

THE HARBINGER

THE VOICE OF HARPER COLLEGE

William Rainey Harper College • Palatine, Illinois

Volume 34 • Issue 9 • February 11, 2002

JAVA JAMS SERVES UP ECLECTIC BREW

ALEJANDRO ECISOVEDO, ROBBIE FULKS, J. DAVIS TRIO, MARC SMITH

AND FRANK CALIENDO ROUND OUT SPRING SEASON

FOR POPULAR COFFEEHOUSE SERIES

RECEIVED
FEB 20 2002

LIBRARY
William Rainey Harper College
Palatine, Illinois 60067

Special to The Harbinger

Harper College's annual Java Jams Coffeehouse Concert Series will feature an eclectic assortment of entertainment during the month of March. "The master of internal disaster" Alejandro Escovedo is doubled-billed with "non-traditional traditionalist" singer/songwriter Robbie Fulks. The jazzy hip hop hybrid J.Davis Trio appears with guest David Singer. MAD TV impressionist Frank Caliendo brings his act to Harper. Marc Smith of The Green Mill fame presents a suburban poetry slam.

Escovedo, a former member of various punk bands including the Nuns, which

opened on tour for the Sex Pistols, will also open the Java Jams series at 7:30p.m. Friday, March 1. The Austin native was also an original member of the cowpunk band Rank and File, True Believers, and also formed Buick MacKane, which toured with Los Lobos.

Escovedo will bring his acoustic trio to Harper to perform songs from his latest Bloodshot Records release "A Man Under the Influence," as well as tunes from Escovedo's varied influences and incarnations. Robbie Fulks, another singer/songwriter who defies genre by jumping from pop, rock, bluegrass, country and back again will also perform March 1.

Fulks, who one critic described as "alt. country," makes his home in suburban Chicago, and has a following among "people who don't consider what's currently played on country radio to be country music." In live shows he's been known to do idiosyncratic covers of tunes by artists as unlikely as ABBA (catch his version of "Dancing Queen."), Michael Jackson and Liz Phair.

One of the few four-person trios, the J. Davis Trio will perform next in the Harper Java Jams Coffeehouse series at 7:30p.m. Friday, March 8. Veterans of such venues as the Empty Bottle, Double Door, Metro, the Elbo Room, Kenny's Rib Shack and the House of Blues, the group describes their music as "martini-flavored hip hop."

Members of the group

include: baritone rapper Stuart, Aim 1 (real name Tony) on drums, Flav-r-Ice (Dave) on bass and Ron of Japan (who's real name is also Dave) on horns.

Opening the show is Chicago's power-pop answer to Ben Folds Five, David Singer.

Marc Smith, creator and maestro of the Uptown Poetry Slam, will officiate at a suburban poetry slam 7:30p.m. Friday, March 15, at the next event on the Java Jams menu. Smith will combine performance poetry with Pong Unit One, a group performing musical poems, and will also invite audience members to compete in a local slam.

The Java Jams Coffeehouse series will conclude on March 22 with a performance by MAD TV's Frank Caliendo who has in his repertoire over 100 impressions and voices, including Robin Williams, John Madden, Chris Farley and the entire cast of Seinfeld. Not only does Caliendo imitate famous people, he also switches back and forth between characters at a frantic pace. Blues guitarist Keith Scott will open the show.

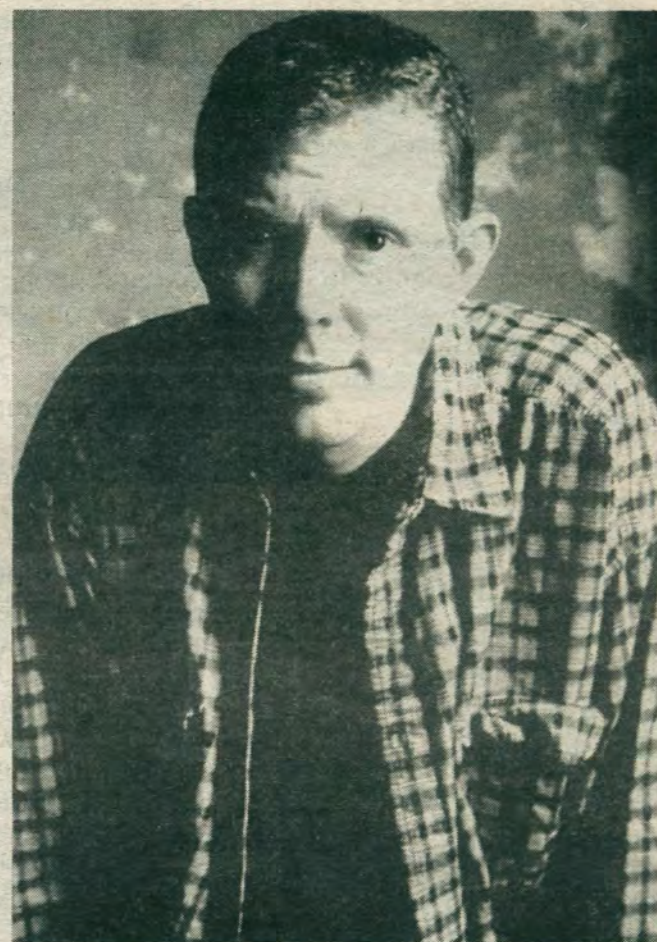


PHOTO COURTESY OF ROBBIE FULKS

Local Alt. Country Rocker Robbie Fulks gets the Java Jams off on the goodfoot March 1.

All of the Java Jams Coffeehouse Concerts take place in the Student and Administration Center at the college. Advance sale tickets are \$10 for general admission with discounts for Harper students. Day-of-show tickets are \$10. Advance sale tickets for the poetry slam cost \$5; day of show tickets will be \$8. For tickets and information, call the Harper Box Office at 847.925.6100.



PHOTO COURTESY OF MAD TV

MAD TV's Frank Caliendo closes out the Java Jams Series March 22.

REGULAR COLUMNS

PRESIDENT'S PLACE Pg. 2
ROLLINS' RAMBLINGS Pg. 4
WELLNESS ADVISOR Pg. 9

SPECIAL THIS ISSUE

GET YOUR FLU SHOT! Pg. 9
SEX & THE STUDENT Pg. 6

HAWKS SPORTS NEWS

ALL-STAR HIGHLIGHTS Pg. 10
FITNESS UPDATE Pg. 11

PEOPLE AND PLACES

FASHION FOR STUDENTS Pg. 7
NEW MUSIC NOW Pg. 7

PRESIDENT'S PLACE

Dr. Robert Breuder
College President

1,175—One thousand one hundred and seventy-five and still counting
On January 29, 2002, it was standing room only as the Harper College community gathered in the Student and Administration Center Lounge to honor those employees who had obtained 5, 10, 15, 20, 25, and 30 years of service at Harper during the 2001 calendar year. The combined total is 1,175 years.

Family members, friends and colleagues were there to recognize those who had reached these milestones in their careers. You could see and feel the pride and warmth in the room. The audience couldn't hold back their applause as each honoree walked to the podium to be congratulated by their division, human resources and finally by me.

The following five-year employees were recognized:

- BETTY LADNER
- ISRAEL HERNANDEZ
- MARINA WRAY
- LAURA BRANSKI
- TERRY LANGKAN
- KATHY SHINE
- RICHARD MASON
- MICHELLE CAMPBELL
- JUDITH THORSON
- KATHLEEN BURLETTE
- TIMOTHY PHILBIN
- SILVIA LOYOLA
- MARIE SCHUMACHER
- THOMAS DEPALMA
- JAMES EDSTROM
- THOMAS GOETZ
- PASCUALA HERRERA
- CHARLES JOHNSTON
- ELIZABETH MINICZ
- JEFFREY PRZYBYLO
- JOANNE ROTHBLUM



- DANIEL STANFORD
- ELAYNE THOMPSON
- ELIZABETH TURNER
- ANDREW WILSON
- KATHY ZUO
- GREGORY ROGERS
- NUI DUONG
- ROBERTA LINDENTHALER
- MAUREEN KOSCIELAK
- CARRIE GORR
- MARIA BEVILACQUA
- LORI ESHOO
- ROBERT FABBRINI
- MARY MIKELL
- ADRIENNE McDAY
- PAMELA McVOY

The following ten-year employees were recognized:

- THOMAS SHANAHAN
- FRANK OLSOFKA
- AMY DIXON-KOLAR
- MARY LEE AZAWI
- JUANITA BASSLER
- KAREN McBRIDE
- JOHN FARRIS
- SHERYL OTTO
- CAROL DIANE CARTER-ZUBKO
- DIANE DECKER

- PATRICK BEACH
- MARY COLLEEN BURNS STEPHANIE BURRELL
- DEEPA GODAMBE
- ANA LUCIA HERNANDEZ
- KATHERINE KNIEST
- JACQUELYN MOTT
- LYDIA CHIYE OMORI
- JAYNE WILCOX
- STEPHANIE WOOTEN-AUSTIN TERRY DONAHUE
- SALVATORE BARBARO
- MANOUCHEHR AZAD
- DAVID DLUGER
- S. LARRY OLSON
- JON DEJONKER
- KAREN DIDIER
- JANE BEST
- JAMES CROUSE

The following fifteen-year employees were recognized:

- LAURA BENSON
- SUZANNE SONS
- DAVID HANSON
- CONSTANCE DEBOEY
- JOSEPH WARD-III
- SUSAN WITT
- CATHELINE LOMATCH
- JOAN KINDLE
- SHARON MARTIN
- REBECCA SANTELER
- JUDITH LONGMORE
- LAURENE MILLER
- MARCIA LITRENTA
- STEVEN HILL
- JEANNE KLINE
- RAUL ARTEAGA
- MICHELE UKLEJA
- LAWRENCE OLSEN
- JAMES BLASKY

The following twenty-year employees were recognized:

- MICHAEL VIJUK
- MICHAEL NEJMAN
- ELENA POKOT

- KEITH KOLLENBERG
- MARCIA BRANDT
- GEORGE GINTOWT
- JULIE HENNIG
- JOHN SHOLA
- PATRICIA WENTHOLD
- WILLARD HOFFMAN
- BARBARA SINGER
- JEAN WILLIAMS

The following twenty-five-year employees were recognized:

- BRUCE BOHRER
- LUZ HANSEN
- THOMAS JOHNSON
- SOLVEIG BENDER
- CAROLE BERNETT
- KENNETH DAHLBERG
- JOHN GALLAGHER
- CAROLE RAE LISSY
- C. DUANE SELL
- PAUL SIPIERA
- PATRICIA SEITZINGER

The following thirty-year employees were recognized:

- PAUL HOLDAWAY
- MARY WAITE
- MICHAEL BROWN
- HARLEY CHAPMAN
- JOHN ELIASIK
- ELIZABETH HULL
- PETER SHERER
- JOSEPH STERNBERG
- LAWRENCE KNIGHT
- CHARLES HEARN

The awards were followed by photos and a reception.

With great pride that I shook their hands and gave hugs of appreciation. I am both proud and humbled to be leading an institution with such fine employees. In this day of multiple careers and job changes, it is truly amazing that Harper not only attracts top employees, but also that they choose to stay for so many years.

EDITORIAL BOARD

- EDITOR IN CHIEFNellie Huggins
- FEATURES EDITORLisa Scacco
- SPORTS EDITORSteve McHugh
- LAYOUT EDITORChris Discher
- PHOTOGRAPHY EDITORSKiel Cross
.Felicia Blangiardo
- BUSINESS MANAGERMarie Regan
- FACULTY ADVISORDann Gire

CONTACT INFORMATION

- Mailing Address:**
The Harbinger
A367
William Rainey Harper College
1200 West Algonquin Road
Palatine, IL 60067-7098
- Phone Numbers:**
Business Office: 847.925.6000 ext.2461
News Office: 847.925.6460
Fax: 847.925.6033

copyright 2002, The Harbinger
All rights reserved.

STAFF WRITERS AND ASSISTANTS

- | | | | |
|---------------|--------------------|----------------|-----------------|
| Deborah Abbot | Nancy Huggins | Gwen Lange | Jeff Van Buren |
| Charles Cann | Beth Kartel | Anthony McGinn | Kenny Webster |
| Patrice Ekins | Mary-Ann Karaganis | Lynn Mutch | Nikki Winikates |
| | | Paul Rollins | |

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.

LETTERS POLICY

The Harbinger welcomes letters to the editor and replies to our editorials. Letters must be signed and include a phone number for verification. Signatures will be withheld upon request. All letters and content are subject to editing.

ADVERTISING

Products and services advertised in *The Harbinger* are not endorsed by the editors of this paper, the college administration or Board of Directors. Inquiries should be forwarded directly to the advertiser, and all purchases are at the discretion of the consumer.

THE HARBINGER

**IS CURRENTLY
ACCEPTING
APPLICATIONS
FOR ARTISTS,
COPY EDITORS,
AND WRITERS
APPLY IN ROOM
A367, OR CALL
925.6460**

COMMUNITIES COME TOGETHER FOR HOSPICE SABBATH

Special to the Harbinger

Faith communities throughout the area are being invited to take part in the third annual Hospice Sabbath being held February 22-24.

Hospice of Northeastern Illinois (HNI) is providing speakers and written materials to participating churches, temples, synagogues, and mosques throughout Lake, Northwest Cook, McHenry, Kane, DuPage and Boone counties.

Hospice Sabbath is a joint program of area hospices and faith communities to educate people about hospice services. It is designed to enable faith communities to participate in ways which are consistent with their own traditions and practices.

The event has been endorsed by diverse groups including Anawim Center, Archdiocese of Chicago and Joliet, Bahai House of Worship, Buddhist Council of Midwest, Greek Orthodox Diocese of Chicago, Metropolitan Chicago Synod/ELCA, Reorganized Church of Jesus of Latter-Day Saints, Ukrainian Church of the USA, and Unity Church/Chicago. The Chicago Board of Rabbis has also permitted distribution of Hospice Sabbath materials to its congregations and institutions.

Communities can participate in the weekend event in a variety of ways such as by including hospice information in their bulletins, including hospice families and hospice ministry in their prayers of the day, mentioning hospice in sermons, or inviting hospice speakers to provide information, lead discussions, or give sermons.

The connection between hospice and faith communities goes back to the Middle Ages when hospice served as a place of care and rest for weary religious pilgrims; it then evolved into a place of care for the sick and dying, before falling out of practice.

In the 1960s, British physician Cicely Saunders, founder of the modern day hospice movement, reestablished hospice as providing specialty care for those living with a terminal illness. It is from this model that the hospice movement, faith communities continue to play an important role in it, including providing their members with hospice information, making referrals to hospice, and ministering to those who are living with life-limiting illness of their own or a family member.

For more information or to request a speaker for Hospice Sabbath, contact the Chaplains Department at 847.381.5599.

CHICAGO OFFERS SUPPORT FOR WORKING POOR

Special to the Harbinger

A young girl is in desperate need of surgery to save a failing kidney. Her mother, a west suburban single woman with three other children is employed but cannot afford health insurance for her children or herself.

An elderly south side man cares for his disabled wife. His own health is poor, but without insurance, cannot pay for the medical care or drugs for either of them.

A new initiative to reach the uninsured in Cook County is underway. The Access to Benefits and Care Project (ABC) is a local coalition of health agencies working together to increase public awareness about the availability of KidCare and Medicaid insurance coverage in Illinois and Cook County.

Cook County Department of Public Health in partnership with the Chicago Department of Public Health, the Chicago/Cook County Community Health Council and Chicago Hispanic health coalition have joined forces to make sure that all Cook County children and adults have access to vital primary health services.

Both KidCare and Medicaid are state-funded health insurance programs managed through the Illinois Department of public

Aid. Eligibility depends on financial need and is open to residents of Illinois and U.S. citizens, or legal immigrants.

KidCare insurance provides children of working parents with low-cost and free health care coverage for doctor visits, hospitalization, prescriptions and other benefits. Medicaid pays for a family's medical bills.

"People who are employed, the working poor, are often unaware that insurance coverage is available to them," said Michele shade, ABC Project Coordinator. "or, they're embarrassed about taking what they consider to be public aid while holding down a job. But sometimes people need a little extra help. Their health, and the health of their family should be a top priority."

Representatives of ABC are making themselves available to schools, service agencies and community organizations to talk about health services and insurance plans that are accessible to the public.

"People don't have to be on welfare to qualify for KidCare or Medicaid," said Michele. "This is the message we are stressing."

For information about state-funded insurance programs, call 866.468.7543. Or contact the ABC Project Coordinator at Cook County Department of Public Health at 708.492.2006.

National-Louis University

Chicago • Elgin • Evanston • Wheaton • Wheeling



Taking charge of your
future begins with

you

If you're looking to complete the bachelor's degree you need to get the job you want, National-Louis University is here to help you. Our student-centered approach to learning keeps the focus on you with flexible schedules, small class sizes, online possibilities and a faculty dedicated to supporting you along the way. All this so you can transform your associate's degree into the bachelor's degree you need, and have the life that you want. Take control of your education—visit nlyou.com or call 1-888-NLU-TODAY.

release the power in you™

1 • 8 8 8 • N L U • T o d a y

**ACCELERATED
DEGREE COMPLETION PROGRAMS**

- Applied Behavioral Sciences
- Health Care Leadership
- Management

PLUS DEGREES IN:

- Early Childhood Education
- Elementary Education
- Human Services
- Liberal Arts & Sciences

ROLLINS RAMBLINGS PIGS NEVER MAKE MONEY

Paul Rollins
Columnist

As people from the Manhattan Isle to Manhattan, IL to Manhattan Beach rehash the Enron debacle, a well-known Wall Street adage rings with a particular relevancy: "Bulls make money and bears make money, but pigs never make money."

Within our Harper student body some have already begun saving money through 401(k) retirement plans with their employers. Other Harper students will soon become part of the labor force and be given the opportunity to participate in such a plan.

Considering all the shenanigans surrounding the Enron situation, what is a prudent person to do when thinking about an investment program offered by an employer? Is a 401(k) worth my future consideration, you may fairly ask. As one who has "been there and done that," let me answer with an unequivocal "yes," so long as you remember that word "prudent."

Those with offices on the executive floor at Enron have deservedly earned blame from every quarter. At the congressional level, barn doors will undoubtedly be slamming loudly now that the horse has left the barn.

But despite the Enron situation, if your company offers a 401(k) and you are enrolled, continue to fund it. If you're just joining the labor force, get in one as quickly as you can.

A 401(k) plan is a retirement plan set up by your employer. It is a simple and convenient way for you to build up your retirement savings and get significant tax benefits while you are working. Named after the part of the IRS Code that spells out the rules for this type of plan: Section 401, paragraph (k).

Here are some of the advantages of a 401(k) plan:

Contributors to 401(k) funds receive two types of tax breaks. First, for tax 401(k) contributions are pre-tax dollars. In other words, if you've received \$20,000 in salary and contribute \$2,000 to a 401(k), the IRS taxes you only on the amount after contribution, or \$18,000.

Secondly, the money you invest in the 401-K grows over the years without being taxed. You receive the benefits of interest and contributions compounding over time and only have to pay taxes when you begin to withdraw funds in your later years.

Generally these are lower tax rates than you would pay in your prime earning years.

401(k) plans allow for diversified investment options. All allow you to invest in a money market that pays interest equal to or in excess of a CD.

Most offer the choice of an International Mutual Funds. You can invest in overseas markets when those markets are running ahead of the U.S. economy.

Just about every 401(k) allows you to put your savings into stocks or bond funds. These funds have a more conservative rate of return, but generally do not experience wide fluctuations in income either.

Alternatively, most 401-K plans will permit you to invest in more speculative mutual funds. These may rise quickly in an up market but decline just as quickly in a down market. You make the decision whether to be safe or adventuresome depending on your nature.

Many experts recommend more aggressive plans for younger investors whose money can ride changes in the market over time.

401(k) contributors with less time before retirement usually invest more conservatively to protect against major market downturns as they near withdrawal from the plan.

Many 401(k) plans have an added benefit: Company matching. Frequently companies will match the part of employee's contribution: 10 cents, 50 cents, a dollar. It depends on your employer.

If you work for a publicly traded organization, that matching contribution will frequently come in the form of company stock.

In light of the Enron collapse, let's look at company stock. If you feel your organization's management is honorable and its prospects are solid, investing some of your 401(k) dollars may be a good bet. But listening to the interviews with current and former Enron employees, they all seemed to think its stock was a good bet.

Look for signs. If the company makes no matching contribution in a particular year, or less than 10% contribution, this should raise a red flag about future investment in company stock

CLASSIFIED ADS

For classified advertising rates,
contact the business manager at *The Harbinger*:
847.925.6000 ext. 2461

HELP WANTED

Earn \$300-1000 a week. Home improvement sales internship. Flexible hours. Training starts in March. Apply today. 773.296.6056

SAT/ACT in-home tutors needed. \$15/hr start. PT. Transportation, excellent scores required. Send resume chicagorecruiting@scoreprep.com EOE m/f

Spring Break with STS, Americas #1 Student Tour Operator. Promote trips on-campus earn cash and free trips. Info/Reservations 1.800.648.4849 www.ststravel.com

#1 Spring Break Vacations! Cancun, Jamaica, Bahamas, Florida. Best Parties, Best Hotels, Best Prices! Space is limited!!! Hurry up & book now! 1.800.234.7007

www.endlesssummertours.com
Not a Harper College Sponsored Event

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.

PERSONAL ADS

**The Harbinger is currently
accepting applications for news
writers, photographers and copy
editors! Apply in room A367 or
call 925.6460**

until the company makes a healthier contribution.

On the other hand if the contribution is more than 30%, it should also raise a warning flag for you. There is no free lunch. Gains in excess of 30% do not happen in consistently healthy companies. You should question the unnatural largess.

Any 401-K worthy of your hard-earned dollars will offer you the savings options mentioned above. They will also give you the flexibility of moving money between funds as well as shifting the amounts you already have invested in each fund. This flexibility will vary from fund to fund. Some restrict you to shifting semi-annually, while some will let you make changes

monthly, some even daily.

If you are like me, you don't have the time between your schoolwork, job and family life to become involved in the minutia of your daily investments. Using a 401-K generally gives you the services of the country's top investing experts (who can be wrong on occasion).

In the weeks to come, we'll be hearing many horror tales about the failure of the Enron 401(k) plan. That's because of some very rotten apples in the cider house.

When planning for your future and your financial security, 401(k) plans may be a great opportunity for you. Just remember what happens to pigs!

PHOTO OPINION POLL

Felicia Blangiardo
Photo Editor

You can find out some interesting things in the halls of Harper when talking to students, staff and faculty. (issue being covered):

What extra-curricular activities are you involved in at Harper or in your community?



Byron Celleri
"I'm not in anything"



Cassi Vestweber
"I'm in cheerleading, dance captain, Rocky Horror Picture, and the radio station"



Jor-el Deguzman
"I am in connections, where you are paired up with another person from another country, distinguished scholars, and chess club"



Kentro Akao
"I'm in chess club, student senate, and student activities."



Stephen Bock
"I'm starting to cast people for a Harper College Rocky Horror Picture Show and I'm in the chess club."

Harper College Fair • February 20

- More than 50 majors to choose from.
- \$6,500 - \$10,000 financial aid scholarships specifically for transfer students.
- Credits transfer easily.
- 98% of Millikin graduates either get jobs or go to grad school within six months of graduation.



MILLIKIN UNIVERSITY

Millikin University. We take you further.

1184 West Main Street • Decatur, Illinois 62522-2084
1-800-373-7733 • admis@mail.millikin.edu

<http://go.millikin.edu>

GAIL SCHUBERT FUSES PSYCHIC WITH PHYSICS

Patrice Ekins
Staff Writer

Gail Schubert doesn't need a crystal ball to see the future. As an intuitive and a psychic, she has often been asked to "see" the future of her clients. It is this combination of deep knowing and mental telepathy that makes Schubert an especially gifted reader, teacher and advisor.

"She's helped me to see inside myself...she awakens your intuition"

It was the loss of her first husband shortly after their marriage that provided Schubert the impetus to attempt to solve all the "why's" of fate. The more she meditated, the more insight and, yes, precognition, she developed, and the more closure she felt about the loss of her husband. Says Schubert, "If it wasn't for my husband's death, I would not have begun to ask questions about the "other side", or about spiritual matters. I needed to be able to understand why this had happened to me in my

young life, and why it happened to him. I now know his passing was the open door that led me to my life's purpose and work."

Throughout the course of her journey, Schubert has proven to herself the existence of angels, that thoughts create reality, that your external world is a reflection of your consciousness, that metaphysics can heal the body and that Love is the underlying principle of Creation.

Her most recent studies delve deep into actual creation physics, which is working with the planet and the human anatomy to restore the Divine Order inherent in nature. In a concentrated attempt to realign unbalanced areas of Earth and bring more peaceful conditions to our planet, Schubert recently joined a special expedition to Peru.

"For me, anything that is real should be able to be demonstrated in this physical world in some way," says Schubert. "Many people are skeptical about believing in things they can't see or prove, and rightly so. However, we can't see electricity or the wind, yet we know they exist because we see the effects of them in our world."

Schubert further explains, "There are certain principles in nature that, if you know how to use them, yield certain results. For instance, we have an electromagnetism in us that attracts things to us. Much of an

individual's content lies beneath the surface of his or her conscious awareness. The difficulty for most of us is that we are unaware of what we have kept deep inside, but because it emits an electromagnetic pulse, like a magnetic signal, negative things we experience in life seem to be happening without our consent. In reality, however it's the law of attraction: 'like attracts like'. I try to facilitate awareness of what lies buried deep within. It is only at this place where you are able to change by making different choices."

Today, Schubert helps her clients make better life choices through various forms, such as Akashic record reading, (the record of a soul's progress and journey through time), Cellular Repatterning, (a science that physically changes the cells of the body to promote healing), Creation Physics and various other healing modalities. She often teaches classes such as Beginner's Tarot, Manifesting Your Desires and Balancing the Heart and the Mind, at Styx and Stonz, a metaphysical store in Hoffman Estates.

Many of her clients have become friends, and they rave about the changes she has brought about in their lives. One of them, Judi Thompson, a Reiki practitioner, met Schubert when she took one of her tarot classes. "To say Gail is my friend would

not do her justice. She is my mentor, my spiritual sister, my heartfelt confidant. Each person that walks with us in this life teaches us something. What Gail has taught me is that the quality of life is not measured in what you have, but who you are on a soul level."

"Many people are skeptical about believing in things they can't see or prove, and rightly so..."

"She's helped me to see inside myself," says another friend, Pam Bown, "she awakens your intuition."

For those of you who are interested in further exploration of yourself, or the extensive and fascinating world of metaphysics, Schubert offers individual readings and a long list of classes and client services.

You can contact her at (847) 462-0562.

ARTS & ENTERTAINMENT

"I AM SAM" A RHYME WITH REASON

Anthony McGinn
Staff Writer

"I am Sam" is the emotional tale of Sam Dawson (Sean Penn), a mentally challenged father fighting for custody of his daughter, Lucy (Dakota Fanning), after he is accused of solicitation of prostitution and physically harming a minor.

Sam receives legal help from powerful attorney Rita Harris (Michelle Pfeiffer), who reluctantly takes his case to improve her social status.

While working with Sam, Harris is stunned by the amount of love between Sam and his daughter, which gives her a different outlook on her relationship with her own child. Harris begins to worry that



Sam (Penn) and his daughter Lucy (Fanning)

PHOTO COURTESY OF NEW LINE PRODUCTIONS

stars shining their brightest, little Dakota Fanning steals the show.

Her angelic personality, warm smile and adorable facial expressions are enough to melt the hearts of moviegoers.

These exhilarating performances nearly become wasted at the hands of director Jessie Nelson. Nelson barely avoids cinematic disaster with the poor use of montage editing and unstable camera movement.

This becomes painfully relevant during a climactic courtroom scene, during which Sam delivers a passionate monologue.

Nelson's quick cuts become distracting, while shaky camera movements become annoying and nauseating.

Although editing ruined any chance this film may have had of becoming a classic, the phenomenal acting saves the film from becoming a complete flop.

"I am Sam" is an emotional roller coaster that hurls the audience to the greatest of heights and plunges them to painful lows.

Any moviegoer who enjoyed "Forrest Gump" or "Rain Man" should have no trouble falling in love with Sam.

"I am Sam" is overflowing with astonishing performances.

she is getting more out of their relationship than he is.

"I am Sam" is overflowing with astonishing performances. As Sam Dawson, Penn does his best acting since his performance

in "Dead Man Walking".

Michelle Pfeiffer gives a sensational performance that will leave a lasting impression on the audience.

Even with these two Hollywood super-

NORTH CENTRAL COLLEGE
TRANSFER STUDENTS

Transfer students Ed Riegert and Dawn VanKampen are among the many transfer students making an impact at North Central.

At North Central College, our tradition of academic excellence and opportunity places value on a pursuit of learning that lasts a lifetime. For you, this pursuit involves transition from one institution to another—a transition that we are committed to making successful.

With some college credit already behind you, you are well on your way to making a difference. Join the tradition. Contact the Office of Admission at (630)637-5800 or visit our Website www.northcentralcollege.edu.

A representative will be on campus on February 20 from 10:30 a.m.-1:30 p.m. in Building A

TRANSFER OF CREDIT

- Your previous course work is evaluated individually
- One semester hour equals one credit hour; one quarter hour equals .667 of a credit hour
- 120 hours required for graduation
- Last 30 hours must be completed at North Central

NORTH CENTRAL COLLEGE
NAPERVILLE, ILLINOIS
FOUNDED 1891

Thirty North Brainard Street, Naperville, IL 60566-7063

SEX AND THE STUDENT PROGRAMMING

Patrice Ekins
Staff Writer

I want to know exactly when in a little girl's life the programming starts.

I'm talking about the "programming" that alerts a girl to the fact that she is not an official person on her own, and needs a partner to be fully recognized as someone of consequence.

I've watched it manifesting in little girls over the years, children of my friends, for instance. I don't hear or see my friends messing with their daughters' minds. Where is it coming from?

Barbies, baby dolls that wet, cry, nurse—whatever; baking ovens—all designed to ensure there will still be little housewives running around in the next generation.

No, this column is not a re-print from the '50s, it applies as much today as it did 50 years ago. Though things are better in 2002, we're still a long way from having a society of "equal sexes".

From the age of five on, many little girls have an almost single-minded focus on marriage and, most importantly, The Wedding—that all-important day in a woman's life. The day that defines life as she knows it, or would like to know it. The ring, the dress, the church, the flowers, the reception, and of course, the groom.

Speaking of the groom, why do so many males behave as though marriage is a death sentence, but girls feel like a "spinster" if they're still single at age 25? Is it because no one ever gives a boy a "Ken" doll?

Ever notice at a wedding that, when the customary bouquet is tossed and the garter is thrown, the girls knock each other over to grab the bouquet and the men either don't move or actually step back from getting the garter. That's nice. If ever a statement was made about how the sexes are programmed, I'd say that's pretty much it.

Boys—you're a loser if you get married. Girls—you're a loser if you *don't* get married.

Is it any wonder marriage in our society is in such a sad state of affairs?

I don't know who or what is subversively programming our children, but if I ever find out, he/she/it has got a lot of 'splainin' to do.

And how about you, dear reader? Surely you must have a thought or comment about your experiences regarding "programming" or something else related to the sexes. Or about sex itself.

Please e-mail us at: harperlove@hotmail.com and let us in on what you're thinking. We want to write a column that interests you, is for you and about you. Send us your thoughts.

SOUNDS OF CHICAGO: WAREHOUSE FRIDAYS

Kenny Techstepper
Staff Writer

So many moons have passed since the golden nights of Chicago's club scene. Music critics, who once hailed the windy city as a groundbreaking epicenter of dance beats, have now moved on to exploit greener pastures. For those that don't know, Chicago invented the house music scene. And on the home front, it would seem that a majority of the local late night promoters have sacrificed creativity and originality for a fast dollar with cookie cutter promotional techniques. (Excalibur? Zero Gravity?)

But the glory days of the city by the lake have not completely been lost. The next generation of promoters has created quite a stir as club goers rediscover the classic warehouse dance party that put this town on the map. Imagine wall-to-wall speakers in an intimate warehouse venue and the nation's greatest headliners. Now throw in plenty of gorgeous women and a reasonable cover charge at a club flexible enough to allow a 17 and up entry. Well, now you've experienced a small taste of Warehouse Fridays.

Warehouse Fridays (WF), a semi weekly

club night at Industry (<http://www.club-industry.com>) is an electronic music smorgasbord that encompasses a variety of dance genres and flavors. The traditional progressive beats have been over looked and replaced by new-wave disco, deep house, techno, trance and jungle. Most of the club's regular patrons are avid electronica fans with an ear for good music. The professional standard for talent being booked at this club is very selective. Featured headliners include Nigel Richards from Philadelphia, Ron Carroll (producer for Destiny's Child), Atomic Babies (Live Techno Group), Mark Almaria, Robert



Armani and DJ Funk (speaks for himself). The artist roster

reads like a who's who list of electronic dance music.

So what do you have to lose? Forget what your friends told you about Saturdays because the hot night at Industry happens on Fridays. Warehouse Fridays.

CHEF'S CORNER

Beth Kartel
Staff Writer

February is the month of love. Here is a creative way to say, "I Love You," or even catch the eye of your crush. Well look no further. Here is a recipe to go from boring chocolate chip cookies to the chocolate chip cookies your significant other will never forget.

- 1 cup (2 sticks) softened butter-**NOT** margarine
- 1/2 cup granulated sugar
- 1-1/2 cups packed brown sugar
- 2 eggs
- 2-1/2 teaspoons pure vanilla extract- do not use imitation
- 2-1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 18 ounces semisweet chocolate chips (1-1/2 bags)

Preheat oven to 350 degrees. In a large mixing bowl, cream together the butter, sugars, eggs, and vanilla. In another bowl, mix together the dry ingredients. Combine wet and dry. Stir in the chocolate chips. Place the heart shaped cookies on an ungreased cookie sheet 2 inches apart.

Bake for 9-10 minutes or until the edges are light brown. Do not cook longer

than 10 minutes no matter how tempted! They will continue to cook out of the oven, and when cool, will be absolutely perfect.

After all the ingredients are added and mixed, lay the dough out on a flat surface.

Get a rolling pin and flatten out the dough so it is about a half an inch thick.

The dough will not be completely flat due to the chocolate chips.

Get a heart shaped cookie cutter and cut heart shapes out of the dough.

Place the heart shaped dough on the pan and follow the rest of the recipe.

After the cookies are cooked and cooled, let your creativity shine. Some options to decorate the top of the cookies are to use icing, gel, sprinkles or whatever else you can think of. Use these items to write a special message. Do not forget to also give the cookies a border. The most important things are to be creative, use your imagination, and of course to enjoy!



These sweet treats are sure to warm your Valentine's heart - even without Cupid's help!

FASHION POLICE ON THE PROWL AT HARPER COLLEGE

Nicole Bennett
Staff Writer

Welcome back Harper students. We've been back to school for three weeks and our fashion police have noticed a few violations. We are living in a time where almost anything goes, so if you're breaking the rules, you can't be missed. Every season the critics give you a list of do's and don'ts and that's what I'm going to do for you!

Hair Don'ts

Whoever said the bedhead look was in, lied, although it works for people with short hair.

Spikes went out in the 80's.

Bangs went out with the fifth season of Beverly Hills 90210. Everyone's perm should be all fried out by now. (those who had one know what I mean)

Hair Do's

Braids (if you can't do them, there's always "Twist a braid".) Trendsetters: Alicia Keys, Christina Aguilera, Justin Timberlake, Ja Rule.

Finger Combing (you'll never have to buy a brush.)

Trendsetters: Halle Berry, Brad Pitt.

Weave (if you can't achieve it, weave it.) Trendsetters: Mary J. Blige, Britney Spears.

Colored Hair (wash that grey right out of your hair.) Trendsetters: Pink, Eve, Sisqo.

Fashion Violations

Gymshoes with a skirt (save the outfit for the Go-Go's reunion.)

Stars and stripes (show your patriotism by your actions, not your clothes.)

Fat shoelaces (only if you are Run DMC and wearing adidas.) Spandex (Superman, Batman, Spiderman, enough said.)

Legwarmers (unless you have an aerobic class with Olivia Newton John.)

Fashion Hi-Fives

Piercings and Tattoos. Trendsetters: Janet Jackson, Fred Durst. Accessories (hats, jewelry, scarves, band-aids.) Trendsetters: Nelly, Aaliyah, Jay-Z

Hip huggers (only if they physically fit you.) Trendsetters: J-Lo, Beyonce (Destiny's Child, Shakera)

Since Summer is quickly approaching, I'll give you a heads up on what to start looking for.

Capri's are coming back but "Daisy Dukes" are not, so please keep those buried.

Start picking out your sandals because you need a pair for every occasion. On almost all the runways were outfits that show your belly, give Bally's a call so you're ready.

You fashion violators know who you are and you might not care. If you do care, don't sleep on these tips. If you don't care, I give you a thumbs up for keeping it real.

THE ROOSEVELT SCHOLARS PROGRAM

WE THINK YOU'VE GOT HONORS POTENTIAL.

So our next open house is at your house.

The Roosevelt Scholars is a different kind of honors program—
for a different kind of student.

And now we've made it more convenient than ever before to find
out how the Roosevelt Scholars program is right for you.

Join us for our Online Open House
Wednesday, March 6
11 a.m. to 2 p.m. or 5 p.m. to 8 p.m.
Log on at www.roosevelt.edu/openhouse

Here's a preview of what you'll learn about our scholars
program when you log on:

- *A program open to freshmen and transfers of any major, who have shown strong leadership and community service interests.*
- *Generous merit scholarships—from \$14,000 to \$55,000 over four years, plus need-based financial aid.*
- *Close mentoring relationships with leading professionals, from our outstanding pool of trustees, alumni and advisors.*
- *Special internships and research opportunities at world-class cultural, corporate and political institutions.*
- *The best of metro Chicago: culture, community service, sports, and more.*

Can't log on for our online open house? Call Dr. Sam Rosenberg,
director, 312-341-3697 or Erin Perez, 312-341-2106 to see how
you can be a Roosevelt scholar!

The difference between where you are and where you want to be.

ROOSEVELT UNIVERSITY

CHICAGO 430 SOUTH MICHIGAN AVENUE CHICAGO, IL 60605 (312) 341-3515
18 SOUTH MICHIGAN AVENUE CHICAGO, IL 60603
SCHAUMBURG 1400 NORTH ROOSEVELT BLVD. SCHAUMBURG, IL 60173 (847) 619-8600
www.roosevelt.edu

ASK YOUR WELLNESS ADVISOR

Pam McVoy
Harper staff member

I recently had a physical exam and was told I should be doing testicular self-exams monthly. I've never been told this before. Is this something I really need to do?

A testicular exam is done to detect cancer. Though testicular cancer is relatively rare, it is one of the most common types of cancer found in young men between the ages of 15 and 24.

Early detection means better survival rate. Testicular Self Exams (TSE) should begin in adolescence and continue until age forty. It is a simple, non-painful exam that should be done monthly.

TSE is as important to men as breast self-examinations are to women. The best time to perform the exam is immediately after a shower or bath so the scrotal skin and muscles are warm and relaxed.

To do the exam, stand in front of a mirror and note the size and shape of the testicles. Observe for any changes such as shape, size or redness. Examine each testicle separately.

Using both hands, gently roll the testicle between the thumb and fingers. Do this for each testicle. The exam should not be painful. Testicles normally feel smooth and firm but not hard. It is also not

uncommon for one testicle to be larger than the other.

Feel for any lumps (these are usually painless). Next, find the epididymis, the tube-like or cord-like structure behind and above the testicles. Get to know what it feels like so you won't mistake it for an abnormal lump.

If a lump is found during TSE it is important to see a doctor immediately. The lump may not be cancer, but an infection. Only the physician can make that diagnosis and determine what course of treatment is needed. Remember, if it is cancer, early detection can save your life.

Some other symptoms of testicular cancer include an enlarged testicle or swelling of the scrotum, a feeling of heaviness or aching in the testicle or groin area, pain in the testicle, a change in the way the testicle feels, and enlarged or tender breasts.

Anything that "feels different", or any concerns should be brought to a physician's attention.

More information on TSE is available in Health and Psychological Services, room A362. Feel free to stop in or call 847.925.6268 for further information.

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.

IT'S NOT TOO LATE TO GET YOUR FLU SHOT

Special to the Harbinger

A young girl is in desperate need of surgery to save a failing kidney. Her mother, a west suburban single woman with three other children is employed, but cannot afford health insurance for her children or herself.

An elderly man cares for his disabled wife. His own health is poor, but without insurance, cannot pay for the medical care or drugs for either of them.

A new initiative to reach the uninsured in Cook County is underway. The Access to Benefits and Care Project (ABC) is a local coalition of health agencies working together to increase public awareness about the availability of KidCare and Medicaid insurance coverage in Illinois and Cook County.

Cook County Department of Public Health in partnership with the Chicago Department of Public Health, the Chicago/Cook County Community Health Council and Chicago Hispanic health coalition have joined forces to make sure that all Cook County children and adults have access to vital primary health services.

Both KidCare and Medicaid are state-funded health insurance programs managed through the Illinois Department of public Aid. Eligibility depends on financial need and is open to residents of Illinois and U.S.

citizens, or legal immigrants.

KidCare insurance provides children of working parents with low-cost and free health care coverage for doctor visits, hospitalization, prescriptions and other benefits. Medicaid pays for a family's medical bills.

"People who are employed, the working poor, are often unaware that insurance coverage is available to them," said Michele shade, ABC Project Coordinator. "or, they're embarrassed about taking what they consider to be public aid while holding down a job. But sometimes people need a little extra help. Their health, and the health of their family should be a top priority."

Representatives of ABC are making themselves available to schools, service agencies and community organizations to talk about health services and insurance plans that are accessible to the public.

"People don't have to be on welfare to qualify for KidCare or Medicaid," said Michele. "This is the message we are stressing."

For information about state-funded insurance programs, the public can call 1.866.468.7543. Or, contact the ABC Project Coordinator at Cook County Department of Public Health at 708.492.2006

Before I went to college, I went to UPS.

UPS really came through for me. They provide money for my education, plus great pay, a schedule that fits my needs, and other benefits.

PACKAGE HANDLERS

Steady, Part-Time Jobs • \$8.50-\$9.50/hour
Weekends & Holidays Off • Paid Vacations
Consistent Work Schedule • Great Benefits



Get as much as
\$23,000* in College
Financial Assistance.

PALATINE

(Hicks & Rand Rds.)
Ph: 847-705-6025
To Palatine from Elgin
take pace bus #556



Please call our facility direct or
call our 24 hour job line at:

1-888-4UPS-JOB
Access Code: 3361

(La traducción en español
ahora es disponible)

*Program guidelines apply.
Equal Opportunity Employer

Build on your success.

Soon you'll earn your Associate Degree. And then what? How about a Bachelor's Degree from DeVry?

Professors with real-world experience will teach you in small classes and well equipped labs. You'll enjoy hands-on learning that gives you the skills you need to compete and succeed in today's technology based business world.

Choose from Bachelor's Degrees in Business Administration, Computer Engineering Technology, Computer Information Systems, Electronics Engineering Technology, Technical Management, and Telecommunications Management. You're just that close to fulfilling your dreams... as close as a degree from DeVry.

For a higher degree of success, call DeVry's Chicago campus at (773) 929-6550, the Addison campus at (630) 953-2000, or the Tinley Park campus at (708) 342-3100.

www.DEVRY.edu
A higher degree of success.®

Now, earn a Bachelor's Degree
in Business, anytime, online.

Be a Star

Visual Communications

Media Arts & Animation

Multimedia & Web Design

Interior Design (FIDER Accredited)

Earn a Bachelor's degree in three years.
Ask us how. Call for your tour today.

Ai The Illinois Institute of Art®
Schaumburg

1000 Plaza Drive • Suite 100 • Schaumburg, IL 60173

847.619.3450 • 800.314.3450 • www.ilis.artinstitutes.edu

The Illinois Institute of Art-Schaumburg is a campus of the Illinois Institute of Art-Chicago.

©2001 The Illinois Institute of Art-Schaumburg.

GOT TO REPRESENT

Steve McHugh
Sports Editor

February 2, 2002, the Los Angeles Staples Center hosted the NHL All-Star game. The match featured the World against North America and ended with a low score of 8-5. The World side took the victory although the North America squad controlled the game for the first two periods. Hockey's top prospects took a break from the season and enjoyed a weekend of competition and fun. Although the BlackHawks captain couldn't make the big show, Chicago did make a pretty good impression on the league's best.

With Amonte out of the picture and awaiting his job lending a hand to Team USA at the Olympics in Salt Lake, the Hawks had head coach Brian Sutter, and forwards Alex Zhamnov and Eric Daze stealing some major All-Star spotlight.

Eric Daze made his first All-Star appearance. By the end of the day, he had two goals, one assist, six stitches, and an MVP award to show for it. Daze's first shift, while playing on a line with San Jose Sharks Owen Nolan and Vincent Damphousse, resulted in a cut above his right eye. While scrambling for the puck behind the net, Eric caught an elbow and quickly hit the bench for six stitches. During his next shift he threw a great pass to Damphousse and Ed Jovanoski for a goal. And surprisingly again, on his third shift, he put one away past Dominek Hasek. That did it for Daze in the first period, but in the middle of thesecond he sent a blistering one-timer from St. Louis captain Chris Pronger into the net.

Daze's three points got him the BlackHawks first All-Star MVP award since Bobby "The Golden Jet" Hull in 1970 and 71. As MVP, he earned a Dodge Ram truck and a crystal sculpture, on top of the fully-stocked Lincoln Navigator he left in his garage in Chicago. For the BlackHawks, having an All-Star MVP

won't change anything. The team already benefits from his All-Star performance: Daze leads the Hawks with 27 goals and shares the team's scoring lead with Zhamnov at 50 points.

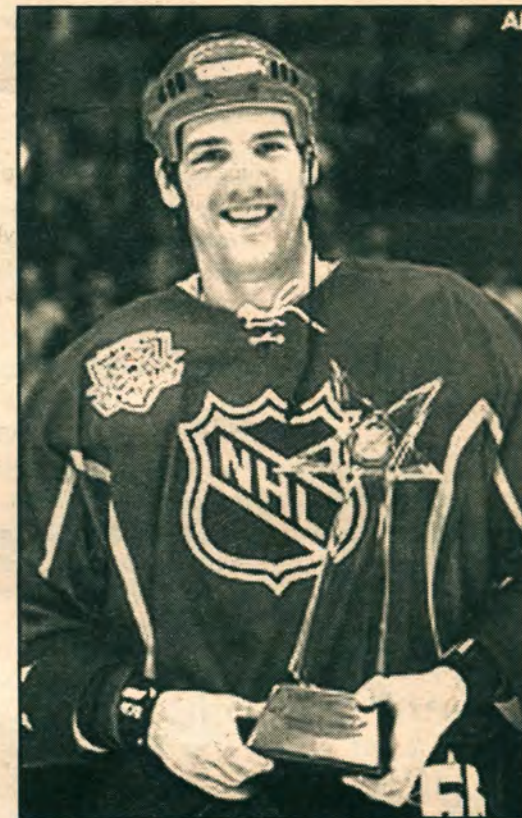
Besides Daze's first All-Star showing, Alex Zhamnov made his All-Star debut. Zhamnov played on a line with Teemu Selanne and Carolina's leading

scorer Sami Kapenen. He marked his first all-star assist on a goal from Selanne in the first period, and his first goal on an empty netter at the end of the third along with Kapenen. At the Friday night skills competition, Zhamnov faced off against Mighty Ducks captain Paul Kariya in the skating trial, and lost by 2 seconds.

While watching his two stars play against each other, Hawks head coach Brian Sutter clinched his victory with the World while

assisting with the Detroit Red Wings savior, Scottie Bowman. Sutter has played in several All-Star games himself, but has never coached. His alliance with Bowman for ended on Sunday; Detroit is now Chicago's main competitor. Bowman holds the record for coaching the most All-Star games with 13. Sutter and Bowman enjoyed winning together, but will be at each other's throats for the remainder of the season.

The All-Star game provided an incredible preview of what will be happening at the Winter Olympics. Twenty-eight of the players in the game will represent six countries that have already qualified for the final round of the Olympic tournament. Canada had the most all-stars, including greats like Rob Blake, Mario Lemieux, Brenden Shanahan, and of course Eric Daze. Russia had five players, and the U.S., Czech Republic, and Sweden each had four. Watch for exiting footage on Olympic hockey while Tony Amonte prepares to lead USA to the gold.



NHL All-Star Game MVP, Chicago BlackHawk Eric Daze.

PHOTO COURTESY OF NHL

SPORTS AND DRUGS.... A JOINT VENTURE?

Steve McHugh
Sports Editor

It's quite obvious that growing up, getting into college, and doing enough work to stay there isn't an easy task. Studying and doing homework, something you could easily do without in high school, can get even more nerve-racking in college, especially with everything else going on in life. How can one person keep up with school, a busy social life, work, a fitness program, and stay sane at the same time?

Some college students may turn to recreational drugs thinking it will help them cope. Drugs often attract students with extra time and money on their hands, which

explains why television, radio, and even magazines throw the "this is your brain on drugs" lecture at you. I'm not going to explain the effects of recreational

drugs on your mind and brain, you hear enough of that already. But exactly what will drugs do to your body?

Getting high negates the positive effects of your training; muscle growth, building body fat, and lifting performance all suffer when you do drugs.

Marijuana-

Marijuana use has received much attention lately at Illinois colleges. Being most popular among adolescents - behind alcohol, pot's use as a social drug evolved from its ancient medical applications. The Aztec Indians of Mexico introduced marijuana to the West. Pot smoking eventually came to the States where it was declared illegal in 1937.

Delta-9-tetrahydrocannabinol, also known as THC, is the active ingredient in pot. THC's most devastating effect may be decreased testosterone production. Since you need a large amount of testosterone to maximize muscle growth and strength, smoking pot could easily turn your workouts into a waste of time. Another negative effect that many smokers don't know, is highly increased estrogen levels. Estrogen plays an important factor in your body's composition, adding unwanted body fat.

Since the early 1950s, body-builders were known to use marijuana to stimulate their hunger. Muscle growth requires large portions of quality food each day. A poor appetite weakens your gains, but smoking pot won't help you solve that situation. Although it may increase the amount of food you eat, pot smoking will still impede your muscle growth. Your best choice in this situation is just to fill your fridge or buy protein supplements at stores like GNC.

Also, many bodybuilders believe that smoking a joint before workouts helps their focus and concentration. Besides the fact that it severely alters your pain percep-

tion, something very important to your safety, you become less and less aware of your weak spots. You may very well train harder, depending on your motivations, but without feel-

ing pain, you could easily pull or tear a muscle. Altered pain perception can also lead to not pushing hard enough or lifting enough to cause a growth response. Either way, working out stoned is a lose-lose situation.

Ecstasy-

Ecstasy became popular in the 1980s, although its contents have been around longer than that. In 1912 German chemists created 4-methylenedioxymethamphetamine, also called MDMA. MDMA is a psychoactive substance related to both amphetamines and hallucinogens. Put on the controlled-substance list in 1985, ecstasy has seen increased use around the country since then. Admissions to the emergency room for ecstasy-related reactions in the U.S. have increased from just 250 people in 1994 to more than 4,000 in 2000. Also from 1994-99, the number of deaths associated with X has climbed to 71 victims.

X is commonly referred to as the love drug because its effects are mainly based on the sense of touch. Frequently

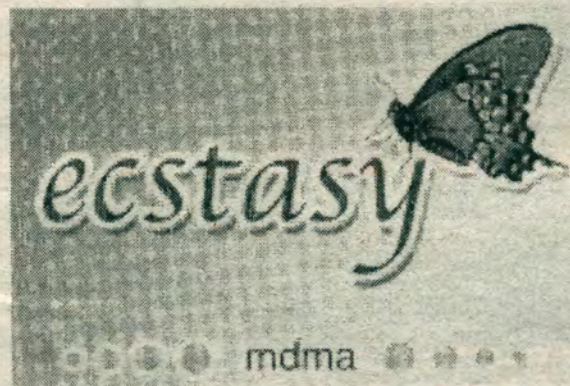
found at clubs, X also shows up at house parties, according to statistics. The pill increases the user's desire to dance and stay up for endless hours.

Although marijuana is used more often, MDMA definitely can affect a weeks' worth of fitness after one night of use. The number one danger in taking a pill of X is the fact that any pill or capsule can be "cut" with other drugs. No dealer or consumer really knows what will be in the tablet; only the manufacturer has a true list of its contents.

Experiences with ecstasy have been known to cause depression, appetite loss, dilated pupils, concentration loss, tension and eye trembling, exhaustion, teeth grinding, anxiety and confusion, and dry mouth. Its most debilitating affect on the bodybuilder, however, sleep-deprivation. If you want to grow smaller and weaker, sleep loss will definitely speed up the process. Ignore the sleep aspect of your body's growth and your body won't grow.

dated back to 1884 when Sigmund Freud snorted it and tested its effects his grip strength and reaction time. Cocaine negatively alters your muscle metabolism and increases your lactate production, causing stress on your body in the weight room. Your body takes longer to recover after workouts due to the changes in your mus-

cle's metabolism. Cocaine seriously affects the heart and the cardiovascular system. Decreased blood flow to the heart can easily result in cardiac



arrest.

Alcohol-

Besides drugs like pot, X, and cocaine, alcohol is also considered a recreational drug. Weekends became the perfect time to kick back with the crowd and booze in high school, making things harder on your body's future potential. If you plan to add body fat and lose muscle, then drink alcohol on a regular basis. As far as decreasing your performance while lifting and adding unwanted fat, this is just the tip of the iceberg.

Muscle and Fitness Magazine posted an online study proving that subjects lost about 33% of their entire muscle mass due to their alcohol consumption. Referred to as alcoholic myopathy, the condition has also been linked to decrease rates of protein synthesis and reduce levels in your growth factor. The magazine also proved that alcohol consumption in women has been linked to increased levels of testosterone. Alcohol contains 7 calories per gram with no nutrient value. Blasting out and having a few beers is understandable when coping with college, but everything does have its consequences.

Information on marijuana, ecstasy, and cocaine was collected from the World Wide Web. MDMA facts were taken from (aolsvc.health.webmd.aol.com). Alcohol effects were used from the *Muscle and Fitness Magazine* web site. For the best web site info on college drug use check out the "pocket guide to recreational drugs" at (hometown.aol.com/partipatrol/drugs.html)

Cocaine-

Another drug closely related to ecstasy is cocaine, a drug barely abused in high school, but one that's showed up in many college statistics. Get caught using, selling, or simply carrying cocaine you are likely to get serious jail time. Like ecstasy, cocaine is considered a controlled substance.

There's plenty of scientific literature explaining the effects on exercise performance with coke. The earliest studies

WAVING GOODBYE
February 14-March 3

Lily Blue has lost her father and is forced to spend her 17th year with the mother who abandoned her. This world premiere from Naked Eye Theatre Company was previously seen at Steppenwolf.

"Gripping...
emotional
drama..."
CHICAGO FREE PRESS

BY JAMIE PACHINO
DIRECTED BY JEREMY B. COHEN
NAKED EYE THEATRE COMPANY



IN ASSOCIATION WITH
STEPPEWOLF THEATRE COMPANY

**Winner of the KENNEDY
CENTER NEW PLAY AWARD**

FOR MORE INFORMATION OR TO ORDER TICKETS
CALL THE BOX OFFICE AT **847 577 2121**
OR www.metropolisarts.com



METROPOLIS PERFORMING ARTS CENTRE
111 W CAMPBELL STREET • ARLINGTON HEIGHTS • IL 60005

The Harbinger is giving away free tickets for the Metropolis Performing Arts Centre's production of "Waving Goodbye."

To win a pair of tickets, simply tell us in roughly 100 words "What do you plan to do when you "Wave Goodbye" to Harper College?"

Entries can be emailed to HarperNews@yahoo.com (please include 'waving goodbye' in the subject line of your email message). Contestants can also drop off entries at the Harbinger office, located in A367.

Entries are due no later than 5p.m. Friday, February 22. All entries become property of the Harbinger and winners agree to have their essays published in an upcoming issue of the Harbinger.

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CC All videos will be shown Tuesdays and Wednesdays at 1:00 pm in the TV Lounge, Student and Administration Center, A336.</p> <p>⚖ An attorney will be available to offer legal advice at no charge to Harper students with a current activity card. Call 847.925.6242 to schedule an appointment for Wednesday afternoons and evenings. Saturday mornings may be available as well.</p> <p>Movie tickets good for admission at any Loews/Cineplex, AMC, or General Cinema movie theatre are available for \$5.00 (AMC and Loews/Cineplex) or \$5.50 (General Cinema) to Harper students with an activity pass. Tickets are available through the Box Office, Business and Social Science Center, J135, with a limit of 10 (of each type) tickets per student.</p>					<p>1 eXcel: Positive Ways to Deal With Conflict 1:00-4:00 pm Student and Administration Center, A 238</p>	<p>2 Last Day for Refunds</p>
<p>3</p>	<p>4 Men's Basketball, at Barat College JV, 7:00 pm</p>	<p>5 Video-FREE CC <i>Save the Last Dance</i> Danceloop Chicago 7:30 pm Business and Social Science Center, Theatre, J 143 \$5-\$7 Wrestling, Regionals, TBA Last Day for 75% Refund</p>	<p>6 Video-FREE CC <i>Save the Last Dance</i> Blood Drive Student and Administration Center</p>	<p>7 Women's Basketball, at Wright Junior College 5:00 pm</p>	<p>8 Student Senate Meeting 1:30-5:00 pm Student and Administration Center, A 243 Concert: Emyprean 7:30 pm Business and Social Science Center, Theatre, J 143 \$5-\$7</p>	<p>9 ⚖ Free legal advice for Harper students 9:00 am-2:00 pm Call 925.6242 for appointment. Women's Basketball, at home, 5:00 pm Men's Basketball, at home, 7:00 pm</p>
<p>10</p>	<p>11 High Anxiety Heart Seminar 1:00-2:15 pm Student and Administration Center</p>	<p>12 Lincoln's Birthday Observed (Classes Not in Session) Women's Basketball, at home, 5:00 pm Men's Basketball, at home, 7:00 pm</p>	<p>13 Video-FREE CC <i>Lean On Me</i> ⚖ Free legal advice for Harper students, 1:00-7:00 pm Call 925.6242 for appointment.</p>	<p>14 National Condom Day American Heart Month Education Table Business and Social Science Center Wrestling, Nationals, TBA Men's Basketball, at Oakton 7:15 pm</p>	<p>15 eXcel: Core Values 1:00-4:00 pm Student and Administration Center, A 238 Student Senate Meeting 1:30-5:00 pm Student and Administration Center, A 243 Wrestling, Nationals, TBA</p>	<p>16 Spencers-Magic and Illusion 3:00 and 7:00 pm Business and Social Science Center Theatre, J 143, \$3-\$7 Wrestling, Nationals, TBA Women's Basketball, at home, 1:00 pm Men's Basketball, at home, 3:00 pm</p>
<p>17 Harper Symphony Orchestra 3:00 pm Business and Social Science Center, Theatre J 143, \$5-\$10 Wrestling, Nationals, TBA</p>	<p>18</p>	<p>19 Video-FREE CC <i>Baby Boy</i> Post - Author Janine Pomy Vega 5:00 pm, Liberal Arts Center Drama Lab, L109 Women's Basketball, at home, 5:00 pm Men's Basketball, at home, 7:00 pm</p>	<p>20 Video-FREE CC <i>Baby Boy</i> ⚖ Free legal advice for Harper students 1:00-7:00 pm Call 925.6242 for appointment.</p>	<p>21</p>	<p>22</p>	<p>23 Student Senate Meeting 1:30-5:00 pm Student and Administration Center, A 243</p>
<p>24</p>	<p>25 Art Exhibit February 25 - March 21 Beverly Rautenberg Art Exhibition Space, C 200 New Student Services and Art Center</p>	<p>26 Video-FREE CC <i>Original Kings of Comedy</i> Baseball, at Lake County 8:00 am Women's Basketball, Regionals-Game 1, TBA</p>	<p>27 Video-FREE CC <i>Original Kings of Comedy</i> Sexual Responsibility Week ⚖ Free legal advice for Harper students 1:00-7:00 pm Call 925.6242 for appointment.</p>	<p>28 Student Performances 11:45 pm Music Instruction Center P 205 FREE</p>		