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ANTARCTIC ANTICS

HARPER PROFESSOR LEADS EXPEDITION TO SOUTH POLE

Deborah Abbott
Staff Writer

While some of us spent winter break in the hectic round of holidays that include family and resolutions, a Harper instructor made final preparations for his sixth trip to Earth's South Pole.

Professor Paul Sipiera teaches Honors Astronomy and Geology at Harper College, and anyone who has taken one of his classes can attest to the passion he has for these two subjects. However, in a draw geology wins out, as Sipiera gets most intense when he lectures about meteorites. With international laws preserving Antarctica, this fifth largest continent is the best place on earth to obtain untouched meteorites.

The Planetary Studies Foundation, an organization founded by Sipiera and which he heads as President, planned this mission. PSF received additional funding from Space Adventures, Inc. and Adventure Network International (ANI). A significant aspect of this new trip will be the link with local elementary students. In mid-December, Professor Sipiera spoke to students at both Hillcrest Elementary School in Elgin and Hanover Highlands School in Hanover Park.

During the visit to Hillcrest Elementary, Sipiera stated that weather conditions sometimes keep the explorers in their tents, instead of on the icy terrain where they



Professor Paul Sipiera (front row, far right) and his team land in Antarctica via a Russian Illusian cargo plane. Sipiera will be collecting meteorites at the South Pole.

PHOTO COURTESY OF THE SIPHERA EXPEDITION

seek extremophiles – microorganisms that live in extreme temperatures. On his last trip, he read 47 books while awaiting better weather. The class in Elgin took that as a challenge and will be reading a similar number of books during the current expedition.

Sipiera's slide show and commentary at Hanover Highlands School covered penguins, seals, people and boats. But it also gave a very real picture of the vastness of the South Pole Station's location and where his ten-person team will spend over 20 days.

Some of the students voiced concern about leaving this relatively untouched environment unspoiled. Others asked questions about how the crew would maintain their physical being. Their teachers plan to focus on the physiological aspects of this trip, having students experiment with the effect of temperature and caloric intake on the body.

After the classroom visits, Sipiera turned his attention to his final preparations and packing the 55 lbs. of personal luggage for the trip. According to his wife Diane, Sipiera focused mainly on all of the sci-

ence equipment needed for finding and transporting meteorites. Of course every additional pound means extra costs.

"Once you find a meteorite, you must use GPS tracking (global positioning system) for the exact location, because it's a scientific find belonging to the whole scientific community," said Diane Sipiera.

"Then the biggest concern is to contain the meteorites so they are not contaminated. That is best done in plastic bags and in jars."

"The other concern he had was the bad cold he had before leaving," the geologist's wife continued. "There is definitely a reason to be worried about it getting worse, as there is very little medical attention available."

Mrs. Sipiera said that her husband feels that this is a really good expedition team, both mentally and

physically. However, novices will

also be making the trip. Professor Sipiera will need to give them proper training and clearly lay out the expedition rules and regulations for the new crew. Antarctica's many challenges definitely require teams to be cautious and prepared.

On January 3, Sipiera and his crew assembled in Punta Arenas, Chile, for an Antarctic debriefing. The team's early tasks included lightening the weight of their supplies. This allowed them to take a second snowmobile.

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PRESIDENT'S PLACE ROLLINS' RAMBLINGS

Welcome Back to Harper College.
During the first week of Orientation, an all-campus meeting was held. It was a time to look back and review the past semester, as well as honor all of the hard work and great achievements. It was also a time to look forward to the spring semester and 2002. We were able to reconnect and wish each other a happy new year.

Thea Keshavarzi and Patti Ferguson presented a short skit encouraging employees to use mail order for maintenance prescriptions, and the public safety staff discussed campus safety and evacuation procedures. It is not possible to share all of the two-hour sessions in this short column.

We focused on diversity through workshops on search teams, holding the fifth annual multicultural student retreat, celebrating El Sabor Latino for over 350 people, and holding Deaf Fest for over 600 participants.

In terms of awards and honors for students, we received an invitation for the Concert Choir to participate in a festival concert at Carnegie Hall in June of 2002, took first place for Speech at the Illinois Central College Tournament and four other fall tournaments, won 3 of 6 categories in the Annual Fashion Group Foundation of Chicago Career Day and Design Competition, celebrated Women's Athletics with Soccer - NJCAA Region IV Champs, Cross Country - NJCAA Region IV Champs and Basketball - presently 4th in the nation.

We completed many projects benefiting the Harper teaching/learning environment, such as renovating the Northeast Center in Prospect Heights, the Athletic Facilities (gym, track, tennis courts), and the Cardiac Tech Lab, opening the Tech Center in Schaumburg, completing Program Design, Design Development and Construction Drawings for the Science, Emerging Technology and Health Careers Center, improving the appearance of the campus entrances, paving, sidewalks, and signage. In addition, we are looking forward to completion of the Performing Arts and



Conference Centers.

In the technology area, we (in cooperation with many departments on campus) successfully processed fall semester grades in just 3 days after winter break; completed the application for the .edu domain, installed 1224 computer units campus-wide, and implemented WEB mail allowing email through other service providers.

As your President, I have made an effort to have even more direct contact with students and employees through student pizza parties with the President, employee meetings, faculty lunches, coffees with all employees, divisional day visits to Life Science and Human Services, Physical Plant, and Liberal Arts, breakfasts with buildings and grounds employees, monthly administrator lunches, and meetings with Faculty Senate President.

It was with mixed emotions that we honored our 42 retiring staff, faculty and administrators. They received a five-minute standing ovation from the campus community to honor their 1,035 years combined service. Many people on campus are now on search committees and actively working to replace their excellence.

We are on track to another great semester. Let's RESPECT one another, COLLABORATE on matters of importance, foster EXCELLENCE and recognize that if we lose our INTEGRITY, we lose everything.

Paul Rollins
Columnist

"A" Work Deserves An "A"

A recent wire service story revealed that almost 50% of undergraduate grades given at Harvard University were "A's." The Chicago Tribune editorial on December 8, commented upon what appeared to be a cheapening of the value of that vaunted grade. Were classroom performances being padded so as to add glitter to graduates' resumes?

On a Saturday in late November I sat in a pub in Harvard Square after watching the game that afternoon. My companions included two graduates of the class of '81, both former football players. More importantly they were, and are, scholars. The topic of "grade inflation" quickly came up.

I've known them as "Billy" and "Spike" for the past forty years and still use those familiarities. They have more formal titles today. Billy serves as Chief of Neurosurgery at Mayo in Rochester, MN. Spike works as an investment banker in Silicon Valley. They expressed their thoughts, however, with the passion of undergraduates. Billy made the point,

"At the end of our playing days in high school Spike and I made a recruiting trip to UVA. We were told the freshman class generally had 25 high school valedictorians in it. On our freshman football squad at Harvard that year we had 32 high school valedictorians. We had more on our team than Virginia had in an entire class.

In a similar vein Spike said,

"We knew at the start of each semester what it would take to get a certain grade. A pop quiz was worth so many points, an essay so many points, a mid-term so many points and a final so many points. There was no curve. If you gained the points, you got the grade. Excellence wasn't demanded of you, it was expected of you. Carrying a "C" put you nowhere socially. Your classmates, roommates and teammates expected much more."

A good deal more conversation on the topic

followed. But the two emphasized one point over all: "A" work deserves to be rewarded with an "A." If most in a class do "A" work, they should not be subjected to the vagaries of a "curve." I thought of their argument as I flew back to Chicago and considered how it applied to Harper in certain ways.

Harper College and Harvard University share some things in common. On the trivial side both names begin with H-A-R, both are housed in buildings of red brick and, if you include the parking lots of the Palatine campus, both occupy about the same amount of acreage. That's superficial comparison, I agree. So let me give you some examples of the more substantial similarities.

In all the 200-level courses I've taken at Harper, the professor has given out a syllabus on the first day of class which very pointedly indicates the level of work required to get a particular grade. No one mentions a curve. Students don't even have to attend class, but do get points for surprise quizzes. Miss a surprise quiz because you went to a Cubs game and you lose points. You get points for taking a mid-term on time. Do poorly on the mid-term because you decided not to study, and you lose points. You get points for taking a final on time. Miss the final because you took a vacation and you lose points on the make-up. That's all fair enough because the rules are spelled out in advance, just as at Harvard. If you score the points, you get the grade. No review necessary.

A special feature that Harper and Harvard share is the availability of Honors courses. Honors courses are designed for the serious student. Honors courses will undoubtedly demand more of your time and effort. But upon completion, these courses will reward you with a fuller comprehension of the subject matter and a greater satisfaction in realizing your academic potential.

The word college comes from a Latin root collegium which implies working together. When learning occurs that way, there is no one needs a "curve."

In the three Honors classes I've taken here at Harper, I've had the company of about 35 classmates. As best I know, all but one received an "A." How's that for performance percentage? The only one who didn't get an "A" pulled out due to illness at the most critical time of the course.

As a class, we initially felt betrayed because we could no longer count upon his intellectual input. When we realized the full impact of his problem, we helped him back on his feet for the next semester.

In summary, all of the people with whom I finished an Honors course deserved an "A." That does not represent grade inflation.

Flying back from Boston that evening I thought of my conversation with Billy and Spike. If your classmates over-achieve intellectually, if your professors stimulate and inspire, if the subject matter challenges, there is no need for a "curve."

"A" work deserves an "A."

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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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EXCEL - ING IN MOTIVATION

Charles Cann
Staff writer

This year's fourth Excel session was the ninth time Patrick Combs had set foot in one of his favorite colleges – Harper.

Combs, who had been to Harper just a few months prior to December 7th, agreed it was a challenge being around, but he was sure "something new and fun would come out."

Members of the audience who had never heard Combs before had no idea he could draw so much inspiration from the banana he ate a few minutes before the start of the program.

Combs commenced by explaining the day he had to send a resume out for a job. It was then he realized he needed help. A professor found, rescued and mentored him for the rest of his college career and thereafter.

Combs emphasized that college students should seek help, since it is free in college in various writing centers, career centers, counselors, professors and all the other wonderful facilities.

His witty but vivid real life explanations and examples kept the audience lively until he threw the whole room into "fear".

"Fear" (false expectation about taking a risk), describes Combs' encounter with Football player Marcus Allen and how

Allen was afraid of swimming until he faced it one day.

"Knowing your fear is important to be able to face it."

Combs' approach to fear sent many participants into deep thought. Just when the humor was at its peak, the program took a twenty-minute break.

Jennifer Scharringhaosen, a student who had seen Combs earlier in the year, said "just watching Patrick Combs a little bit really changed how I look at my life, about goals in life."

Combs challenged everyone to seek help before it is too late. He believes ordinary people achieve extra-ordinary things when they don't give up.

Persevering and never giving up is what Combs wanted students to do to achieve extra-ordinary things. He added inspiration from his mother.

"Chances are not giving, chances are taking" so everyone should make good use of opportunities available.

When the curtains finally drew to a close at the programs to end, many students had a different attitude and were sharing with each other how they were going to change their lives. Others were beaming with smiles, waiting in line just to have a word or two with Patrick Combs.

Excel Schedule

Friday, February 1

Positive ways to deal with conflict

1 - 4 p.m., Student and Administration Center, room
A238

Friday, March 1

Appreciating Diversity, part 1

1 - 4 p.m., Student and Administration Center, room
A238

Friday, March 22

Appreciating Diversity, part 2

1 - 4 p.m., Student and Administration Center, room
A238

HARPER COLLEGE OFFERS SPRING CLASSES ON POLITICS: FROM AMERICAN TO MIDDLE EASTERN

Patrice Ekins
Staff Writer

How and why does terrorism breed in the Middle East? What are the issues between the Israelis and the Palestinians? What is happening in Iraq and Afghanistan? Are there real possible solutions for peace in the area?

While these foreign issues are of concern to Americans, also of interest is what is happening at home and abroad with our own government. They want to understand the relationship between the American political system in theory and in practice. This spring, Harper College will lead participants in an investigation of U.S. political theory and teach them to interpret foreign and domestic policy in the news on a daily basis.

Harper College will offer two spring classes that address current political issues: "The Who, What, When and How in Current American Politics" and "Middle Eastern Politics".

"Who Gets What, When and How? – U.S. Politics in Theory and Practice" will run Tuesdays and Thursdays from 9:25 a.m. to 12:05 p.m. beginning January 22 through May 24, 2002. Visit the Harper website for a list of other linked course offerings.

Students must sign up for both PSC101-095, American Politics and Government; and PHI 120-095, Social and Political


Philosophy to participate in this unique educational offering. It consists of two courses working together to enable students to understand a complex political reality.

Current world events should make the frequently offered class on Middle Eastern Politics (course number PSC 260-001) of particular interest this semester. Beginning January 22, 2002, this course will be offered on Tuesday evenings from 6:35 p.m. to 9:15 p.m.


Students will investigate economic, political, social, religious and cultural issues involved in countries from Morocco to Afghanistan. The class will also study the impact of oil and religion on the politics in the area, and look for reasons why many people in that region harbor hate for the United States.

Spring Registration for these classes is currently available through operator assistance by calling 847/397/1100; touchtone registration at 847/925-1515; e-mail at www.harpercollege.com; or in person Monday – Thursday, 11 a.m. to 7 p.m. in the Student and Administration Center.


For more information about these classes, or political course offerings at Harper, call Professor Molly Waite at 847/925-6430 or e-mail her at mwaite@harper.cc.il.us.




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WHO'S WHO: SPOTLIGHT ON PAT ROTELLO

Nancy Huggins
Staff Writer

"Realistic Clay Sculpture" will finally be offered at Harper College this semester after being requested for many years. Pat Rotello, a sculptor who has been creating new forms of communication for 30 years, teaches the figurative sculpture class Saturday afternoons spring semester 2002.

"Art is communication," says the lifelong learner. "I make my pieces and am giving you a part of me. If you understand them, then we are communicating."

Rotello has spent a lot of time communicating at Harper College. She began studying here in 1972. The artist started at Harper in a sculpture class with Professor Mike Brown. Rotello used several media: wood, welding, braising and fiberglass.

That class lasted ten years, and produced a wood stingray and wood cat, both of which Rotello laminated. She also sculpted a ceramic cat that ended up looking like a wiener dog! She did that one over.

Realizing that fiberglass can be very dangerous to work with, Rotello eliminated it

from her crafts. She furthered her studies with classes in Design I and Design II. Rotello's work in ceramics classes has continued for 20 years now.

Her subject matter covers a wide range:



"Realistic Clay Sculpture" instructor Pat Rotello shows off a work of art.

Bas-relief of a nude with nuns walking by; wire basketball players; and nude figures with models from terra cotta and stoneware. In another work, the artist brushed color wax onto sculpted ballerinas to give them a more realistic look.

Rotello created figurines with low fire and then tried Raku firing for about five years. Her Raku pieces consisted of Geisha and Samurai vases. She even made demon pots that Koreans traditionally placed in front of their homes to ward off strange demons.

In recent years, the sculptor has focused her creativity on high fire sculpture. Her original pieces consist of mystical bears, birds, cats and a few dogs. Of human interest, Rotello fashions contemporary women, Spanish dancers, and ballerinas.

Occasionally the ceramicist will add finishing touches to her pieces at home. She will pick up found objects to add creativity and pizzazz to figurines.

But artistically, Rotello considers Harper her home from away from home. "I like the atmosphere of the studio and Sam (Rosby) is an excellent instructor. Most of the students

here share ideas and glaze recipes."

Excited about the clay sculpture that she will be teaching this semester, Rotello acknowledges her lifelong interest in learning. She admits that she will continue taking classes at Harper for another 30 years.

"Art comes from within yourself. It is pieces of your life. It is formed by parts of your life and your past."

PHOTO BY KIEL CROSS

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Successful candidates will have a Bachelor's degree in a Human Services related field or near completion of their degree. Experience with working with developmental disabilities desired.

Apply to:

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Human Resources
19054 Goebbert Rd
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Answers

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	EW	HEM
POOR	GAR	ALUM
RON	SAME	KONA
ANY	STEW	EDIT
MAX	TEND	RITE

Answers from page 16

HARPER HELPS SINGLE MOMS STAND TALL

Patrice Ekins
Staff Writer

Suddenly Single? Fantasies of an exciting new life may flash through your mind. How about "Suddenly Single Mother?" Not quite so exciting.

What do you do when you're a single mother with no substantial skills and no idea of how you're going to make a living to support yourself and your family?

Finding yourself in this situation is not as fabulous or even as simple as Hollywood sitcoms and movies portray it to be. Often, there aren't a lot of resources available to a woman who finds herself in this position. It can be a very frightening situation. Fortunately, the Women's Program at Harper College helps to make that place a little less scary.

Located in the Student and Administrative Center, Room A347, this program has served over 200 participants since just last summer, and more than 50,000 women since it was established in 1969.

The program is funded by two grants and offers such diverse services as helping women get back into the workforce, a class in "Women, Divorce and the Law" and one-on-one counseling. Although a majority of the applicants are single mothers, you do not have to be a single mother, or even a woman, to use the Program's services. You don't even have to be enrolled at Harper College.

One of the grants covers "displaced homemakers", while the other grant is broader, covering "special populations," for people who have barriers to learning or training. Potential participants have a one-hour assessment consultation with a counselor to determine eligibility. Next comes a three-hour orientation to provide them with information and prepare them for enrollment in the "Women's Program."

Nancy McDonald, Information Specialist with the program for over four years, became involved when she accepted a part-time position working with a gender-equity grant. The work provided her with an excellent opportunity to help women help themselves.

Nancy herself is a typical example of the kind of woman who would benefit from the Program. After working in the medical field for 13 years, she was laid off in her mid-40s.

"I was a single mom with three kids and didn't even have a high school degree," she said. But she did have a goal: to finish college by the time she turned 50.

Today she has surpassed that goal, having earned a Master's degree in Women's Studies and Communications.

Many single mothers are hardly more than children themselves or have little ones at home they need to provide for.

Heather Houchins is one such mom. At 27, she received some financial aid for tuition for the sign language courses she took through the Women's Program. The

program paid for her books. "I always wanted to take sign language classes, but the College of DuPage didn't offer them," she said.

"After a friend referred me to the Women's Program, I took one class to see if I liked it, and now I've been attending Harper for more than a year." Asked what she plans to do with her degree when she graduates, Houchins said, "I may teach, but I have been looking into interpreting."

Houchins was very happy with the program. "I let single mothers know that it is there for them, even if they just need to talk to someone."

Another student, who preferred to remain anonymous, echoes Houchins' enthusiasm for the program. "They've been very helpful," she said recently, after taking a computer class to brush up on office skills. Having investigated the Program five or six years ago prior to a divorce, she wasn't ready to go further with the Program. After her divorce went through, she worked with Linda Alberts-Frank, Program Specialist, who advised her to take a "Career Assessments" course to find a direction for her return to work. "I found that I was considered 'intuitive' and would do best in a career or environment that pertained to arts," she said.

New plans on the horizon include collaboration with the Sears' Women's Network, which offers an innovative speaker series called "Connect for Success".

This series focuses specifically on women in transition. Each session includes refreshments and childcare at no cost to the participant. Future topics are: "Taxes" (February 27), "Stress Management" (March 27) and "Women's Wisdom for Job Seekers" (April 24).

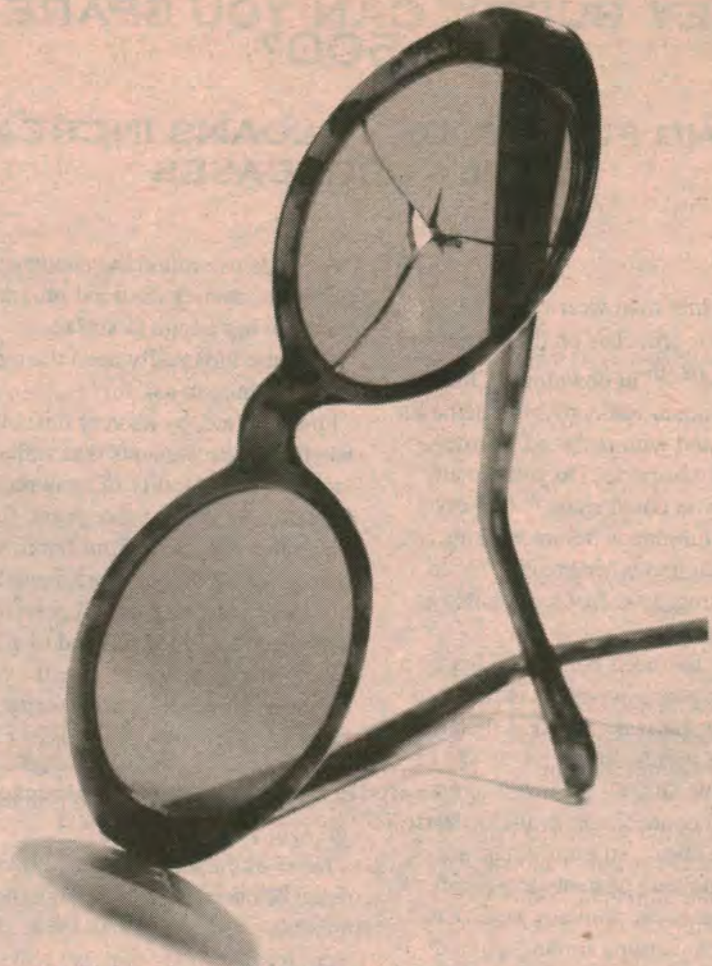
A participant filed trip is scheduled for April 3 to a Motorola facility. Attendees look at the various ways refrigeration and air conditioning training (such as that received at Harper College in the RAC program) can be utilized in a manufacturing setting.

In tandem with that is a participant seminar scheduled for May 8, highlighting non-traditional careers. The evening will include a panel of women talking about their experience with working in non-traditional career areas. A question and answer session will follow.

There are video presentations, displays of historical artifacts, keynote speakers and book signings scheduled over the next few months, keeping this program fresh and interesting.

Today, participants see a brighter future due in large part to the Women's Program at Harper College, and their counselors.

Anyone seeking information about the Women's Program may call direct at 847.925.6558.



Amanda Geiger bought these sunglasses to wear on spring break. She wore them only once before she was killed by a drunk driver.

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BINGE BUYING FOR THE ECONOMIC GOOD

Special to the Harbinger

In an economic downturn, should consumers spend or save their money?

Consumers may now be more cautious about spending money as confidence in the economy weakens, according to Angela Lyons, University of Illinois assistant professor of consumer economics. Yet, the economic situation has provided excellent deals on consumer goods for those who have the means to take advantage of bargains.

"A recession is not as big of a concern for families who are comfortable with their financial situation and have a savings reserve for emergencies," she said.

"However, it is a concern for those who accumulated a great amount of debt during the 1990s when the economy was strong."

Now is the time to take stock of your finances and find out where you stand. Given recent layoffs and the rising unemployment rate, it is especially important to have a financial cushion to fall back on in case of an emergency, Lyons said.

"If you feel comfortable with your current financial situation, you can help the economy by continuing your usual spending habits." You might even find some great deals.

Automakers and car dealers have cut prices and are offering buyer-friendly finance deals, such as zero percent interest. If you were considering buying a car in the

next year, you may want to take advantage of the lower prices now.

Just be sure to read the fine print before signing an agreement of sale. Most interest-free car loans are limited to three years. Buyers who choose to finance for a longer period could pay up to seven percent interest. Prices on home electronic goods, such as TVs, cellular equipment and DVDs, have fallen considerably. Stores, manufacturers and service companies have dropped their prices as well.

"The financial position of households over the past few months has held up relatively well, so most people should be in a position to take advantage of some of these deals," Lyons said.

If your financial situation is weak and you have accumulated debt, Lyons recommends refinancing. Take advantage of low-rate interest credit card offers to reduce the cost of your debt. However, read the terms carefully when transferring balances from one credit card to another. Avoid balance transfer fees and look for low rates that last until the balance is paid off.

If you have a mortgage, also consider refinancing. You can reduce the interest you pay over the life of the lower and lower your monthly payments.

Consumers may also want to consider changing their spending habits and setting aside funds for emergencies.

HEY BUDDY, CAN YOU SPARE \$8,500?

DEMAND FOR STUDENT LOANS INCREASES SUPPLY DECREASES

Gwen Lange
Staff Writer

An old unkempt man wearing all the clothes he owns crouches on the corner of Woodlawn and 57th in downtown Chicago. As a young woman walks by him, he holds out his hand, and with resigned, shame-filled eyes he whispers, "Do you got any extra change you could spare?" She casts him a disdainful glance before walking away muttering under her breath, "Get a job or something, lowlife. God, I hate beggars."

Because she has been blinded by her own cynicism, this young woman has failed to recognize that she is no different than the beggar on the streets. In her purse, she carries a check for \$8,500, the maximum annual tuition contribution available from the Stafford Subsidized Loan Program.

She represents one of many thousands of college students who annually receive academic loans. According to the National Association of Student Financial Aid, the number of students applying for loans has increased by 19 percent since 1995. While the number of applications for student aid has increased, the availability of funds has begun to decrease.

The Chicago Tribune reports that the Illinois Student Grant Program treasury has been emptied six months earlier than usual, forcing it to suspend new aid awards for the current academic year.

As students around the country continue to borrow money from aid programs, a question has begun to surface.

Do these kids really need the money that they continue to ask for?

Financial aid, by its very definition, originated to assist students that suffer from a lack or unavailability of resources.

However, in the last five years, for undergraduates that came from families with an income of 80,000 or more annually, financial need increased only 3 percent, while average aid granted jumped to 13 percent.

Low-income students face the opposite extreme. For undergraduates that came from families with an income of \$20,000 or less annually, financial need rose to 23 percent, while average aid granted only grew to 11 percent.

None of the information gathered on this issue has been able to explain the increase of students asking for and receiving student loans. So, for now, we will continue to sit on street corners and whisper to the government, "Do you got any extra change you can spare?"

Let's just hope that Uncle Sam doesn't turn away muttering, "God, I hate beggars."



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Opinions expressed are those of Harbinger Editorial staff and are not representative of William Rainey Harper College Administration.

All responses can be addressed to Letter to the Editor, Room A367, 1200 W. Algonquin Rd., Palatine, IL 60067. Please include your name and telephone number for verification. That information will be withheld upon request.

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OPEN YOUR EYES - VANILLA SKY COMMENTARY

Patrice Ekins
Staff Writer

Funny, I didn't plan on having Deep Thoughts when I bought a ticket for *Vanilla Sky*. I'd heard all the hoopla about "Cruise & Cruz" and the "surprise" ending. I just wanted to be entertained for two hours. Something much more intriguing occurred to me after watching this mediocre flick. Life as you know it could end just like that, not because you lose your job or your wealth, but because you lose your looks.

If you haven't seen it, I'll briefly brief you. The Man Who Has Everything, Tom Cruise, could have been playing himself. His movie character, wealthy and gorgeous, could - and did - have any woman he wanted. But after unexpectedly pissing off a sexual "playmate" who didn't see things the same way, he woke up to find himself disfigured and somewhat disabled. Nothing was the same. Everything in his life altered, because he looked different (as in really, really bad).

But what actually changed - the way people treated him, or the way he thought of himself? Did he become a different person when he lost his looks? I'm not talking about becoming "deeper". Let's be honest. I'm talking about having fewer options. The reality that he will never again be that gorgeous guy that everyone wants to know.

Yes, I know the movie is supposed to portray Cruise as someone who finally realizes how thoughtless and selfish he's been.

But really, if he had come out of that car crash perfectly intact, would he have changed? And how long would he have stayed interested in Sofia once the novelty of her accent wore off?

Cruise played his part perfectly. I felt his shock, pain and eventual hopelessness, as he desperately chased a woman who, just a short time before couldn't believe her luck in landing him and now did everything possible to avoid him. I couldn't be certain if she was turned off because of his embarrassing drunken behavior, or because he was no longer a pretty boy. (But that may have had something to do with it).

Call me cynical or shallow, but what stayed with me long after seeing the movie was the realization that so many of us take for granted - and take advantage of - the way we look. All the opportunities that open up because face and form are pleasing to the eye. Whether striking or mildly attractive, the shock of no longer looking like "you" would be the same.

I remember friends of mine teasing each other, "Would you rather have money or looks?" It was a unanimous decision. How important is wealth if it can't fix the way you look?

All of this has me forgoing, at least for the moment, the familiar rituals of the American Woman, constantly focusing on our many "flaws" and "faults". I'm happy to be me, in my skin, looking the way I look. There's no one else I'd rather be. Believe me, *that* revelation...was an eye-opener.

HARPER OPINION POLL

Felicia Blangiardo
Photographer

You can find out some interesting things in the halls of Harper when talking to students, staff and faculty.

What was your New Year's resolution? Have you broken it yet?



Mike Byrne
1st year, second semester
Major: HVAC - heating, ventilation air conditioning.
"It was to workout more. It lasted a week."



Jessica Schroder
1st year second semester
Major: Fire Science
"To exercise How long did it last? It never started."



Taimur Khan
1st year second semester
Major: Computer Information System
"I have to graduate with in two years. Well, yeah I'm working on it."



Jennifer Grygowski
Second year, second semester
Major: Nursing
"Straight A's.
It's only the first day of class. It will last. I was lax with my grades before but now I'm paying for my classes."



Andy Boettcher
Second year 4th semester
Major: Fire Science
To quit smoking
I've done pretty good. I've only had "one pack since New Years."

INTRODUCING: SEX AND THE STUDENT

The Big Apple isn't the only place where sex is a hot topic. People in the Second City are also having (or not having) sex, too, you know. We just haven't been writing columns about it.

Until now. This new column focuses on your thoughts and experiences regarding sex. If there is a topic you want to broach, e-mail me and we'll open it up for discussion. Still a little shy?

Okay, I'll start. My topic: **Why Is Two Better Than One?**

Recently I attended a holiday party given by a business associate. Since I live very close to the party's location, I thought I would drop in, say hello, and leave.

From the moment I arrived, I was bombarded with *couples*. Two here. Partners there. Couples everywhere.

It seemed that I was the only single person at this party. Well me, that is, and one unfortunate single male. Based on the fact that we're both single, some women in attendance decided that we would, of course, be a perfect *match!*

Can't you just hear the brainstorming? "Well *he's* single, and *she's* single. Hmmm...."

Personally, I have just a few more prerequisites for a partner than that. Needless to say, I couldn't wait to escape.

I never realized my singledom caused people such discomfort.

If you've ever been in a dry phase, I know you've encountered this type of reaction from your friends, family, co-workers.

"Well, I don't know if you want to join us for dinner. It's more of a

couples night."

"What do you mean you're not going to bring a date? You're coming by yourself?!"

"So, dating anyone?" (as in, "*still* not dating anyone?")

These same people will often confuse you by saying "You've got the right idea. Don't get married!" when they occasionally go through a rough patch with their spouse. But, trust me, they'll be back at it as soon as things smooth out for them.

Then the helpfulness begins:

"Why don't you ask out so-and-so? He's your age, and he's single too."

"Have you ever thought about the personals? Or one of those on-line dating services?" (as if we'd never given it a single thought)

Just why are people so anxious to hook everyone up? Did it start with Adam and Eve? With two plus two on Noah's Ark? Why are people so uncomfortable with singles? And why do singles let that discomfort affect their behavior?

Readers, I wish I had the answers. Because, believe me, I'm going through excruciating scrutinizing by a coupled society right along with you. With such a high rate of divorce, wouldn't you think we'd start to see the value in going a different route?

Apparently not, I'm afraid.

Let me know your thoughts on dating, not dating, sex, celibacy, or anything else that you'd like to discuss. Please send questions, column topics, comments, to sex & the student at harperlove@hotmail.com.

ARTS & ENTERTAINMENT

X, RATED

Kiel Cross
Photography Editor

Final Fantasy X, the first Final Fantasy game for the Playstation 2, is a superb building ground for the series on the new platform.

The developer, SquareSoft, once again does not disappoint role-playing game fans with this series sequel.

The game excels on all levels: multi-layered storylines, vibrant graphics, and new to the series, voiced characters.

The game begins like a movie. It starts with a fade in onto all the heroes sitting next to a fire. The camera then pans to the main character, Tidus who says, "This is my story."

From that statement on, the game has enough twists and plot shifts in the storyline to fill several games.

The game revolves around a man named Tidus, who is a super star of a game called Blitzball, a mixture of soccer, rugby, and water polo.

Tidus gets thrown 1,000 years into the future, where he becomes a guardian, sworn to protect a woman named Yuna.

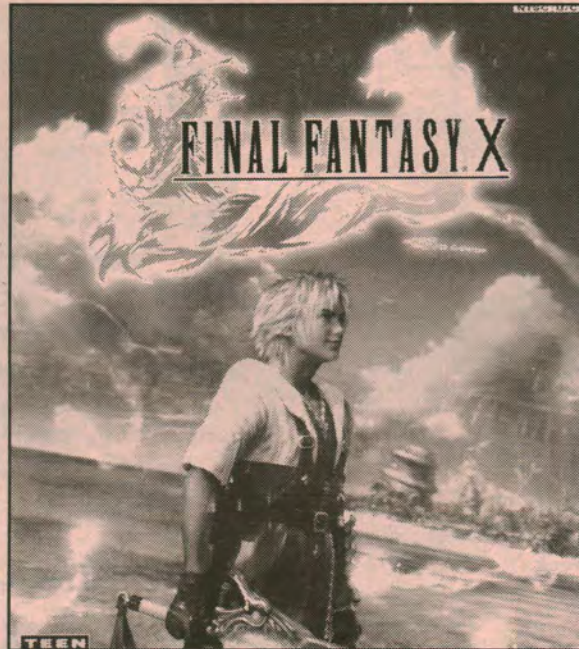
Yuna's duty is to destroy the juggernaut of evil known as Sin.

They are not the only travelers on the journey. There are other guardians that protect Yuna throughout the game such as Auron and Rikku.

Auron, an older, very wise guardian who has the "speak softly and carry a big stick" credo, and doesn't share his wealth of knowledge very often.

The guardian Rikku is a teenage girl and exceptional. Because of her youth, she doesn't know much else.

As the game progresses, the characters



develop and grow better bonds and relationships. The character's voices also help the storyline move well.

And for die-hard Final Fantasy enthusiasts, X carries over themes in the series such as Chocobos and Cactuars, and a character named Cid, and even some of the background music.

In all Final Fantasy sequels, there are always some things that are updated, sur-

passed, and added.

The environment in Final Fantasy X has been updated to a complete 3D world, which gives vivid colorful backgrounds and incredible eye candy.

The battle system has been surpassed with the ability to switch characters in battle, but missing is the classic ATB (Active Time Battle).

Most obvious of the added features is the well-cast voices of the characters.

This helps the story because the conflict and pain can be heard in their voices.

Unlike the prequels, where characters progressively go up in levels to increase their abilities, there is now the Sphere Grid.

Characters get spaces to move along a giant board. Progressing on the board increases their abilities and allows the player to control what they learn. If any of this doesn't make sense, the game provides many tutorials to educate players of all levels, from novice to expert.

Final Fantasy X will probably be one of the great role-playing games of the year, if not the best.

Improbable plot, realistic graphics, and a high replay value heighten the games chances for success. This great sequel rates a "10" and will prove that the Final Fantasy series is anything but final.

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decisions,
decisions.



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COMING SOON:

February 8: Emphyrean.....7:30 p.m

February 16: The Spencers:
(Magic and Illusion)...3 p.m & 7 p.m.

March 1: Java Jams.....7:30 p.m.

Alejandro Escovedo

and

Robbie Fulks.....7:30 p.m.

March 8: Java Jams:
J. Davis Trio.....7:30 p.m..

ARTS & ENTERTAINMENT

DANCELOOP WILL KNOCK YOUR SOCKS OFF

Special to the Harbinger

A new modern dance company, Danceloop Chicago, will feature the collaborative work of Paula Frasz, a Chicago-area veteran choreographer and emerging artistic director Dmitri Peskov, in a dance performance at 7:30 p.m. Tuesday, February 5, in the Theatre, Room J143, of the Business and Social Science Center of Harper College, located at Roselle and Algonquin Roads, Palatine.

Under the leadership of Frasz and Russian-born Peskov, Danceloop Chicago describes their mission as "an ensemble of dancers and artists dedicated to making bold, live theatrical dance with incomparable wit, integrity, and accessibility."

The ensemble uses literature, such as the poetry of Alice Walker, or the music of Gershwin, to inspire the dramatic choreography. In the Harper performance, Peskov chose a work for violin, cello and piano by Estonian composer Arvo Part called "Good Night," which will be performed by dancers Jil Econamkos and Paul Christiano (2001 Chicagoan of the Year in the Arts).

Another of Peskov's choreographic work, entitled "1938-1954," was set to the music of Shostakovich's "String Quartet 8."



Peskov drew inspiration from his Russian grandmother's memoirs of internment in a Stalinist concentration camp.

Peskov, a 27-year-old program specialist at Harper College for the Continuing Education's Language Academy, schedules

foreign language classes, designs programs and hires foreign language instructors. Even though he did not begin dancing until his senior year at Northern Illinois University where he pursued a degree in French Language and Literature, his work as a choreographer has been praised as "compelling," "startling," and "mesmerizing" by Chicago dance critics.

Frasz, a Ruth Page Award winning choreographer who has been choreographing independently for many years in the Chicago area, has been critically acclaimed as "zestily comic" to "funny with a serious side" to "powerfully modern" by the same dance critics.

Among other works to be performed at Danceloop Chicago's Harper College appearance is "The Old Woman of Wexford," named "a standout" by the Chicago Tribune at Chicago's Next Dance Festival in 2001 and nominated for a Ruth Page Award for Choreography. Using traditional Irish music, Frasz tells the folk tale as it is sung, beginning in musical theatre parody, but ending in lonely terror.

General public tickets cost \$7, with discounts for Harper students, staff and senior citizens. Call 847.925.6110 for tickets and information.

HARPER SUPER STARS

ENSEMBLE'S SPRING SERIES FEATURES MUSICAL

The Harper Ensemble Theatre Company released the cast list for its upcoming production of the musical "Jesus Christ Super Star."

The performance which runs March 15, 16, 17, and March 22, 23, 24, will be directed by Laura Pulio Colbert.

The popular and energetic piece will star Jeremy Foster as Jesus.

Other cast members include;

Jim Mahr as Judas
Mary Klein as Mary
Robert Sadlowski as Pilate
Mike Miller as Herod
Eric Beringer as Caiaphas
Sean Colbert as Annas

Amber McGuire, Diane Pouse, Ken Stromberg, John Tabor, Brian Wong, Corrine Clarke, Peter Papavasilion, Carol Watkins, Claire

Cooney, Kevin Wiczer, James Hartnett, Stu Wales, Stacey Ullery,

Guy Schingoethe, Erica LeBorgne, Colette Erickson, Amanda Pallanti,

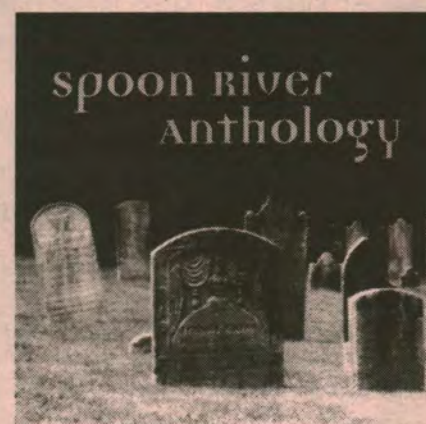
Mollie Gordon, Denise Tamburrino, John Shepard, Mike Rynerston, Jon Sundal will complete the Ensemble.

Working off-stage to insure the production's success will be:

Set & Property Design by Paul Dombrowski; Charlotte Rathke on Lighting Design. Jane DeBondt will head Costume Design as well as Choreography. The production's Musical Director is Steve Goers, with Charlotte Jackson as its Orchestral Director. Donna Paterson handles the responsibilities of Stage Manager.

Harper College Ensemble Theatre Company announces

Auditions for



BY | EDGAR LEE MASTERS
CONCEIVED, ADAPTED AND ARRANGED BY | CHARLES AIDMAN
DIRECTED BY | MARY JO WILLIS

Wednesday, February 20, 2002
7:00 pm
Drama Lab
Liberal Arts Center, L109

Callback on
Thursday, February 21, 2002
7:00 pm
Drama Lab
Liberal Arts Center, L109

Auditions are open to Harper students and staff. Those auditioning should prepare a monologue from *Spoon River Anthology*. Scripts are available in the Harper College Library (or use the original work by Edgar Lee Masters to select a monologue). Monologues should be memorized. Students who audition should be available for rehearsal during Spring Break, April 1-7.

Note: In addition to four to eight actors, one male folk singer and one female folk singer who play guitar are needed. Auditions for those roles will NOT be held on February 20; interested persons should arrange an appointment for a music audition by contacting Mary Jo Willis, 847.925.6448.

Performance Dates
April 24, 25, 26, 27 and 28

Contact Mary Jo Willis for additional information:
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SOAP SUMMARIES

FOR WEEK OF JANUARY 21 - 25

ALL MY CHILDREN

Leo and Bianca wondered about the sonnet missing from the book Frankie left her. After Mateo accused Chris of being Proteus, Chris began to ramble nonsensically about a boy. Later, Ryan was stunned to see Chris had written down Ryan's date of birth on his pad. Larry fell dead at Vanessa's feet. Later, Vanessa confessed to Palmer about her affair with Larry to divert Palmer from finding Larry's body. Tad and Dixie told Liza and Adam they were divorcing. Wait to See: Kendall spars with Bianca. Hayley meets with Simone.

AS THE WORLD TURNS

Adam suddenly realized he was caught in a very awkward situation. Paul pondered a clue from Paris. Barbara was determined to preserve her family. Molly had a bout with her conscience, while Abigail suddenly remembered something important. Craig and Lucinda faced off over Lucy. Wait to See: Isaac has a Scottish surprise for Bonnie. Simon hears Dahlia's "confession."

THE BOLD AND THE BEAUTIFUL

To Rick's surprise, Massimo offered to help him learn what he needed to know to be an effective member of the Forrester board. Later, as Rick arrived for the board meeting, Ridge noted that he would regret his decision to attend. But to Ridge's surprise, Rick impressed everyone with his business savvy. Meanwhile, Brooke told Dr. Isabel that Deacon vowed not to get involved in their child's life and that she will never betray her daughter, Bridget, again. But Deacon was still conflicted over his feelings for Brooke and his commitment to Bridget. Wait to See: Amber wonders about Massimo's interest in helping Rick.

DAYS OF OUR LIVES

A devastated Hope learned that the DNA tests proved Glen fathered JT. Shawn and Belle, meanwhile, planned to kidnap JT to keep Glen from taking the child away. A shocked Jack realized the significance of Greta's changed living arrangements. Chloe considered being a single woman without either Philip or Brady in her life. Lexie told everyone she had no knowledge about the baby-switch. Wait to See: Kate visits Lucas and sets her plan in motion. Lexie uses Belle and Shawn to her own advantage.

GENERAL HOSPITAL

Courtney asked Sonny if they could start over in establishing their relationship as brother and sister. Meanwhile, another pair of siblings, Lucky and Nikolas, mended their fences. Zander told a shocked Carly that Sonny instructed him to befriend her as a way of keeping an eye on her. Laura called Luke on his emergency phone line and ordered him to return home. Wait to see: Alan apologizes to Melissa. Skye gets

called to General Hospital.

GUIDING LIGHT

Josh had a surprise for Reva. A guilt-ridden Ross gave in to Blake's demands. Tony was unaware that he might be bound to Catalina forever. Michelle and Gus each vowed to learn the truth about Danny's accident, but for different reasons. Camille got Richard wondering about Cassie and Alonzo's relationship. Wait to See: Mel gets news about Rick.

ONE LIFE TO LIVE

Todd kept Paloma from telling Blair the truth about baby Jack, but then compounded his lies to her about seeing their "own baby" die at the hospital. Max told a shocked Lindsay that (despite the possibility that he'll be paralyzed for life) Al won't press charges against Cristian. Seth told Viki he can't ignore his love for Jessica.

Meanwhile, Roxy pulled Jessica deeper into her scheme by "revealing" that she had an illness that would run up large medical bills. Wait to See: Todd must deal with David Vickers.

PASSIONS

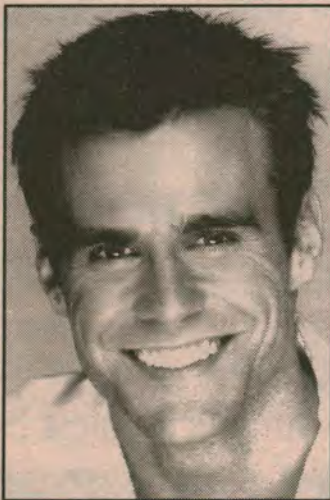
Tabitha tried to get Sam to believe that a murder had taken place. Gwen told Ivy she'll fight to get Ethan back. Grace asked Eve about a photo David took. Theresa was crushed when Ethan said they were through for good. Timmy tried to get Miguel headed in the right direction to find the real Charity. Wait to See: Liz and Brian worry as "Diana's" (Sheridan) behavior grows more erratic.

PORT CHARLES

Casey accused Paige and Amy of lying about their reasons for returning to Earth, leading Paige to admit she has unfinished business with Kevin. Later, after the three shared stories of their deaths with Rafe, all four were chastised by Ed for their sloppy work in interacting with the people of Port Charles. Alison hoped she and Jamal could restore the love in their relationship. Wait to See: The gunshot victim's identity is revealed.

THE YOUNG AND THE RESTLESS

Victor wondered why Ashley was sympathetic to Sharon for blaming Nick for the death of their baby. Colleen was puzzled by Troy's reaction after she mentioned Billy's name. Isabella told Paul she made him believe he fathered her baby because she needed a way of supporting herself. Meanwhile, Lauren confided to Kay that she may have mishandled things with Paul. Warton told Amanda he'll help her get a job. Victor and Nikki continued to work on their relationship. Diane realized she had her answer when Justin said he couldn't tell her who switched Victor's sperm sample. Wait to See: Diane sets her plan in motion.



Cameron Mathison is "Ryan" on "All My Children"

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SIPIERA HEADS SOUTH FOR THE WINTER

Continued from page 1

Chile's temperatures were much colder than expected. Thus the summer clothes the crew had packed stayed at the hotel for the return trip.

Although excitement had been high at the start, it dwindled as weather delays kept them grounded and forced them to concentrate on local excursions.

The first accomplishment of the mission came as microbiologist Birgit Sattler of Innsbruck visited a penguin rookery and collected samples of penguin guano.

The weather finally cleared January 7, and the team departed on a six-hour flight to Patriot Hills in Antarctica. At Patriot Hills, bad weather delayed Sipiera and the crew again, forcing them to spend several days instead of just the stopover as originally planned.

Sattler scored again while waiting for the next leg of the trip to get underway. At Patriot Hills, Sattler collected her first ice core samples. The team also made good use of the delay, learning to set up tents in high winds and construct ice toilets.

Not until January 15 did the group of explorers lead by Sipiera reach the South Pole.

Once there, they boarded yet another flight to Pecora and then finally set up base camp. After people and belongings were

unloaded, the plane took off - not to be seen for several more days.

Sipiera had said earlier that this is one of the scariest

parts of the trip "to know that you are now literally stranded at the bottom of the world until that airplane returns." Diane Sipiera said, "One of the biggest concerns in the Antarctic is survival on the ice." It is not

unheard of for people to fall into the crevasses made as the ice shifts and breaks up.

While Sipiera is "down south," his three girls—Andrea, age 15, Paula, age 8, and

Caroline Antarctic, age 5—follow his progress along with Diane. Mrs. Sipiera, a former elementary school teacher, also serves as a director for Planetary Studies Foundation.

Between them, the Sipieras have written over 30 books, many for children. Paul Sipiera's most recent book, "Ernest Shackleton: A Life of Antarctic

Exploration" targets adults, however.

The forward contains words by James A. Lovell, Jr., commander of Apollo 13.

"Recently, I had the opportunity to be part of a scientific

expedition to Antarctica in search of meteorites," said Lovell. "Working out on the ice and sleeping in tents gave me a sense of camaraderie with those first explorers like Shackleton." In 1914, Sir Ernest Shackleton made a frightening 800-mile open-boat trip in freezing hurricane conditions to get help for his stranded crew.

When Sipiera returns from his grueling

Antarctic endeavor, he will again make public appearances and offer lectures sharing his experiences with those of us who spent the month of January in warmer temperatures.

When one of the teachers at Highland Elementary asked about the hardest part of the trip, Sipiera explained it is spending a month without his family. This current trip adds new twist due to the new airport security restrictions: Sipiera's daughters cannot greet their dad at the gate with the "Welcome Home" sign. When the South Pole adventurer finally returns home, Professor Sipiera will have to journey a little farther to reach his permanent home base crew.

If you would like to follow one of Harper's own explorers, log onto www.harpercollege.com and click on the picture of Professor Sipiera in his yellow jacket with black piping. There are several hyperlinks, including articles by staff writer Shruti Daté for the Daily Herald, links to Q&As between the elementary students and the Antarctic team, and pages of information on previous trips and this trip. For daily logs from down south, click on the Journal entry or go directly to www.spaceadventures.com.



PHOTO COURTESY OF THE SIPIERA FAMILY

Professor Paul Sipiera addressed the Harper Board before his departure to Antarctica.

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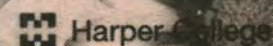
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BEARS MAY BE OUT BUT NOT DOWN

Mary-Ann Karaganis
Staff Writer

After years of mediocre showings, listless performances, and downright pitiful play, the Chicago Bears made it to the playoffs. They only played one game, but the playoffs are the playoffs, and not since 1990 have the Bears been able to claim championships to anything. This year, they're the NFC Central Division Champions. Who knew after last year's lackluster record that they'd come so far?

The fans did.

"I don't care about how they were," said Mary Davis, a long time fan, and a Harper student's mom. "I'm not one of those fair-weather fans. I knew they'd do all right."

Chicago fans are famed for their slavish devotion to a team, despite its losing record. In regards to the Bears, that legend proved true with attendance numbers averaging over 55,000 per game in 2000. That means 82% capacity for a team that only won 30% of its games, finishing off the season at 5-11.

The Bears owed it to the fans to make good. That kind of devotion doesn't come for nothing. Years of sitting in the cold, sleet, and pouring rain deserves a little recognition, a little response from the men on the field.

So, they did. They took down 13 opponents in the season before falling to the Philadelphia Eagles in the second round of the playoffs, 33-19. What a ride for the fans!

Darrell Richie, construction project manager at Harper, has held on through the years. A fan since Halas created professional football and introduced the Chicago Bears to the nation (that's the 1930's for those non-football fans out there), he nearly packed it in over the past couple of years.

"I could get rid of them the way they were doing," said Richie. "The penalties killed them. They're doing well this year, though."

"The coach (Dick Jauron) has a focus that pertains to all aspects on the football field. There's a better effort together on the practice field and it shows at the game."

That effort carried the beleaguered team to the playoffs. Does it matter that they lost?

"I won't be at all disappointed if they lose. They got this far, and I think that's wonderful," said Davis the day before the game.

The season over, the fans now have to prepare for a new year and a new stadium. The afternoon of the final game, construction crews dismantled portions of the stadium, ripping out most of Soldier Field's seats. This coming fall, those die-hard fans are going to have to drive 160 miles to see their team battle it out in Champaign until the new stadium is open for business in the fall of 2003.



PHOTO COURTESY OF CHICAGO TRIBUNE

Chicago Bear Jerry Azumah, like area fans, is already looking forward to "next year."

ASK YOUR WELLNESS ADVISOR

"I get through the holidays okay, but after the holidays I feel so blah. I've talked to others who have the same feelings. What can I do about this?"

The holidays can be fun and exciting. They can also be disappointing, tension-filled and tiring. Some people feel this way during the holiday season, while others may experience these feelings after the holidays have passed.

During the holidays, many put on a forced smile and work diligently to be happy and full of good cheer even though they may not be feeling that way. They go through the motions; attend parties, dinners and family get-togethers. If they don't feel well, perhaps feeling sad or depressed, they hide it. Some will eat a little more, some will drink a little more.

After the lights and holiday decorations come down and the feelings of frivolity have slipped away, many people find themselves feeling exhausted and glum. Some describe it as that "let down" feeling. Even as adults, we have expectations that the holidays will be perfect and we can't help but feel disappointed when they aren't.

So many circumstances - missing a loved one, having children who don't behave as well or don't pay attention as well as we'd like, observing our parents age and become frailer and more dependent, visits with relatives that aren't what we hoped for—all of this can add up to disappointment.

With a couple of long winter months left and the extra pounds accumulated over the holiday, people frequently experience lethargy and a sense of "the blues."

Some ways to cope with post holiday blues include accepting your emotions. Allow yourself to feel a little down after the holiday and share those feelings with people who care about you. Spending time

with friends can provide support and help you avoid feelings of isolation.

Eat a balanced diet, avoiding excessive sugar, salt and foods high in fat content. Avoid alcohol since it acts as a depressant.

Get regular exercise. According to some physicians, studies show that exercise alone can be as effective as psychotherapy for moderate depression. People who exercise tend to have more positive feelings about their health and less stress. Make exercise a part of your daily routine. Consider exercising to lively music, TV or invite a friend to join you.

For some, planning the next holiday or vacation gives them something to look forward to.

More immediately, reward yourself daily with pleasant or restorative activities. Do something you enjoy, such as taking a walk outside, reading, listening to music, soaking in a hot bath, savoring a cup of tea or just sit back and relax.

Remember winter darkness does not last indefinitely. Spring is just around the corner.

If your feelings of the "blahs" become overwhelming or aren't relieved after trying some of the above suggestions, you may want to seek the services of a counselor/psychologist, financial planner or a personal trainer. For further information or referral, please call Health and Psychological Services, 847.925.6268.

Pam McVoy works at Harper's Health and Psychological Services, A362 in Student and Administration Center. This service is available Mondays through Wednesdays, 8 a.m. until 8 p.m., Thursdays 8 a.m. until 6 p.m., and Fridays 8 a.m. until 4:30 p.m.



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HAWKS SPORTS

READY TO RUMBLE

Mary-Ann Karaganis
Staff Writer

After spending the past few months teaching his team about good nutrition and the benefit of daily exercise and weight lifting, Harper College wrestling coach Dan Loprieno will be bringing the men into the two most important events of the season: Regionals at Harper College on February 5, and nationals in Rochester, Minnesota on February 15 and 16. He's hoping they listened to his lectures.

"We gear ourselves up for those two big events," said Loprieno. "We were national champions last year, and obviously our goal is to repeat that this year. All I ask of them is that they go out there and do their best." For the past four years - Loprieno took over as head coach after serving eight years as assistant - Loprieno has not so quietly been building a powerhouse of talent.

His wrestlers have consistently moved on to Division I schools, most notably Joe Gleissner, a Northeastern University standout.

"Ultimately, the goal for these kids is to go to a four-year school," said Loprieno. "I think that's why we've grown so strong. The high school kids see our kids going on and they want to be able to do the same."

With several All-American wrestlers in his stable, and several others ranked at the state and national levels, Loprieno offers more than most other junior colleges in the area.

Of his 18 wrestlers, six are All-American. One, Andrew Bradbury, ranks second in the nation for his weight class, 125. These men offer great incentives to aspiring high school students wanting to progress in competition: "Wrestle with Harper and win championships."

First, the team had to get conditioned, though. Champions or not, they're still college men, and college men aren't necessarily famed for their good eating habits and dedication to healthy living.

"We spend the first few weeks trying to get the guys to eat right," said Loprieno, smiling. "Fast food and greasy burgers don't do much to help them keep their weight down."

So the team starts in November on a diet of healthy foods and lots of exercise, working out every day. New

junior college rules state that wrestlers can't go below 5% body fat, and while the men work toward their competition weights, their hydration levels are constantly under surveillance. The coach stresses health over weight.

"It's not like the old days, which are sort of a black eye on the sport. We sort of

know what's a healthy weight for the guys to wrestle at by the time they get to this level, and we watch their eating habits and that. We want healthy guys in there, first."

A lack of healthy bodies may be what brings the Hawks down on February fifth. Three sophomores have gone down with injuries. His remaining team members, however, know how to hold their own.

Wes Anderson, 285, rose to second in Illinois in 1999. Alex Hernandez, 149, is a two-time Florida State Champion. Joe Johnson, 141, ranked seventh in the NJCAA in 1999, and is Harper's open champion. Even the lightweights aren't such lightweights.

Regardless, Coach Loprieno has earned his reputation in the wrestling community. His experience, patience and talent draw in some of the best wrestlers from around the country. Should he continue on the path he started four years ago, his team will be bringing home another championship in February.



Hawks hope to repeat winning season

Photo Courtesy of Harper College

STRICT REGULATIONS ENFORCED TO PROTECT WRESTLERS

Mary-Ann Karaganis
Staff Writer

Wrestling has long been a sport associated with eating disorders and massive weight loss.

Over the past few years, college rules have changed to help wrestlers stay healthy while competing at the weight class for which they're best suited.

A new NCAA rule in the 2001-2002 season states that an athlete who is a first time participant in collegiate wrestling and/or has never gone through the NCAA weight certification must follow the two-step certification process.

This process is essentially a diet-plan, stating the lowest weight a competitor can wrestle at, and the date that he's cleared to wrestle at that weight.

He can wrestle prior to the stated date, but not at the "scratch," or minimum weight. He must wrestle at the stated weight on his plan.

For instance, when a freshman wrestler joins the team, he must submit himself to a thorough physical exam, including body fat and hydration level checks.

The information this exam provides will help the coach and wrestler determine the healthiest weight class for him to compete.

This information is plugged into a form that will generate a weight-loss program. That form must be attached to all certification forms prior to the meets.

The hope is that such precautions will eliminate the quick weight-loss situations for which the sport is famous and make it a safer event for all those involved.

Show your school spirit and support the Harper Hawks! See the Hawks sports schedule for dates and times of upcoming meets and games!

CHEER ON THE HAWKS! JANUARY 2002 CALENDAR

Men's Basketball

Jan. 29	Tue. 7:00pm	Joliet	HOME GAME
Jan. 31	Thu. 6:00pm	Rock Valley	HOME GAME
Feb. 4	Mon. 7:00pm	Barat College JV	Lake Forest
Feb. 9	Sat. 7:00pm	Triton	HOME GAME
Feb. 12	Tue. 7:00pm	College of DuPage	HOME GAME
Feb. 14	Thu. 7:15pm	Oakton	HOME GAME

Women's Basketball

Jan. 29	Tue. 5:00pm	Joliet	HOME GAME
Jan. 31	Thu. 4:00pm	Rock Valley	HOME GAME
Feb. 7	Thu. 5:00pm	Wright	Chicago
Feb. 9	Sat. 5:00pm	Triton	HOME GAME
Feb. 12	Tue. 5:00pm	College of DuPage	HOME GAME
Feb. 16	Sat. 1:00pm	Oakton	HOME GAME

Wrestling

Jan. 26	Sat. 9:00am	Duals	HOME MEET
Feb. 5	Tues. TBA	Regionals	HOME MEET
Feb. 14	Thu. TBA	Nationals	
Feb. 15	Fri. TBA	Nationals	
Feb. 16	Sat. TBA	Nationals	
Feb. 17	Sun. TBA	Nationals	

HAWKS SPORTS

BRAND NEW BLACKHAWKS

Steve McHugh
Sports Editor

For those not paying much attention to the Chicago BlackHawks this season, welcome to a world of change and skill.

For the past five months the city of Chicago has been preoccupied with the Bears' winning season, which ended sadly in their first playoff game in ten years. The team Chicago should be focusing on plays on ice, not grass.

So far this season the Hawks have skated their way to a record of 28-14-8. Chicago hockey fans haven't seen those kind of numbers since we lost legends like Roenick, Belfour, and Chelios. With the way things have been going, we can definitely say that our Hawks are in the playoffs.

The only question left is "Do they have a shot at winning this year?" This question sparks diverse conversations all over the Chicago area, especially in local ice arenas and bars.

The Hawks have suffered some brutal losses this season. But in exchange, they have pulled through with six-game winning streaks or by winning ten home games in a row.

The Hawks have two very stable goaltenders, Jocelyn Tribal and Steve Passmore. Both have playoff experience behind them. Brian Sutter the Hawk's coach and mentor, has been familiar with the team since the early 80's. Don't forget our defensive side of the game with players like Phil Hously and Boris Mironov.

Having stable goalies and a good defense are important ingredients when it comes to playoffs, but putting the puck in the net is what matters most.

This season the Hawks have four of the best offensive players in the NHL. When it comes to hockey statistics, mention the names Tony Amonte, Alex Zhamnov, Eric Daze, and Steve Sullivan and you can fill a record book.

Our playoff chance is here, and these four all-stars will be putting the biscuit in the basket for the BlackHawks. Our fearless captain, Tony Amonte came over from the New York Rangers on March 21, 1994. On that date the Rangers made a big mistake.

Amonte has scored 87 goals in his last two seasons for the Hawks, ranking him with such all-stars like Jaromir Jagr, John Leclair, Paul Kariya, and Teemu Selanne. This season the right wing has 16 goals and 25 assists. He dominates every aspect of the Hawks offensive unit.

Currently ranked 6th in points, Amonte has recorded 7 career hat tricks since the Hawks' last game vs. Tampa Bay. Amonte hasn't missed a game for three consecutive seasons, maintaining the longest active games-played streak in the

NHL at 246 games.

Tony Amonte started college hockey with Boston University in 1989. There he scored 56 goals and 70 assists in just 79 games. Amonte still holds Boston's scoring record which he set his rookie year.

Amonte has appeared in four NHL All-Star games with a total of 6 points, and has also been a member of Team USA since 1988. One of only six players to be chosen right out of college to represent his country at the Goodwill Games, Amonte helped the team earn silver.

He ranked as a top member of the Team USA squad that won the Inaugural

Zhamnov joined the Winnipeg Jets in the '92-'93 season and totaled 72 points in his rookie year. With teammates like Teemu Selanne (132 points) and Phil Hously (97 points), Zhamnov finished third in scoring overall for the Jets. In the 94-95 season Zhamnov finished 3rd in the NHL's scoring list trailing behind Jagr and Eric Lindros, both of whom had 70 goals.

Named to the NHL's All Star team, Zhamnov also received a nomination for the Lady Byng Trophy, one of the most renowned trophies in professional hockey. The honor made the future Hawks powerhouse the first Russian-born player to be nominated.

The Hawk's next sniper is the 6 ft., 234 lb, 26-year-old Eric Daze. This left winger has scored 26 goals this season with 22 assists. Last season he only held 36 points for the Hawks due to back problems that bothered him in early October.

He missed 18 games; four games after his return, he suffered a herniated disc in his back and underwent surgery. This season Daze looks as strong as he did two seasons ago and is pressing to hit the 50-goal mark.

The Quebec Nordiques picked up Daze in the 1993 Entry Draft. Daze then dropped back down to the junior leagues in early 1994. He played in the Canadian Juniors until '95, scoring a total of 132 goals and 129 assists in 191 games.

Daze received Junior Athlete of the Year Award at the end of the '95 season. With the Junior Team Canada, Daze captured the gold medal in the 1995 Olympics. He led Canada in goal scoring with 8 goals in 7 games. He also played for Canada at the '98 and '99 World Championships.

Daze has been a BlackHawk since the 95-96 season, and ranks as one of our best left wingers in the last 20 years.

Last but not least, let's look at Steve Sullivan. A Canadian-born right winger, Sullivan first had his name mentioned loudly in the American Hockey League (AHL).

While playing with the Albany River Rats in the 1994-95 season, Sullivan won the Calder Cup Championship. He also led his team in points with a total of 81, taking 2nd in the league for scoring. He joined the New Jersey Devils in the '96-'97 season. The Devils traded him to the Toronto Maple Leafs the season after.

The BlackHawks acquired Sullivan from waiver with Toronto in early 1999. This season Sullivan has 12 goals and 25 assists, making him the Hawks number one set-up man.

Sullivan made his international debut for Team Canada at the 2000 World Championships in Russia, totaling with 4 goals.

With these four players putting the shots on net, you should now understand why the Hawks might just pull through and surprise the city of Chicago.

Be sure to look out for these key targets during the as the season progresses, and as we move into the start of the 2001-02 Stanley Cup Playoffs. We have been blessed with a team that can hold their own this year, so take advantage of the Hawks' success. It may not last too long. Although our players and coaches have what it takes to get the job done, we can't always say the same about the Hawks management!



PHOTO COURTESY OF CHICAGO BLACKHAWKS

Hawks Sullivan (26), Klemm (42) and Goalie Thibault score with Chicago fans.

World Cup in September of '96. Amonte scored the game-winning goal in the decisive game 3 of the Cup Finals against Canada.

Due to his cost, skill, and young age, the Hawks' 6-ft., 200lb., 31-year-old captain will be an attractive trade prospect next season. The city of Chicago and the team's players understand Amonte's value. But Hawks' management will show no mercy when it comes to Amonte's contract negotiations.

Hawks' center Alex Zhamnov holds one or two records himself this season. With 17 goals and 30 assists this season, Zhamnov looks to improve his statistics this season. Last year he finished with 60 points total.

Zhamnov has led the Hawks in game-winning goals with an average of 7 per season since being traded to the team in 1996. He has had 8 consecutive seasons in the NHL with a 20-plus-goal average.

Discovered while playing on a team called the Moscow Dynamo in 1992, Zhamnov skated with some of the NHL's top players of today. Alexi Yashin, Darius Kasparitis, and Alexi Kovalev joined Zhamnov in Moscow for two seasons of total domination.

Zhamnov continued to lead the Jets in goals and even had a 5-goal game against the Los Angeles Kings on April 1, 1995. This effort made him the only player in '95 to score a 5-goal game. He finished with a total of 103 goals and 164 assists with the Jets before being traded to BlackHawks.

Making his debut as a Hawk, Zhamnov notched his 6th career hat trick against the Calgary Flames. Four games later he suffered a sprained right ankle at the regular season finale against the Dallas Stars. The injury forced him to miss the 1997 Stanley Cup Playoffs.

Since the '97-'98 season, Zhamnov and Amonte have led the Hawks in scoring and assists. Zhamnov's career stats include 639 games played, 217 goals, and 378 assists, for a whopping 595 points total.

His Olympic experience started in 1990 when he took a silver medal in the World Junior Championships for the Soviet Union. He also won a bronze with them in '91. He then joined Team Russia at the World Championships in '92, sweeping the gold medal. Zhamnov took silver at the 1998 Winter Olympics and once again in 2000.

For HAWKS, view calendar on Page 14

JANUARY 2002

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
Winter Break						
6	7	8	9	10	11	12
Winter Break						
13	14	15	16	17	18	19 HAWK
Registration for Spring 2002 Classes						
20	21	22	23	24	25	26
	Martin Luther King's Birthday Observed:	HAWK SPRING CLASSES BEGIN FREE Movie at 1:00pm: Shrek	HAWK FREE Concert: Waterhouse Cardiac Career Info Session	HAWK FREE Ice Desktop Publishing Info Session		HAWK
27	28	29	30	31	1	2
		HAWK FREE Movie at 1:00pm: Hannibal		HAWK		

ACROSS

- 1 Garbage barge
- 5 Put together
- 9 Ally McBeal's field
- 12 New Rochelle school
- 13 Stage prize
- 14 Glass of NPR
- 15 Diplomacy
- 16 Authentic
- 17 Central
- 18 A util.
- 19 Pac. counterpart
- 20 Labyrinth
- 21 Store-sign abbr.
- 23 Clean-air org.
- 25 Regatta setting
- 28 Eye part
- 32 Kind of candle or nose
- 33 Thespian
- 34 Rouse
- 36 Plot
- 37 Ram's ma'am
- 38 Height of fashion?
- 39 Indigent
- 42 Needle-fish
- 44 Reunion attendee
- 48 Reagan or Silver
- 49 Unaltered
- 50 Hawaiian tourist area
- 51 Whatever amount
- 52 Dither
- 53 Fix text
- 54 Credit limit
- 55 Nurse
- 56 Formality

DOWN

- 1 Location
- 2 Fossil fuel
- 3 A single time
- 4 Swiss craftsman
- 5 Swamp
- 6 Facilitate a felony
- 7 Rotary-phone user
- 8 Slippery swimmer
- 9 Bean type
- 10 Four Corners st.
- 11 Test the waters
- 20 Marriage broker
- 22 Get more magazines
- 24 Armistice objective
- 25 Singing syllable
- 26 "- come?"
- 27 Docs' org.
- 29 Dweller (Suff.)
- 30 Artesian appellation
- 31 Exist
- 35 Make invalid
- 36 Crafty
- 39 Stroller
- 40 "Chaplin" role
- 41 Intaglio stone
- 43 Congregation's cry
- 45 California town
- 46 Monad
- 47 Partner
- 49 Fast flier

King Crossword

Answers on page 4

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
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