general on campus, as well as, give art students an opportunity to get "real world" experience in how to prepare for an exhibit.

However, I feel the opportunity should be privileged and that steps should be taken to prevent the abuse of the privilege. What I mean by abuse is when an artist uses the opportunity to show their work as a chance to make extremist political or social statements just to get mass media attention and notoriety. CD is a tax-sponsored campus, such art would create public concerns as to the quality of art sponsored by the community. If an artist presses the issue, the college would most likely cut off funds for the whole program.

Every body loses. Therefore to prevent ugly ruckuses, I propose an advisory board which could be made up of three Board of Trustee members, three SGA members and three members from the Art s Alliance.

The college should have the prerogative to remove any artwork it find to be "an extremist 's statement to get mass media attention."

After the removal, the advisory board would meet and vote if the removal was justified. The board would vote yes or no to the question, " Do we let this piece of artwork be displayed?" A simple majority (5/9) would resolve the issue. It is not censorship; it is a system of checks and balances. The college gets to check the artist use of taxpayer money and to maintain it's reputation. The board checks the college's position and give the artist some space to work freely. Students and artists represent their view in the board; resulting in a ' judgement by a jury of peers." **Roman Blazys** Student

It's funny the way the Brazilian rain forest and CD are alike when it comes to the Illinois Articulation Initiative (IAI)

I first found out about IAI last year from a student I didn't even know came to the paper with an issue she felt was very important.

Even though I love it when that happens, it doesn't very often.

She was pursuing course credits at CD to transfer into a Fine Arts major at Northern Illinois University and had completed 21 credit hours in studio courses here.

Then she found out about the slash and burn practices IAI was bringing about and how her studio courses were becoming an endangered species.

state colleges need it because students are having problems transferring.

IAI doesn't mean every course students take will transfer, by the way.

For`em

By Jon Krenek

That would be nice, but it's not a reality.

State panels are deciding which courses will count for transfer, and that has a lot of people at CD scared.

In the first clear cutting of curriculum both ICCB and IBHE approved a general education model for transferrable credits that left the studio courses out.

They aren't the only ones. Foreign language courses

have also become endangered, and this is a subject many students choos count for transfer credit under IAI and which will not.

Even more courses will become endangered if the slash and burn continues.

The problem here at CD is that it is so big it can offer students many options in the kinds of courses they wish to choose.

That has been enhanced by many individual transfer "pacts" between CD and other state colleges that already guarantee transfer.

These could also become an endangered species under IAI, which apparently isn't even needed here at CD.

Now, a year later, studio courses *are* an endangered species when it comes to earning transferrable general education credit.

IAI is aimed at creating a specific list of courses statewide that will transfer to any college in Illinois. It sounds like a great idea, but it is essentially a fast food solution for transfer problems. The Illinois Board of Higher Education (IBHE) and the Illinois Community College Board (ICCB) say our to study.

It's easy to see how CD could loose its diversity of course offerings as a result of IAI, and as a result of how students could be stripped of the choices they can make about the kinds of courses they want to take.

It may not sound very nice so far, but the slash and burn decurriculurization is continuing at an alarming rate.

Field panels are meeting for specific majors such as Engineering and Education to decide which courses will

These are some of the reasons many people in the faculty and administration don't believe IAI is a very nice thing, and students shouldn't either.

One of the larger fears is also that somewhere down the line the

decurriculurization will put so much pressure on all these endangered species they will become extinct.

This would happen when courses not selected for IAI lose their state funding somewhere in the future after all is said and done.

Chef's success no piece of cake

By Pat Kocher Cowan Features Editor

e started as a dishwasher at Tiffany's Parlor in Glen Ellyn, now the Main Street Cafe. When there weren't any dishes to wash, the 15-year old Christopher Thielman would hang out by the cooks and watch them work.

"Then one of the cooks quit so I said how about letting me have the job," Thielman said. "They said OK, we'll try you."

That was Thielman's first cooking job and he's been moving up the career ladder ever since.

Last month Thielman was one of five former DAVEA (DuPage Area Vocational Education Authority) students inducted into the career center's Hall of Fame. Lt. Gov. Bob Kustra presented the awards in the school's first induction ceremony.

Nominees for the Hall of Fame must have attended DAVEA for two years, must be working in their field of study, and have contributed to their field and to society.

"The reason we chose Chris was because of his experience, he has done extremely well in his field," said Bruce Andersen, Director of DAOES (DuPage Area Occupational Education System). "He is continuing his education." Andersen said Thielman was role model for DAVEA students, proving what can happen when you

FEATURES

put your heart and soul into your career.

While attending Glenbard West High School, Thielman participated in DAVEA's food service program. After graduating in 1978, Thielman continued his studies at the prestigious Culinary Institute in Hyde Park, New York. He graduated with an associate's degree in culinary arts.

Thielman is now an associate professor responsible for the Culinary Arts and Pastry Arts Programs.

Thielman said he tries to duplicate the real world as much as possible in the classroom, so when students go out in the real world they're not totally shocked, "Like oh my God, this is so much harder than I thought or we're so much busier than I thought, or I'm chopping a hundred pounds of onions, oh my God."

Thielman has been teaching here since 1987.



Pat Dennis and Christopher Thielman saute a chicken filet in the Culinary Arts Program's kitchen.

Before that he was the executive chef at the upscale Annabelle's Fishmarket and Restaurant in Wilmette. He was a regional training chef for El Torito Corporation and has worked as a chef for three other Chicago area restaurants.

At home Thielman and his wife Karen cook together. Except for parties. "I do all the cooking for parties," Thielman said. "My wife loves it because all the food is done at the same time."

For dining out, Thielman recommends La Magdalena in Addison. "I love Mexican food, that is my favorite restaurant. They make a wonderful meal, good price, too."

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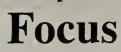
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FEATURES

9 November 18, 1994

Health



unconscious response is often an indication the smoker wants something else—like a break.

People are often tired, hungry or need a break in the routine."It was the break you needed, not the cigarette, Nichols said.

While Nichols supports any attempts at smoking cessation, including the Great American Smokeout, she said most of what we accomplish in life is the result of a lot little steps, not one big quantum leap.

"Making it through the morning without a cigarette is not the ultimate goal, Nichols said. "In Smokenders we teach 100 little steps, each time you do something towards the goal it's a step toward the quantum leap.

Post-mortem on the Great American **Smokeout**

By Pat Kocher Cowan **Features Editor**

very third Thursday of November for the past the 18 years the American Cancer Society has sponsored the Great American Smokeout.

The upbeat campaign was designed to encourage smokers to give up cigarettes for 24 hours. The hope was that if they could prove to themselves they could go without smoking for a day, they might quit for good.

While some were able to tough out the day sans cigarettes, those who didn't make it past the morning cup of coffee shouldn't be too hard on themselves.

Quitting cold turkey is not for everyone. Smokenders Marketing Representative Rene Nichols said her organization's philosophy is to help people become

comfortable as non-smokers for good. Something is going to hit

you," Nichols said. "Until you've learned that new behavior something will get you to have another cigarette.'

Smokers need to repattern old behaviors to get through the times when the urge to smoke is strong."If you have a cigarette and coffee at 10 a.m., changing the pattern disconnects that trigger," Nichols said. "If you keep having the same trigger situations, you will have the urge to smoke."

If people can distract themselves for 5, 10 or 15 minutes, they can get past the craving for a cigarette. Nichols, who quit smoking 15 years ago, said she used to clean out a drawer when the urge hit.

Doing something different, like taking a walk, having a glass of water, or making a phone call can disconnect the trigger. "Get out of there rather than sit there focused on 'I want another cigarette,' Nichols said.

Because cigarettes provide oral gratification, substituting healthy alternatives is important. "What works for a lot of people is brushing their teeth and using mouthwash," Nichols said. Oral cravings can be satisfied with

vegetable sticks, sugarless gum and hard candies.

Nichols warns people not to replace one bad habit with another, like eating candy bars or sugar and fat-laden treats. Legitimate hunger should be satisfied with regular meals or with small servings of healthy food throughout the day. As with any behavior

change, it's important to have realistic expectations. "Don't think about big blocks of time or the rest of your life,

Nichols said. "All you have to deal with is right now."

Paying attention to



alcohol and caffeine intake is critical. "Alcohol lowers our resolve, we're much more likely to indulge in lots of things," Nichols said. "Having a drink makes you vulnerable

Because there is such a strong association between drinking and smoking, some people may need to eliminate alcohol while quitting. Caffeine also triggers

physiologic and psychological cravings for cigarettes. "If you always have coffee, a doughnut and a cigarette, maybe you need to have something that has no connection, like an apple," said Nichols.

But all these strategies won't help if smokers aren't motivated to quit. Health reasons clearly don't motivate most smokers to stop.

Nichols, who quit smoking 15 years ago, suggests that smokers focus on the benefits of nonsmoking and make them as personal as possible.

'For me it was 'I don't want to be an old lady smoking,' Nichols said, "The only things that matter are the ones that are important to you."

Conversely, she recommends observing smokers and seeing "how stupid" smoking looks. "Smokers need to stop seeing smoking as glamorous and beautiful," Nichols said. "If you see a cigarette as a friend, you won't be able to get rid of

Every time a smoker resists the urge to smoke, Nichols said it was like putting a nail in the coffin of that behavior. As the person gets stronger, they get the confidence to change the behavior.

One simple thing Smokenders teaches their clients is to ask themselves if they really want a cigarette at that time. Nichols gave the example of people who light up a cigarette when they already have one going.

"Twenty-five percent of smoking is reacting reflexively, you didn't really want it," Nichols said. The

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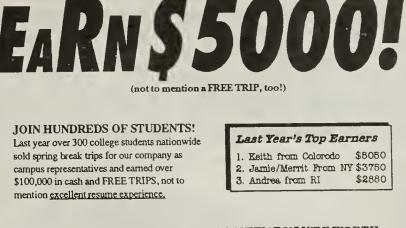
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hen holiday season comes around every year many are so filled with cheer that their generosity overflows and spills into the community by the way of volunteerism.

But for many it is a year-round commitment. Especially when it comes to doing a good deed by the giving of time and talent.

Volunteers come from all walks of life and are made up of those who want to make a difference in their community. Not only does the community benefit but so does the individual. who is lending a helping hand.



ice President of SGA Laura Anderson has been devoting a great deal of her time to Green Planet, Circle K and various charities throughout her life.

Anderson remembers one special instance where herself and a group of fellow high school students surprised an elderly woman with a turkey and a Christmas tree on Christmas morning. "The woman was going to

"The woman was going to spend the holiday alone because she didn't have any relatives or friends in the area," Anderson said. "We ended up spending a good part of the day just visiting with her and have made it a tradition to see her every Christmas season since then."

Anderson finds most of her volunteer time devoted to environmental causes like painting "Do not dump" on street and sidewalk drains flowing into river systems.Also, the DuPage River Sweep hosted by a conservation group every June.

Personally Laura Anderson feels that awareness is one of the most important things as far as the environment goes. "If I can just make people aware of what the environment needs," Anderson said. "That is the key to my goals."



he new man on the block President Michael T. Murphy has found time to volunteer in the our with the little time he has to spare while setting up shop here in the past six months.

"We plan to volunteer as host family for international students for Thanksgiving dinner," Murphy said.

So far two students from the college are joining him for the holidays. "one from Argentina and one from India," Murphy said hopeful expectation for more international students.

Unfortunately, he and his family volunteered to host a family from the former Yugoslavia in conjunction with a local hospital but have not been selected as of yet to help a family.

The president has also just joined the Glen Ellyn Rotary Club and is anticipating volunteering in all their community efforts. Cott Dansk his hometer of Copper Tennessee being d he was a young bo acid gas was pollut after industry char land by strip minin

COH

Since then, Dan found it his person to society to help r much of the enviro could.

While only eight started planting tre helped his local pa with any environm had.

He has given his many different env groups and helped efforts like The Du Clean up Effort wi Schwa Omega, se Restoration project active member of the Du

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what they ca comes to vo their time of





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FRIER

THANKSGIVING SPECIAL

November 18, 1994



ike Chesney is the

president of CD's chapter of

Circle K International" and

has been volunteering his time

to various charities ever since

his time to Circle K and it's

in junior high school.

many causes.

he was part of the Kiwanis club

"This year Circle K's initia-

tive is 'Focusing on the Future: Children,' " Chesney said. "The children of today are going to

be our leaders tomorrow. It is

important that we provide for them now."

Other efforts Circle K is

worldwide, by the year 2000.

The disorder can cause many

Children can suffer insufficient

functions which can lead to cre-

tinism, which causes deafness.

This year Circle K is also

growth and impaired mental

afflictions, mainly on the thy-

roid and nervous system.

muteness and dwarfism.

Paralysis Foundation.

working on fund raisers to

donate money to the Spastic

just to hear the people he vol-

unteers his time to give him a simple "thanks."

For Chesney, it is worthwhile

involved in is working to elimi-

nate Iodine Deficiency Disorder,

Currently he devotes much of

iskin watched etown erhill destroyed as boy. Sulfuric luting the air arred the ning it. anskin has onal obligation o restore as ironment as he

iht years old he trees and park district mental cause it

his services to nvironmental ed with many DuPage River with Alpha several Savanna ects and is an of CD's Environmental Action Group.

Scott feels that, "Many people's hearts are in the right place, but they don't know can do when it volunteering or services."



uPage P.A.D.S. Vice-President of the Board of Directors, Colleen Plucinski works as the Senior Secretary in Humanities. "My husband and I both work

"My husband and I both work at the Emergency Night Shelter in West Chicago," Plucinski said. "And their clothing program where we hand out 1500-2000 clothing items during October to April."

She also runs an annual variety show to benefit the organization and many times have had CD faculty members and staff to help.

"They were held on the Arts Center Mainstage," Plucinski said.

The next variety show will be held in the spring sponsored by DuPage P.A.D.S.



Family Shelter Services-Community members are encouraged to donate new toys, personal items and clothes for their annual Holiday Shop.For more information call Ruth at 469-5650.



Bethlehem Center Food Bank-This

food bank needs volunteers to help in their office and warehouse in Carol Stream. The center serves 12 surrounding counties in the fight against hunger. Non-perishable and personal items may be dropped off at their warehouse between the hours of 8 a.m. to 4 p.m. For more information call 462-7669.

Thanksgiving Dinner for the Homeless-CD's Circle K is looking for volunteers to help at a Thanksgiving Dinner at Harold Washington College in Chicago. The hours of the dinner are 5 p.m. to 7 p.m. on Wednesday. For more information call 829-4269. or meet in front of the SRC Building at 3:30 to join.

CD Blood Drive-The quarterly blood drive will be held at 9 a.m. to 2:30 p.m. in SRC 1024 on Tuesday. For more information call ext. 2154 or 2155.

DuPage P.A.D.S.-Volunteers at their day shelters serving lunch and at their administrative offices answering phones. Donations of new clothing and personal items are welcomed. For more information call 682-3846.

CD Student Activities Program Board-Student Activities looking for volunteers to help with their events. For more information call ext. 2712.

DuPage Senior Citizen's Council-Help senior citizens in your area by serving and delivering meals. Volunteers are needed to work in offices and resale shop. All items are welcome as donations to their resale shop in Lombard. For more information call 620-0804.

Volunteer Center of DuPage-A clearinghouse which matches potential volunteers with over 400 nonprofit agencies in our community needs your helping hands. For more information call 682-7507, (TDD) 682-6926 or FAX 682-7382.



Did You Ever Wonder How Your DRUG USE Compares To Other C.O.D. Students?

According to the 1994 Student CORE Alcohol and Other Drug Survey, the percentages of COD students who do not use drugs regularly (have not used within the last 30 days) follows:

85 % DO NOT USE POT REGULARLY

• 97% DO NOT USE PCP OR LSD REGULARLY

ALC

• 98% DO NOT USE DIET PILLS OR SPEED REGULARLY

• 98% DO NOT USE COCAINE OR CRACK REGULARLY • 99% DO NOT USE DESIGNER DRUGS REGULARLY • 99% DO NOT USE STEROIDS REGULARLY

• 65% DO NOT USE TOBACCO (SMOKE OR CHEW) REGULARLY

• 34% DO NOT DRINK ALCOHOL

• 99% DO NOT USE SEDATIVES REGULARLY

• 99% DO NOT USE OPIATES (HEROIN) REGULARLY

• 99% DO NOT USE INHALANTS (GLUE, GAS, SOLVENTS) REGULARLY

REGULARLY

ADDITIONALLY

• 38% PREFER TO NOT HAVE ALCOHOL AVAILABLE AT PARTIES THEY ATTEND

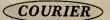
• 85% PREFER TO NOT HAVE DRUGS AVAILABLE AT PARTIES THEY ATTEND

Feeling pressure to use? Sure there's pressure. But you have the choice. The power is yours. Don't give it away.

COLLEGE OF DUPAGE

Project PASSAGE Prevention Aimed at Stopping Substance Abuse and Gaining Empowerment. Alcohol and Other Drug Prevention Education Programs on Campus. M165c PHONE 858-2800 EXT. 2673

FEATURES





Name:Earline Dunn-E Birthday: January 3 Position at CD: Secretary in Social and Behavioral Sciences I drive a:1989 Buick LeSabre The last good movie I saw was: Pulp Fiction A book I would recommend is: The Bible My favorite music is: Blues My favorite sports team is:

Bulls, Chapparals and Bears. A fascinating person I'd like to know and why: Oprah Winfrey, how she overcame obstacles. My most memorable experience was: watching one

grandbabies being born. Major goal I'd like yet to achieve is: become a counselor. The worst advice I was ever given: don't try to become a pediatrician, it takes too many vears.

Nobody knows I'm: deeply concerned about children. If I've learned one in life it's: be true to yourself.

My advice to the students of CD: Don't accept "no." Keep trying. Believe you can accomplish anything you attempt.

Glances

Hegistration for a winter quarter literature course Novels by American Women is underway for returning students. Open registration begins Dec. 5. For information call ext. 2194.

Kids on Campus is offering hands-on learning programs for children in kindergarten through fifth grade on school holidays and vacation days. For information call ext. 2208.

Attention nurses. A seminar "12-Lead EKG Interpretation for Nurses" will be presented from 8:30 a.m. to 4 p.m. Nov. 29 in M165. Fee is \$78. For information call 2703.

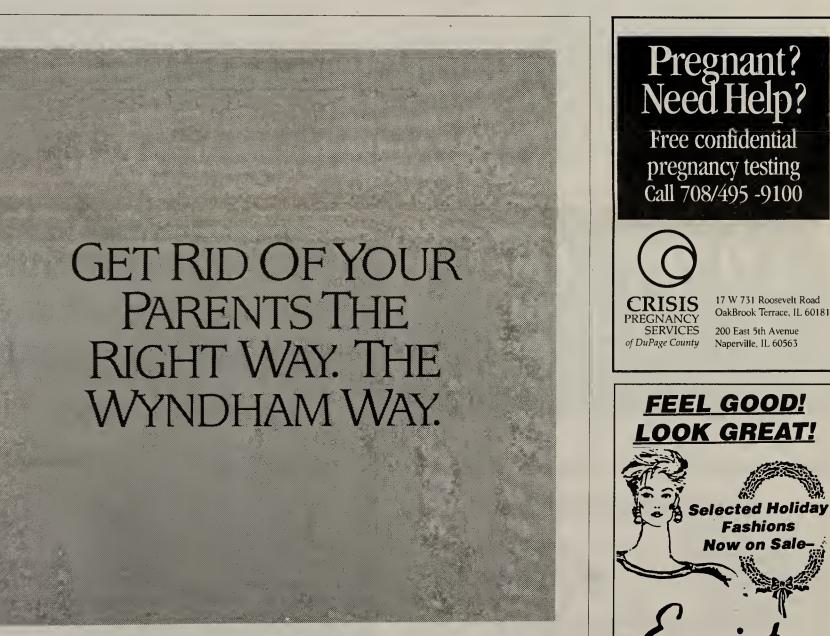
Art exhibit Yugoslavian Tragedies Through the Eyes of Artists on display in LRC through Nov. 30.

Deadline for Barry M. Goldwater Scholarship applications is Nov. 30. Up to \$7,000 per year will be awarded to students planning careers in mathematics, the natural sciences or engineering. For information contact Alice Snelgrove, ext. 2749.

Kick up your heels. The Older Adult Institute is holding a Big Band Dance from 1 to 4 p.m. Nov. 20 in K West Commons. Admission \$6. For information call ext. 2700.

]Volunteer are needed for the Festival of Trees from Nov. 21 to 27 at the Rialto Square Theatre in Joliet. For information contact Kay Charvat at (815) 727-6666.

> Edited by Pat Kocher Cowan



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.1.

By Janet Petrine Staff Writer

D will host a state-of-the-art exhibition of 3D imagery called "Virtual Photography PHSColograms" from Nov. 25 to Dec. 20 at the Gahlberg Gallery.

Under the direction of Ellen Sandor (Art)ⁿ Laboratory will present computer generated museum quality images of virtual reality called PHSColograms (pronounced skol-o-grams).

PHSColograms is an acronym for photography, holography, sculpture and computer graphics.

The PHSCologram process is a collaboration of digital 3D data and photographic 3D imagery that produces hard copy images of



'Genie" is a virtual actor.

unequaled sharpness.

Sandor developed a photographic improvement that created the first 3D, full color, hard copy image (without the use of glasses) called an austereogram in 1981. She named her development

PSHCologram and it has been used

commercially in various airports, amusement parks and movie theatres.

The (ART)ⁿ Laboratory is a collective of artists, scientists, mathematicians and computer graphics experts which was

founded in by Sandor in 1983. The (ART)ⁿ Laboratory is a research facility working out of Northwestern University in Evanston, Illinois.

The technique combines art and science and applies the technologies employed by the PSHCologram process for the sake of artistic exploration. (ART)ⁿ is also commercializing the process for use within a Virtual Reality environment and a possible printing application for the personal computer.

(ART)ⁿ's work has been exhibited internationally in museums and galleries. Recent offerings include

"From Media to Metaphor: Art About Aides" which is a travelling exhibition and "The New Images", a show at the George Eastman International House of

November 18, 1994

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Photography. (ART)ⁿ's extensive work includes collections for McDonalds Corp., Lockheed Advanced Development Co., Colossal Pictures and NASA, Langley Research Center.

The exhibit is supported in part by the National Endowment for the Arts and the Illinois Arts Council and can be seen beginning Friday, Nov. 25 through Tuesday, Dec. 20 in the Gahlberg Gallery.

A video explaining the process and its applications will be available for viewing from 1 p.m. to 3 p.m. each Monday and Wednesday, Nov. 28 through Dec. 19 in the gallery.

For information, call ext. 2321.

Famous Hypnotist Jim Wand returns by popular demand

By Leo Lee Staff Writer

mazement and laughs will be in store when master hypnotist Jim Wand makes his annual performance here at CD in December.

Wand is known for his innovative presentations that involve audience participation. His act includes giving self-help suggestions to selected audience members as well as hypnotizing a group of as many as 30 people.

One of the highlights of the show is when he has a participant

believing that he or she is a popular singer such as Garth Brooks or even Madonna.

'Much of the act depends on the situation that Jim is in," said the performer's wife Suzanne Wand. "He pretty much flies by the seat of

his pants." Wand's fascination with hypnosis began at the age 21 when his friend, a doctor, planted a hypnotic suggestion that helped him lose 62 pounds in a six month period.

"He's been interested in psychology and hypnosis ever since," Wand said.

Wand is now a recognized clinical hypnotherapist. He has practiced for the past 20 years, 10 of which were spent on the road.

Every year he conducts about 300 programs discussing self-confidence and motivation. His self-hypnosis seminars also offer techniques for breaking habits such as smoking, overeating and nail biting.

"Jim helps people believe in themselves," Wand said. "He shows them how they can set a goal for themselves and then he teaches them how to accomplish it."

Wand will perform at 11:30 AM on Dec. 2 in SRC 1024 and at 8 p.m. on Dec. 2 in the K Building Commons. Admission to the morning show is free. Admission for the evening show is \$5 in advance and \$6 at the door. For information, call ext. 2241.



Hypnotist Jim Wand.



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Actors of all ages come together to perform play

By Dan Peluso Arts & Entertainment Editor

he most widely known of all of Charles Dickens's work is "A Christmas Carol" which was originally published in 1843 and has been made into several film adaptations as well as being performed on countless theater stages each Christmas season.

CD's production of the play this year is under the direction of Frank Tourangeau.

The story captures the very core of Dickens's vision of what the relations between man and mankind should be: a warm and glowing celebration of sympathy and love.

The story is also a timeless parable of social redemption: the misery of Scrooge is an embodiment of the pursuit of material gain and indifference to human welfare represented in certain businessmen of the nineteenth century. We still see this today in some of our contemporary corporate executives.

The idea for "A Christmas Carol" came to Dickens in October of 1843, and was immediately committed to paper in a frenzy of excitement. It took him less than two months to complete the story and the necessary re-writes

Once it was published the book was an instant success. The first edition of 6000 copies sold within days. Not surprisingly, the success of the book led to it being quickly

adapted for the stage. CD's production of the play has been adapted by Richard Holgate from Dickens's novel.

His adaptation captures the novel's warmth, humor, drama and sense of hope.

The production also includes original music by Christopher Kriz of Glen Ellyn. His score provides an engagingly moody atmosphere using all electronic instruments.



CD actors rehearse for upcoming "Christmas Carol."

The cast consists of a wide range of actors from various levels of experience.

Young Zackery Penckofer plays the character Tiny Tim. He has previously played the role in his grade school's production of the play and wanted the part because "A Christmas Carol" is one of his favorite Christmas stories and Tiny Tim is his favorite character.

Veteran community theater actor Pat Able of Geneva is playing the role of Jacob Marely.

"The college always puts together first rate productions," Able said regarding his reason for performing in the play. The performer has worked in community theaters since 1974 but has taken the last few years off to raise his family.

For Scott Jakubowski, who plays the role of Belle's husband, the play gives him a chance to break into acting altogether.

Being in this play gives me the chance to learn from experienced actors," Jakubowski said. He anticipates his time spent working on the play will be worthwhile and plans to look for other plays after

this production is over.

In the true spirit of the story the Cratchit family is played by Bill and Susan Barry, a real life husband and wife.

"The hardest thing about our roles is acting like we really get along,"

Bill Barry said jokingly. Ebenezer Scrooge is played by former California resident Patrick Franz. Like most of the actors Franz said "A Christmas Carol" is his favorite story of all time.

"When I was young my mother found me singing songs from the musical adaptation of the story in my room," said Franz. Since then he has attended several Dickens fairs in California before taking residence in Wheaton. And if playing the role of the lead character is not enough for Franz, he also has done extensive work on the set of the play

"I wanted all of my heart in this production," Franz said. Curtain times for CD's production

of "A Christmas Carol" are 7 p.m. Nov. 25, 26, 27, 30; 1 p.m. on Nov. 26; 3 p.m. on Nov. 26, 27. Tickets are \$5. For information, call 858-3110.



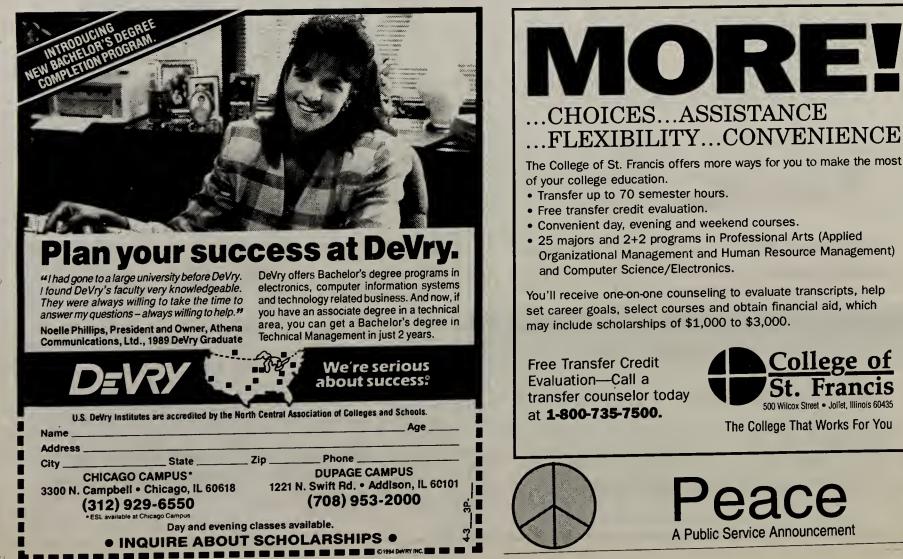
Edited by Dan Peluso

hursdays Alive presents Illusionist / Mentalist Graig Karges sponsored by the Student Activities Program Board. The performance will be at 11:30 a.m. on Dec 1 in SRC 1024. Admission is free. For information, call ext. 2241.

rts Center Jazz Ensemble presents Stan Kenton and Bob Mintzer. Two sets of music will be performed starting at 8 p.m. on Dec. 2 in the Arts Center Mainstage. Tickets \$12/11/9. For information, call 858-3110.

he DuPage Chorale presents "Christmas Brass!" including "Gloria" by John Rutter and other music for the holiday season. The chorus will be performing at 7:30 p.m. on Dec. 4 in the Arts Center Mainstage. For information, call 858-3110.

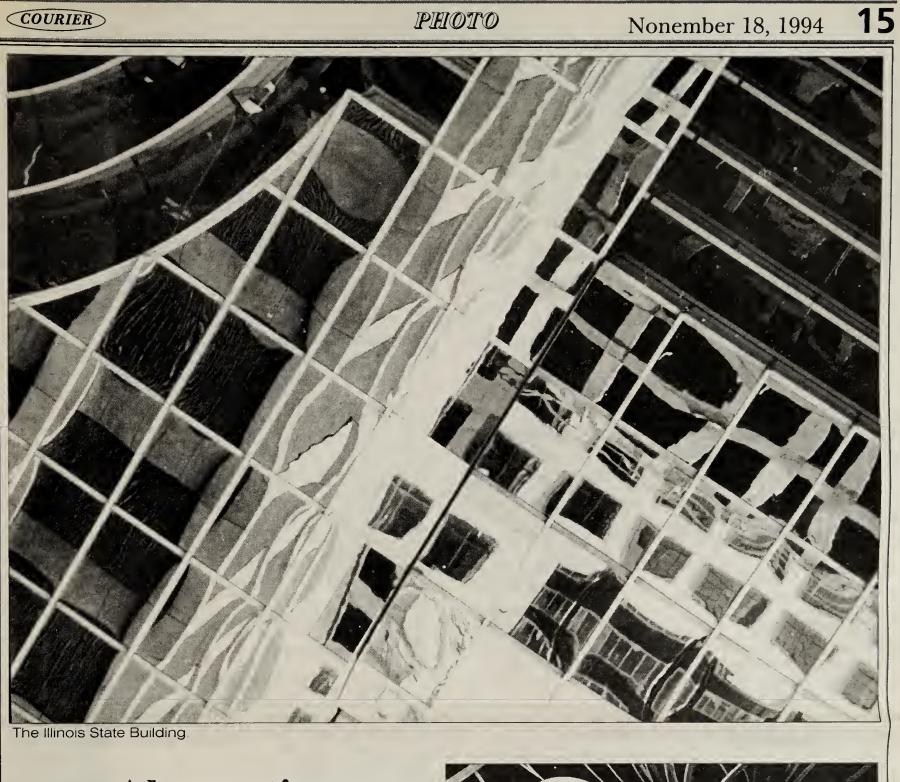
he DuPage Community Band concert will be under the direction of Mark Hengesh and will perform some of the finest in concert band literature. The band features a wide range of age groups from late teens to postretirement. The performance will be at 7:30 p.m. on Dec 6 in the Arts center Mainstage. Tickets \$3/2. For information, call 858-3110.





- Organizational Management and Human Resource Management)

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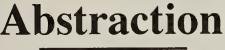
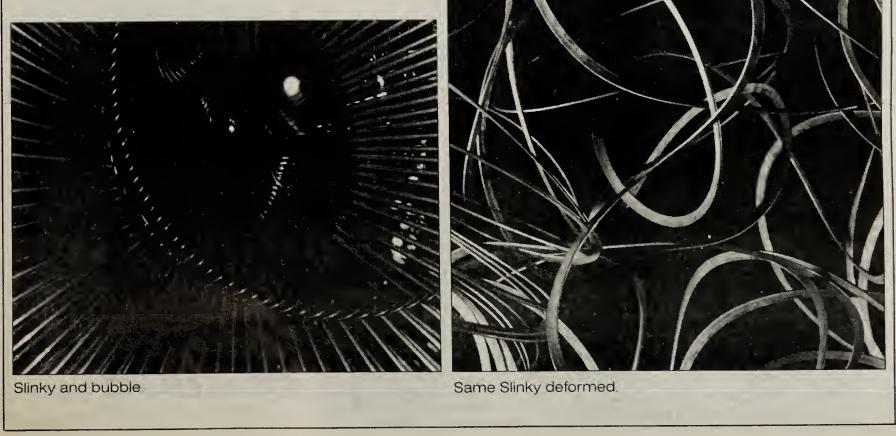
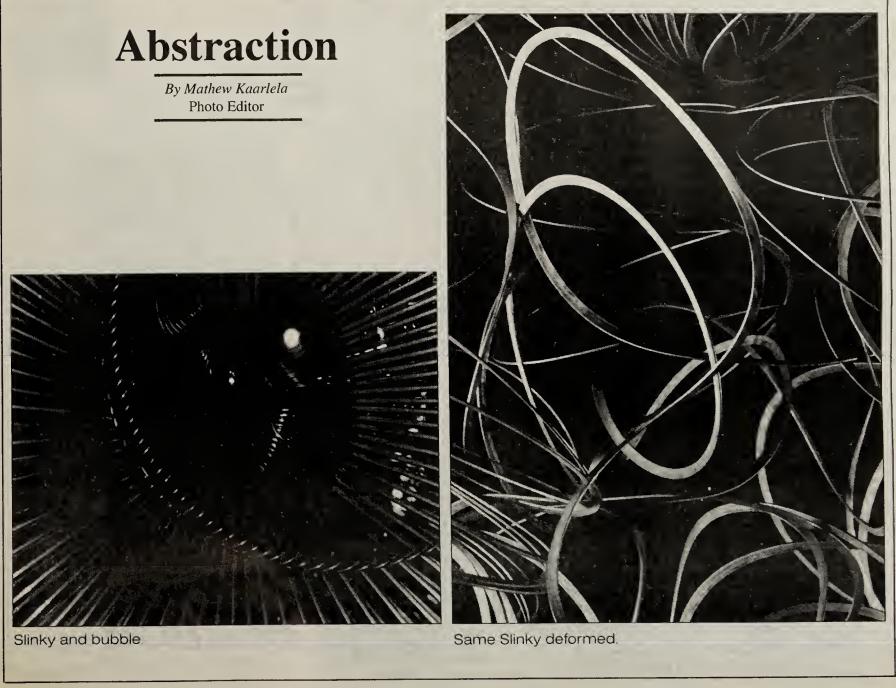


Photo Editor





The Wacky Paki's Crystal Ball

Your Real Horoscope By Ruby Wyner-Io

ARIES (Mar. 21-Apr. 19)

The economy will thrive after the government taxes only you.

> TAURUS (Apr. 20-May 20)

Colonel Sanders will come to your home and puke on your couch.

GEMINI (May 21-June 21)

You will not be able to resist Mom's Pumpkin Pie. So dear .' ma will saw your tongue and jaw off you sniveling, whinny, snot filled face!

CANCER (June 22-July 22)

If you're looking for romance, the stars say to attend a Ku Klux Klan rally.

> LEO (July 23-Aug. 22)

Feeling blue? Masturbate furiously.

VIRGO (Aug. 23-Sept. 22)

People like a good pat on the back every now and again.

> LIBRA (Sept. 23-Oct. 23)

Killing someone famous is a good way to become famous yourself. Watch out President and Mr. Clinton!

SCORPIO (Oct. 24-Nov. 21)

You'll hear the term "Zeek" and like it so much that that's what you'll name your child. When older, that child will bludgeon you to death with a baseball bat.

SAGITTARIUS (Nov. 22-Dec. 21)

You'll invent a new kind of music: Saxophone music played by a fat jerk.

(Dec. 22-Jan. 19)

Capricorns are very outgoing. It is unknown how being born under a certain starsign affects someone's personality. In fact, it seems ridiculous. Nevertheless, Capricorns are very outgoing.

AQUARIUS (Jan. 20-Feb. 18)

If your stomach's upset, don't swallow any Tums. Just stick them right up your colon.

> PISCES (Feb. 19-Mar. 20)

The stars wish you to wear a lacy pink teddy. If you don't have one make one.

> The Swami Is Watching!

KING CROSSWORD

27

ACROSS 1 Act the model 5 "- a boy!" 8 Actress Loretta - Lendl 12

13 Grass coating 14 Actress Garr 15 Transmit 16 Compass pt.

17 Verve 18 Wool type 20 Early victim

22 Aptly constructed 26 Cut lumber

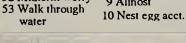
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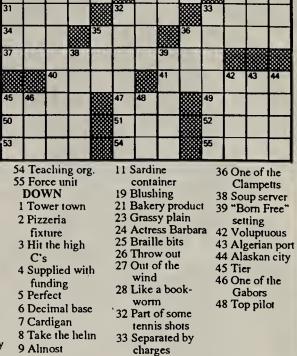
31 Begged 32 Road goo "- a Kick 33

Out of You" 34 Slippery one 35 Long, long time

36 Long -(winter underwear) 37 Refined

- in speech 40 Knocks 41 Menlo Park
- genius 45 Clarinet
- 47 Bad review
- 49 "Goose egg" 50 Egg shape 51 Frigid
- 52 Midterm worry
 - water





35 Sixth sense

TOP

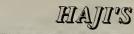
10

SINGLES

1. "I'll make love to you" - Boyz To Men 2. "Here comes the hotstepper" - Ini Kamoze

- 3. "All I wanna do" Sheryl Crow
- 4. "Another Night" Real McCoy
- 5. "Always" Bon Jovi
- 6. "Secret" Madona
- 7. "I wanna be down" Brandy
- 8. "Never Lie" Immature
- 9. "You Want This / '70's Love Groove" Janet Jackson
- 10. "Slava In Ya Ear" Craig Mack







CLASSIFIEDS

November 18, 1994



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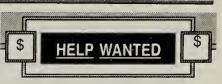
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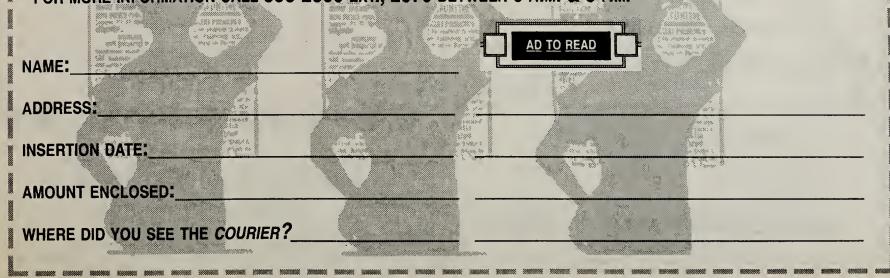
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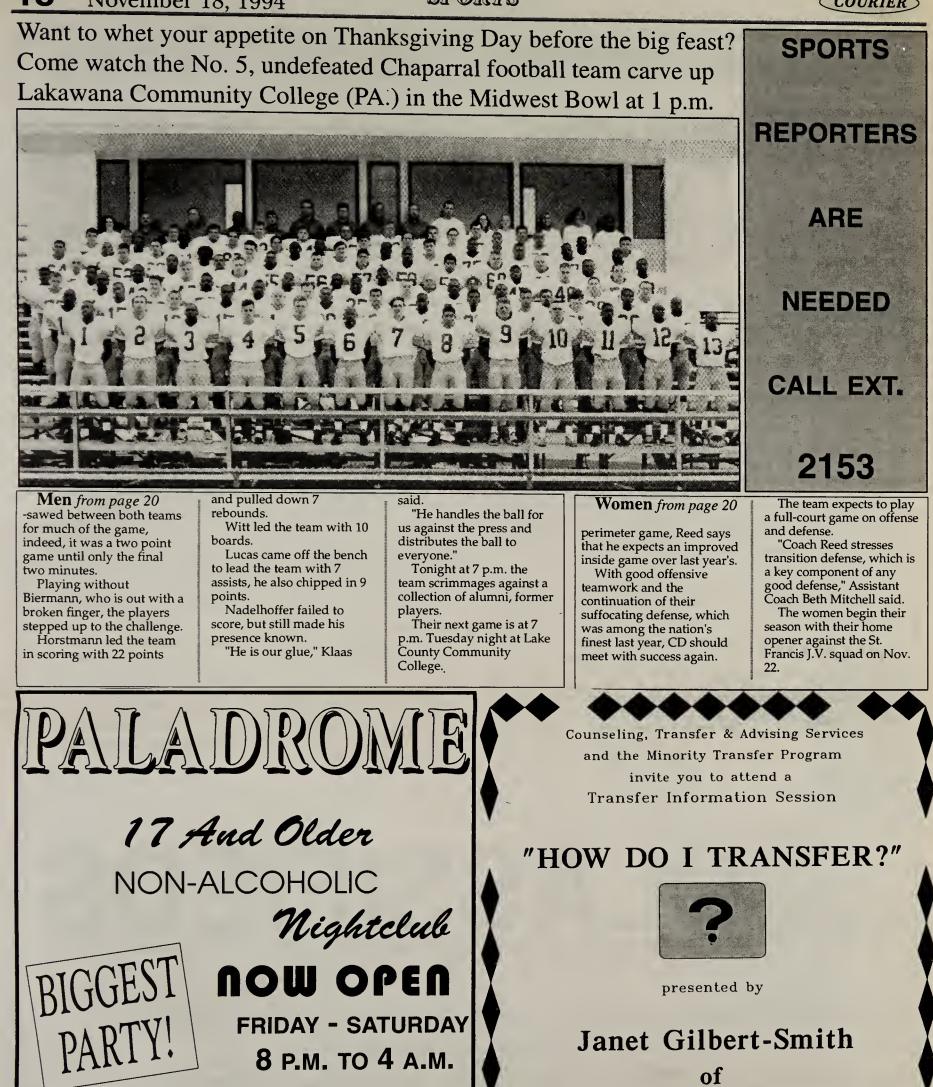
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SPORTS

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SPORTS

Athlete of the Week

Edited by **Brent Willems**

NAME: Scott Graham

SPORT: Soccer

YEAR: Sophomore

AGE: 20 G.P.A: 3.2

HOMETOWN: Burkefield

MAJOR: Forestry or Botany

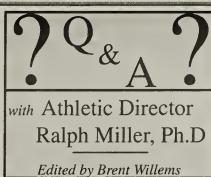
ATHLETIC ACHIEVEMENTS: At Burkefield High School was named All-Conference, All-State, and All-Midwest. At CD was named All-N4C, All-Region IV, and nominated for the All-American squad. Two weeks ago, Scott scored a hat trick against Schoolcraft Community College in the playoffs to clinch the Chaps return to nationals.

ATHLETE I MOST ADMIRE: Eric Cantana(British professional soccer player). He has the ability to push himself so that he gets the most out of his potential.

FUTURE GOALS: I want to transfer to a four-year school and to be happy.

MY ADVICE TO OTHER STUDENT ATHLETES: Be wise. Think about what you are doing in both your academics and your athletics.





The Fall athletic season is coming to a close. What are your thoughts on the successes of the various fall sports at CD?

We had an unbelievably successful season. We had volleyball win conference, and women's tennis and golf win conference and regionals.

Men's soccer won conference and regionals and is now in New Jersey defending their national championship.

Women's soccer was one game away from going to nationals. Football has a 22 game winning streak going and is ranked No. 5 in the nation.

How can you get better than that?

To what do you attribute CD's success?

I believe that the outstanding results that we have achieved are an indication of the quality of coaches and players that we have at this school.

For the most part, our coaching staff consists of intelligent, hardworking, and dedicated people. Good people.

CD does not offer any athletic scholarships and yet, our athletic program doesn't seem to have any trouble competing with scholarship programs. How do you explain this?

Again this goes back to the coaches. It is because we have such

We'll take a load off your back.

19 November 18, 1994

a high quality coaching staff that we are able to recruit top notch players.

The players are exceptional, too. They see the value of a quality education at a school like CD.

What academic services do you offer your athletes?

We coordinate academic assistance for all of our players. If someone needs help, we'll do our best to make sure he or she gets help.

I believe that it is important to recognize academic performance as well as athletic.

In order to do that we have a system of recognition. Any athlete that finishes a quarter with a GPA of 3.0 gets a certificate acknowledging their accomplishment. That person is an

academic "star". Someone that finishes with a 3.5 GPA is given another certificate and

is called a "superstar". We also have a "Most Improved" certificate for anyone that increases their GPA by .5 or better after one quarter.

Are there any precautions taken to ensure that incoming freshmen get off on the right foot?

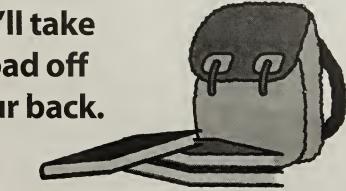
All freshmen are strongly recommended to take Education 115, its kind of a college survival course.

I taught some classes this summer, actually.

In fact, I believe that all the freshmen athletes are taking the course this year.

What do you foresee as far as how the Winter athletic season will shape up?

It will be hard to match what we accomplished in the fall, but I believe that the positive attitude will roll over into the winter sports and that they will have a good season, too.



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SPORTS

COURIER

S Men cagers build on past success T R

f you have heard a lot of plashing over at the pool lately, ear not, it's just the men's and women's swim teams getting ready for their season to start.

Last year the teams sent seven All-Americans to the national championships.

Only one of them is back this

year, but all is certainly not lost. "We are at least as good now as we were last year," said co-Head Coach Nora Schroedter . "We have a lot of excellent, strong swimmers, who should be able to make a difference.

Heading the list for the women s Amy Lesatz, who placed fourth at nationals last year in the backstroke

She will be supported by standouts Kelly Evans, 100m breast stroke, and Katy Stevens, 1650m and 500m individual medley.

Both swimmers have already been clocked at national qualifying times

The men are powered by Glenn Murphy, 1650m, 500m, and 400m individual medley, and Jeff Beaurain, 1500m freestyle.

The teams' other co-Head Coach s Dana Reck.

Good luck to the No. 1, 24-0 men's soccer team. They left Tuesday for Mercer Community College (NJ.) for the national championship tournament.

There the Chaparrals are getting the chance to defend their national championship and undefeated record.

So far this season, the Chaps have outscored their opponents having scored 132 goals and allowed only 9 to be scored on

This is their fourth consecutive trip to the national tournament, which is a national record.

O you participate in any lternative, or unusual sports or activities? Maybe you know a CD student that does.

By Jacey Zembal Staff Reporter and **Brent Willems** Sports Editor



uilding off last year's incredible season, finishing with a 26-6 record, winning the N4C championship, and advancing to the Region IV tournament Final Four, the men's basketball team hopes to carry over their success into this year's campaign.

The Chaps are led by returning starters and co-captains Calvin Lucas, a 6-0 guard who averaged 5 points and 3 assists per game last year and Steve Witt, a 6-7 center who averaged 10 points and 6 rebounds per game.

Also returning is small forward Jeff Biermann (5 points per game), who will step into the starting lineup.

Rounding out the starters are talented newcomers Rick Horstmann and Matt Nadelhoffer.

Horstmann, a 6-8 power forward, transferred from Lewis University and is a very good outside shooter while the 6-2 Nadelhoffer will fill the other guard



-PHOTO BY MATHEW KAARLELA

The men's basketball team was able to outlast Elgin Community College Tuesday night and posted a 78-69 victory.

position.

Other newcomers that should contribute include guards Dont'a Norwood, Melake Belai, and Chris Cotton.

Center Bratislav "Bato" Kostic, 6-8, from Yugoslavia should also see playing time.

Coming off the bench, Dan Kroger, David Kies, Michael Benhart, Ashanti Burnette, Sam Quayle, Marlon Tripp, and Ryan Karey will vie for minutes.

"If we play together, there is no limit to what we can accomplish," Lucas said.

"We are really focused

on team goals," Witt said. "If the team plays well, the individual honors will come, but we are not concerned with that.

Head coach Don Klaas (386-122 career record at CD) believes that teamwork on offense and defense will be the key to the season.

Offensively, the team will utilize a half-court game that utilizes a strong inside game and solid outside shooting. Defensively, the Chaps

will feature man-to-man and some zone defense.

"Good shot selection in the half-court game will be very important to the team's success," Klass

said. "When the opportunity arises to fastbreak, we will take it.'

The leadership from the experienced players should really benefit the newcomers.

'We have a lot of vocal leaders on the team, but we need to lead by example because we know what Coach Klaas wants to get accomplished," Witt and Lucas said.

The Chaps proved this last Tuesday night when they defeated Elgin Community College 78-69.

The game's lead see-

See Men page 18

Women seek to avenge last season finale

By Jacey Zembal Staff Reporter

espite losing four of the five starters from last year's team, which finished 20-10 and advanced as far as the Region IV tournament championship game, the Lady Chaps are optimistic about this year. The only returning starter, small forward Michelle Bauler, figures to get plenty of help from Ericka Bell, Nicole Pearson, and Debra Sciortino. "After getting so close last year, we really want to go to New York to play in the championship game," Bauler said. The Lady Chaps are considered by most to be the favorites for the N4C. Head coach Earl Reed believes that the success of last year's squad is



interested in writing about the athletic activities of CD students. If you have any ideas please call the sports editor at ext. 2153, or send a letter to:

> Brent Willems Sports Editor C/O The Courier College of DuPage 22nd & Lambert Roads Glen Ellyn, IL 60137

Thanks.

11/2

Edited by Brent Willems

-PHOTO BY MATHEW KAARLELA

Members of the women's basketball team work up a sweat getting ready for their season opener. They hope to advance to nationals this year.

definitely attainable for this team.

"The team has some really good chemistry this year," Bell said. "With the returning players providing

leadership, we believe that we can accomplish a lot this year."

Several newcomers are expected to contribute, including Lindsay Feris and Amie Holowczak at

center, and Kea Banks and Molly Rees at the guard positions. While last year's team featured more of a See Women page 18